



This Winter, join Dr. Lauren Koedyk in Sayulita, Mexico.

Home to beautiful beaches and Mexican culture, this seaside surfer town is often called the "crown jewel" of the Riviera, Nayarit. During this six-day immersion trip, Dr. Lauren will be your guide as you take the time to connect with the local community of Sayulita and San Pancho, expand your clinical skills and receive one-on-one mentorship. This unique, small group experience also includes a balance of support from your sisterhood, meditation, holistic meals, and plenty of sun, sand and swimming.

\$1599 // Includes accommodation and meals. Excludes flights.

Timeline*:

Dec 17: Fly into Puerto Vallarta (PVR), travel to Sayulita, Welcome Dinner

Dec 18: Morning mindfulness practice, afternoon workshop, evening service

Dec 19: Morning mindfulness practice, afternoon workshop, evening service

Dec 20: Morning mindfulness practice, day service

Dec 21: Morning mindfulness practice, beach day

Dec 22: Morning mindfulness practice, departure to Puerto Vallarta airport

*Itinerary is subject to change

Please see our [@nikauwomen](#) page on Instagram for latest photos from prior trips!

To apply, please provide the following information:

➤ Name | Age | University | Contact Phone Number | Emergency Contact

➤ Seminar experience:

○ Nikau Y/N Kairos Y/N MLS Y/N BGI Y/N Network Y/N

Other:

- Clinical Experience:
 - Currently in practice? Y/N Year of Graduation:
 - Currently in school clinic? Y/N If not, when will you enter?
- Overseas travel experience? Y/N If yes, please give details.
- Prior chiropractic service trip? Y/N If yes, please give details.
- Meditation/mindfulness experience? Y/N If yes, please give details.
- What motivated, inspired, or attracted you to this experience? Please share a paragraph or two.
- Please submit an adjusting flow video with your application.

Successful applicants:

- Please make yourself aware of flight duration and cost before applying. Nikau Retreats will not oversee your flight travel.
- Valid passports with at least six months validity are required to enter Mexico.

Payment:

A **deposit of \$699** is required to secure your spot. Deposit is non-refundable. If deposit is not received following application acceptance your spot will be offered to another applicant. These trips do sell out so snag your spot!

Full amount is due by **November 14 2022**. All amounts given in US dollars.

You will be notified of payment instructions once your application has been reviewed and accepted by our team.

Cancellation Policy:

All fees are non-refundable and non-transferable once paid, except in the event of travel ban. Additionally, please be aware that inability to attend due to covid-19 exposure or illness will result in loss of funds paid.

Please submit to drlaurenkoedyk@gmail.com.

In the spirit of adventure,

Dr. Lauren Koedyk, DC
 Founder of Nikau Retreats