



From burnout to bliss, Orah's curated wellness retreats help you reset, recharge, and rejuvenate in stunning locations

Jan 23-26, 2025

***Location: Palmaia, The House of AiA***

*Riviera Maya, México*

Powered by  
Forest Travel Agency





## Welcome to a transformative journey

Embark on an innovative journey with Orah Wellness!

Immerse yourself in magical destinations, surrounded by nature and organic architecture. Experience the power of mindful breathing, movement, and wholesome nutrition. Forge meaningful connections, create unique friendships, and indulge in safe, enriching conversations.

Orah Wellness is your gateway to a holistic sensory adventure, marking a path of wellness in your life.

## ***Location: Palmaria, The House of AiA***

*Riviera Maya, México*

Imagine a mystical place born from the effervescent complexity of contemporary Mexico, where ancient roots and sacred rituals interact with an international confluence...



Experience the ultimate in luxury wellness at The House of AiA: oceanfront swim-up suites, jungle spa, and gourmet dining. With Michelin-trained chefs, locally sourced cuisine, white sand beach, infinity pools, and guided wellness activities, reconnect mind and body in the vibrant Riviera Maya.



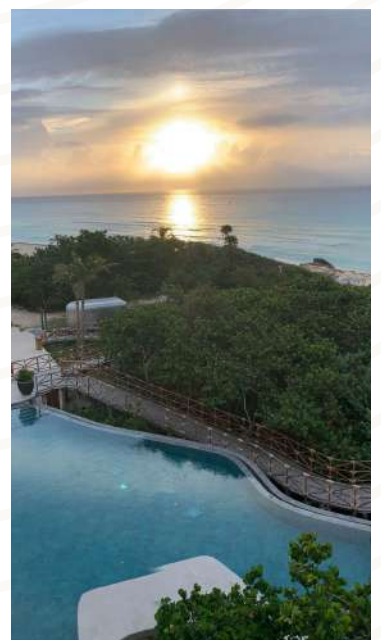
# In our next Luxury Wellness Retreat you will....

- Discover the transformative power of nature
- Cultivate self-love
- Embrace mindful living
- Nourish your body with medicinal foods
- Expand your awareness
- learn and master stress management techniques
- Experience wellness with purpose and intention, learning practical ways to achieve it



## Our program includes...

- 5 Days/ 4 nights in luxury accommodation
- Private round trip airport transfers.
- All Meals locally sourced and curated by Susan Farkas.
- Guided wellness sessions with the experts.
- Welcome dinner.
- Sunrise and sunset activities.  
\*optional
- Heart opening cacao ceremony.
- Energy expanding movement classes.
- Sound Healing.
- Learn Techniques of Breathwork for Stress Relief
- One spa treatment to unwind, tune in and recharge or a private sessions with our experts.
- And much more...





# Our Orah Wellness Experts



## Alexander Cohen

In my integrative wellness practice, I integrate various modalities to foster a profound mind-body connection and promote holistic well-being. Through a blend of mindful movements, yoga, meditation, and breathwork, we tap into your body's innate wisdom, increasing energy levels and inducing deep relaxation as needed.



## Debbie Heim

I am an experienced luxury travel designer, having worked at Forest Travel for over 30 years. This experience has been enriching and has motivated me to dedicate my life to fitness and wellness. My profound success in maintaining a healthy work-life balance in my own life inspires me to help others do the same.



## Susan Farkas

As a Integrative Medicine and nutrition expert, I am dedicated to curating menus sourced from local ingredients that highlight the healing properties of food. Through thought-provoking conversations on nutrition, the significance of the microbiome in bolstering immunity and overall well-being, evidence-based recommendations, the impact of bioindividual medicine, and more.



## Sandra Coiffman

Effective stress management helps you break the hold stress has in your life, so you can be happier, healthier and more productive. The ultimate goal is a balanced life, with time for work, relationships, relaxation and fun - and the resilience to hold up under pressure and meet challenges head-on.

# Total price of our Luxury Wellness Retreat

Starting at  
**\$4,895 USD**  
*Per Person*

## Not included in your stay


- Airfare
- Alcoholic beverages

## Refund Policy

- Guaranty your space with \$250 USD. Space is limited.
- Full payment must be completed by 23 November 2024.
- Cancellations made less than 30 days before the retreat are non-refundable.
- In the event that Orah Wellness cancels the program, a full refund will be issued.

# Are you ready to **turn your life around?**

Contact us for more information  
and inquiries

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Ext 122

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 @orahwellness

**See you at our  
Luxury Wellness Retreat!**

