

**Coaching Retreats in San Miguel de Allende**

Flight arranged by client.

**Transportation to/from BJX or QRO**

Shared Shuttle or Private Cars Available

USD $25/per person – USD $50/per person

Hired Driver during your stay

Lodging provided at the beautiful [Casa Tres Agaves](http://www.casatresagaves.com) in San Miguel de Allende, Guanajuato, Mex.

3 beautifully furnished apartments under one roof.

The two smaller units, Cuishe and Azul, each have one bedroom and one bathroom. The larger unit, Espadin, two bedrooms and 2.5 bathrooms. Each sleeping quarter has its own bathroom.

Each unit is your own private oasis to work on your goals, plan your next steps, meditate and to focus only on yourself.

See website for unit details.

**Option 1 – One Week Retreat**

April 1 – September 30 October 1 – March 30

Espadin: USD$1,300 Espadin: USD$1,400

Cuishe/Azul: USD$625 Cuishe/Azul: USD$700

**Option 2 – Two Week Retreat**

April 1 – September 30 October 1 – March 30

Espadin: USD$2,600 Espadin: USD$2,800

Cuishe/Azul: USD$1,250 Cuishe/Azul: USD$1,400

|  |  |
| --- | --- |
| **A La Carte Activities**  | **Description** |
| Home Cooked Meals | Home cooked meals can be arranged during your stay |
| [Wine Tours](https://theculturetrip.com/north-america/mexico/articles/the-best-vineyards-just-outside-of-san-miguel-de-allende/) | A little piece of Tuscany in the heart of Mexico |
| [Walking Tours by Joseph Toone](http://josephtoonetours.com/)  | TripAdvisor Top Recommendation in SMA (USD $15 - $30 per person) |
| Yoga  | choose from many yoga studios near Casa Tres Agaves |
| Hot Springs | [La Gruta](https://www.spalagruta.com/), [Escondido Place](http://www.escondidoplace.com/aguas-termales-san-miguel-de-allende/), [Valle de Los Senderos](https://valle-los-senderos.com/about/) (USD $7.50 - $10 per person) |
| Massage by Omar or Nancy | Two of the best masseuses in town (MXP 650/60 minutes; MXP 800/90 minutes) |
| Mani/Pedi with Ana | Enjoy a mani/pedi in the comfort of your own homeMani: MXP xxx Gel Mani: MXP xxxPedi: MXP xxxGel Pedi: MXP xxx |
| Cooking Classes @ Artesania  | Located in the 5-Star Rosewood, an unforgettable experience (USD $xxx per person) |
| [Bici-Burro Bike Tours](http://www.bici-burro.com/) | Biking and Hiking Tours in and around SMA (see website for pricing) |
| Art Classes with Juanluis Flores | Spend a few hours painting with true local artists |
| Mercado de Artesanias | Spend the day exploring the many local crafts of SMA – FREE |
| [Cañada de la Virgen](http://cultura.guanajuato.gob.mx/index.php/canada-de-la-virgen/) | Visit the fascinating ruins of pre-Hispanic pyramids (USD$39 per person) |

What is included in your stay:

* Coffee/Tea to get your morning started
* Fresh fruit from the local markets
* A bottle of wine
* Non-alcoholic beverages in your fridge
* A small token of local art to remember your journey