

UNTAME IN TULUM

A BAREFOOT RESET + RELEASE RETREAT

March 19 - 25th, 2026



If you're reading this, you're likely on a path of enlightenment, the path of the examined life. You aren't the sort of person who desires an all-inclusive vacation, where you belly up to the all-you-can-eat buffet and slurp drinks in a monkey mug brought to you by the pool while the ocean sways and sings to you just over the hotel's fence.

There may be a time for that in your life, but this is not the time, not now. This is the time to release, refresh, reset. There will also be turquoise waters, fresh tropical fruit by the pool, and Mayan citrus ginger shots. This is the time for introspection, for sweating out your demons, for figuring out the path forward. Come to Tulum in March 2026 to find it. We will come together as a small group with daily practices to help you find that path.

Arrival

First, how do we get there? The newly constructed Tulum airport is less than an hour away from your resort. A direct shuttle service to the hotel can be arranged in advance. Plan to arrive by 3 pm on Thursday, March 19 (or come in a day or two earlier to settle into relaxation mode). Your shuttle will take you into Tulum National Park, once famed as home to jaguars. Disembark and check into your cabana. Then remove your shoes. You'll be walking barefoot on sugar sand for a week.

Retreat activities begin at 5 pm.

Accommodations

Thursday through Tuesday, March 19-24, will be spent at [IKAL Tulum Hotel](#). Stay at a beachside bungalow with modern comforts like air conditioning, mini fridge, and your own nespresso machine. You'll have a private enclosure, shared plunge pool, and private outdoor solar shower. Or perhaps you'll settle in your own Mayan suite cabaña set in a lush garden with a private plunge pool. Be prepared to be awed by any of IKAL's one-of-a-kind accommodations.

IKAL TULUM



Schedule

Thursday Opening Circle + Cacao Ceremony at IKAL fire pit

At Thursday's 5 pm opening, meet your fellow seekers. Set an intention for why you came and what you hope to get out of this week. Then let the ancient Mayan magic do its work on your soul. The smoke of sacred herbs will cleanse your spirit, followed by a ritual cacao ceremony. It is said that when the world is in trouble, the cacao seed will come out of the jungle to help heal humanity. You will taste the rich ceremonial cacao and feel its wondrous remedy warm your insides.

Afterwards, repair for your first communal meal in IKAL's Restaurant MAiA, where fresh, organic and local ingredients are sourced locally in the state of Quintana Roo. Accommodation can be made for allergies or taste preferences.

IKAL Mornings (Friday, March 20 - Tuesday, March 24)

Rise for yoga in the open air shala overlooking the Caribbean Sea. Iguanas will watch your downdogs from the side as you enjoy Kundalini or Hatha yoga with Valentine or other masters from the area.

After yoga, take 20 steps across the sand to Restaurant MAiA and revive with a tropical smoothie pressed from the freshest of local fruits plus yogurt and homemade granola.



Creative Writing

Two creative writing sessions will be presented, one at IKAL and the other at Naum. Using prompts and timed exercises to loosen our creativity, we will write. We will invent stories to make sense of what we are experiencing, and we will burble up words to make us giggle, think, or suck in our breath in alarm. We will morph into the inventive souls that lurk inside

all of us. We will share our words with the group, but only if we feel like it. We will grace each other simply with our support, thanks, and a nod to say, "I love you, keep going."

Included Special Events at IKAL

- **Temazcal:** an ancient sweat lodge ritual that provides a profound journey into your timeless psyche through the depths of Mother Earth's womb. Heated volcanic stones and herbs are used to purify your physical, mental, and spiritual dimensions. You will experience a transformative rebirth and renewal.
- **Tulum Ruins:** as a group, we will visit the ancient Tulum ruins via a short walk up the beach. Study the limestone fortifications and soak up powerful clues to the ancient Mayan civilization. The stones become a giant puzzle waiting to be pieced together.
- **DOSE (Dopamine + Oxytocin + Serotonin + Endorphin) Dance:** A neuroscience-based music and sound journey to trigger your happiest hormones. This is not just ecstatic dance, though you will feel euphoric. The music acts upon your limbic and nervous system and your breath to awaken movement. You will feel a coherence between your inner and outer being - the building blocks of your true authenticity. No prior dance experience needed. Journey into the bliss of a wild sensory experience!
- **Breathwork:** Breathing techniques will be called upon to purify as you take a spiritual journey. You may levitate, you may feel angels cradling you, you will feel your life force rise.

Available Daily (for an additional fee)

Your choice to pique your soul's curiosity or settle your body's aches.

- Order a one-on-one signature therapy from [IKAL Wellness](#), such as a Holistic Lift Facial Yoga to turn back time, or Kyta, a deep massage to clear physical and emotional blockages by stimulating strategic points in the spine. Enjoy the therapeutics in the privacy of your cabaña or at the Medicine Wheel, an open air balcony overlooking the sea.
- Or perhaps dive into Mexican pre-Hispanic astrology with Tonalpohualli, a sacred count of time to guide you through your journey on this earth.
- One afternoon, take a swim with the turtles along the reef just beyond the hotel's swimming area. Safely snorkel and follow the fishes and giant turtles around their home.
- Or perhaps in the afternoon, do what your body most desires and take a siesta.

NAUM JUNGLE RETREAT

On Tuesday, March 24, we will pack our bags and move to [Naum Jungle Retreat](#) to spend our final day and night at a secluded luxury villa in the jungle with a magical private cenote (sacred, freshwater underground cavern). Enjoy delicious meals prepared by our own private chef.



Included Special Events

Sound Healing in the private cenote: Soothing sounds from an array of native instruments plus healing voices will sing you into a dreamlike state of joy.

Cenote Swim: Swim in the crystal clear cool waters of the cenote created by rainwater seeping through the porous limestone above.

Closing Ceremony: We will wrap up our week together remembering our intentions, observing our aspirations, and planning to hold onto the magic of our community together.

Returning Home

On Wednesday, March 25, reverse the journey you took to get there. But not exactly, for you are lighter, stronger, and more sure of yourself. You are magnetized to the way and determined to be exactly who you are meant to be. Plus, you have a community of friends, the like-minded, those who have untwisted their fears, who have sweated past their blocks in the sweat lodge together, who have tasted the magical cacao, who have danced themselves into ecstasy and written their words of truth. You are part of a community forever changed.

Set your return flight no earlier than noon.

Prices include:

- 5 nights, 6 days at IKAL Tulum Hotel & Resort
- 1 night at Naum Tulum Private Villa
- 2 meals per day
- 1 Mayan cacao ceremony
- 1 Temazcal ceremony in traditional Mayan Sweat Lodge
- 1 yoga class a day
- 2 creative writing workshops
- 1 Ecstatic DOSE dance ceremony
- 1 Ecstatic Breathwork workshop
- 1 Soundbath and swimming in private cenote at Naum

Cost depends on your choice of lodging at IKAL:

1. Bungalow with private bath, one queen-size bed
 - a. \$2,500 per person single occupancy
2. Private Plunge Pool Suite with private bath & one king-size bed
 - a. \$3,100 single occupancy OR
 - b. \$2,350 double occupancy

Registration:

- Space limited to 12 participants
- Pay \$300 deposit now to save your space
- Full payment due January 1, 2025
- Questions? Contact Valentine Leonard, valentinephilos@gmail.com, 901-515-6099

