



This Summer, 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 as you take the time to connect with the local community of 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, yoga, meditation, holistic meals, and plenty of sun, sand and swimming.

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

Timeline:

- August 22: Fly into Puerto Vallarta, bus to Sayulita, Welcome Dinner
- August 23: Morning mindfulness practice, adjusting workshop
- August 24: Morning mindfulness practice, service day
- August 25: Morning mindfulness practice, service day
- August 26: Morning mindfulness practice, service day
- August 27: Morning mindfulness practice, beach day
- August 28: Morning mindfulness practice, departure to Puerto Vallarta

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:
 - In practice? Y/N Year of Graduation:
 - In clinic? Y/N If no, 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 experience? Y/N If yes, please give details.
- Yoga 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.

Full amount is due by **July 22 2021**. All amounts given in US dollars.

Cancellation Policy:

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

Please submit to drlaurenkoedyk@gmail.com.

In the spirit of adventure,

Dr. Lauren Koedyk, DC

Founder of Nikau Retreats