



NIKAU

RETREATS

This Spring, 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 seven-day immersion trip, Dr. Lauren will be your guide and mentor as you take the time to come back to center and rejuvenate. This unique, small group experience will include yoga, meditation, holistic meals, and plenty of surf, sand and swimming. Service days will be providing chiropractic care to the local people of Sayulita and San Pancho.

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

Timeline:

March 29: Fly into Puerto Vallarta, bus to Sayulita, Welcome Dinner

March 30: Morning yoga practice, adjusting workshop, beach

March 31: Morning yoga practice, service day

April 1: Morning yoga practice, service day

April 2: Morning yoga practice, beach, temazcal ceremony

April 3: Morning yoga practice, service day

April 4: Morning yoga practice, departure to Puerto Vallarta

Please provide the following information:

- Name | Age | University | Contact Phone Number | Emergency Contact Details
- Seminar experience:
 - Nikau Y/N Pneuma Y/N Tao Y/N MLS Y/N BGI Y/N
 - Network Y/N Kairos Y/N Other:
 - Are you in clinic? Y/N If no, when will you enter?
- Overseas travel experience? Y/N If yes, please give details.
- Yoga experience? Y/N If yes, please give details.
- Meditation experience? Y/N If yes, please give details.

- What motivated/inspired/attracted you to this experience?
- 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.
- A valid passport with at least six months validity is required to enter Mexico.

Payment:

A deposit of \$699 is required to secure your spot. Deposit is non-refundable. If deposit is not received your spot will be offered to another applicant. Full amount is due by **January 31 2021**. All amounts given in US dollars.

Cancellation Policy:

All fees are non-refundable and non-transferable once paid except in the event of a travel ban.

Please submit to drlaurenkoedyk@gmail.com.

In the spirit of adventure,

Dr. Lauren Koedyk, DC
Founder of Nikau Retreats