

Eternal – Food for the Soul

Hanal Pixan Day of the Dead Retreat with Verde

October 29th - November 3rd | Tulum, Mexico | Retreat Itinerary



Day 1

Tues, October 29th

- Arrive to our jungle sanctuary Dora Eco Resort
- Get to know our facilitators and cohort with our Welcome Ceremony, featuring our Cacao Ceremony to cleanse your energy, open the Heart space, and set our intentions for the week ahead.

Day 2

Wed, October 30th

- Tour the Tulum Ruins and enjoy a guided meditation to connect to the wisdom of the land
- Enjoy a day trip to the beautiful beach club to soak up the sun.
- Explore the local artisan and craftsmanship with shopping at local stores and shops in Tulum's Centro

Day 3

Thurs, October 31st

- Journey to Tres Reyes Indigenous Maya Community to experience a once in a lifetime look at the ancient celebrations of Hanal Pixan.
- Featuring a procession into the jungle, candlelit ancestral veneration ceremony and a traditional Hanal Pixan feast.

Day 4

Fri, November 1st

- Open up the heart space and honor your emotions in a safe, supportive space with guided Sound Healing in a cave, medicine wheel, and grief circle.
- Explore the beauty of the local cuisine with a specially designed Cooking Class alongside Dora's beloved indigenous culinary staff.

Day 5

Sat, November 2nd

- Release and be reborn with a traditional Temazcal Ceremony.
- Relax, reflect, and integrate the medicine of Hanal Pixan by the natural pool, cenote, and numerous relaxation areas at Dora's.
- Conclude the experience with deep gratitude and devotion with a group Medicine Wheel building ritual and closing ceremony.

Day 6

Sun, November 3rd

- Departure