

# Puerto Vallarta Optimal Life Retreat



## Retreat includes:

- Private villa
- Private rooms
- All breakfasts & 1 dinner
- Optimal Life training
- Free time
- Other optional activities

## Wellness topics covered:

- Lifestyle Wellness
- Intellectual Wellness
- Nutritional Wellness
- Physical Wellness
- Experiential Wellness



**February 9-15, 2026**

**From  
\$1,850**

- Limited availability!
- 2 rooms are double occupancy @ \$1,850/room
- 1 room sleeps 4 @ \$925/person (minimum 3 people)
- Airfare not included
- Lunches and most dinners on your own

More information at: [yourwellnessexperience.com/pvr26](http://yourwellnessexperience.com/pvr26)



## February 2026 — 7 Day Optimal Life Retreat Curriculum

Time\Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
7:00	Travel to Puerto Vallarta and transfer to villa	T'ai Chi / Meditation	T'ai Chi / Meditation	T'ai Chi / Meditation	Chi Gung/ Meditation	Chi Gung/ Meditation	Chi Gung/ Meditation		
8:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast		
9:00		Open time - great time for shopping or excursions						Packing	
10:00									
11:00									
12:00		Lunch on own	Lunch on own	Lunch on own	Lunch on own	Lunch on own	Transfer to airport and travel home		
1:00		Open time - perhaps a siesta?							
2:00									
3:00	<u>Lifestyle</u> Who are you? Productivity Your Values Your Passion	<u>Intellectual</u> Your brains Meditation Mindfulness Stress	<u>Nutrition</u> Body types Macro nutrients Micro nutrients Diets	<u>Physical</u> Exercise planning Movement Sleep Weights you	<u>Experiential</u> Emotional wellness Social interaction Spirituality				
4:00	Check In / Welcome								
5:00	Open time								
6:00	Welcome gathering	Dinner on own	Dinner on own	Dinner on own	Dinner on own	Valentine's Day dinner			

*Times and activities subject to change depending on availability, scheduling and interest.*

