

TRAVEL *happy*

B-1 Yoga Women's Retreat

APRIL 26-30, 2024



B-1 YOGIS TO MIAMI! 5 DAYS | 4 NIGHTS

Miami is the perfect destination for a yoga retreat with the white sand beaches, sunny nature and the yoga culture. We will practice yoga and meditation, take in peaceful botanical gardens, watch the sunset from our boat and experience the culture with salsa dancing. Miami is bright, vibrant and diverse which creates a welcoming and inclusive atmosphere for all yogis.

DAY 1, 4/26:

Welcome to Miami!

The day has finally arrived. We will take the afternoon to connect at our gorgeous house that sits on Blue Lake. We will have an opening circle of meditation and yoga to create a connection that will last way beyond this trip together. Lea will keep the food flowing as well as a celebratory bubbly toast. Our evening will be spent at the Standard Spa for a yoga and spa event led by hypnotist, meditation educator and yogi, Ewa Josefsson.

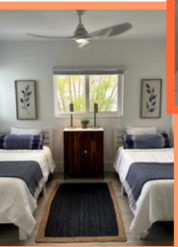
www.standardhotels.com/miami/properties/miami-beach



WHERE WE'LL BE STAYING:

Our house is Fabulous! It has beach frontage on Blue Lake and is centrally located. The house is modern and spacious with plenty of indoor/outdoor areas to relax and spread out. There are kayaks and paddleboards available too!

There are 8 single bed options and two King beds. On a first come first serve basis :)



ADDRESS:
4850 SW 92ND AVE, MIAMI FL

DAY 2, 4/27:

Murals, Food, & Salsa Dancing

Let's get out on the town after morning practice. We will head to the vibrant neighborhood of Wynwood to admire all the bright murals. Wynwood has lots of boutiques, restaurants, breweries, etc. You can get lost admiring the artwork.

Next, we will head to Little Havana for a Cuban Food and Drink Tour but don't worry because you'll be dancing it off with Salsa dance lessons following the tour.

DAY 3, 4/28:

Easy Sunday Vibes on a Yacht

A relaxing Sunday morning with a very special guest yoga instructor, Ewa Josefsson for a hypnotic flow class. After class, you'll have time to enjoy the lake right outside our door with paddleboards, kayaks, or maybe a nice chill nap...easy like a Sunday morning.

Early afternoon we will head to the ocean for a fun filled day on a yacht! This day will be full of city views and a Miami pink sunset.

DAY 4, 4/29:

A Patch of Heaven

Our morning starts out at a very special and sacred place, A Patch of Heaven Sanctuary. Patch of Heaven Sanctuary is dedicated to preserving the forest and local wildlife, as well as the integrity of the historic structures located on the property. We can stroll through the tropical hardwood hammock forest that's endangered. We might even see an owl, fox or raccoon which are protected there. This sanctuary provides a quiet and peaceful environment, perfect for prayer, meditation, journaling or even a little nap.

After the sanctuary we will head back to the house for lunch and to freshen up for the beach. We will visit Key Biscayne's Bill Baggs State park for an afternoon beach walk and finish at the Rusty Pelican for dinner. This restaurant has the most incredible view of the water and the city skyline as well as the FOOD!

DAY 5, 4/30:

Home Sweet Home

The day we take all the special memories and friendships home with us.

Uber to MIA airport (Please book return flights after 10am)



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B-I YOGIS TO MIAMI! RETREAT DETAILS

WHAT'S INCLUDED:

- Beautiful lakeside accommodations. Shared rooms. 8 twin beds & 2 king (FCFS)
- All meals except for one lunch on your own (Lea will prepare delicious vegetarian meals and snacks in our home away from home)
- Daily yoga practice and mindfulness meditation
- Ticket to yoga and spa night at Standard Hotel hosted by Ewa
- Transportation during the retreat
- Salsa dancing and food tour in Little Havana
- Hypnotic flow class led by Ewa Josefsson at our home
- An afternoon on a private B1 yacht for ocean time, city views, and a pink Miami sunset
- A visit to Patch of Heaven Sanctuary where the tropical hardwood forest and animals are protected
- Oceanside dinner at the Rusty Pelican

REFUND POLICY

- **Deposit and all payments are non-refundable.**
- Please obtain travel insurance in case of trip interruption and to protect yourself from illness, injury, and any hiccups that life can throw. I recommend **Allianz** or **World Nomad**.
- This retreat is transferable to another person but not to a future retreat.

PRICE/PAYMENTS

Total cost \$2222 per person

- Deposit \$500 due by 12/15
 - **To submit deposit, venmo:**
 - @lea-droessler
- \$750 2nd Payment due 2/1/24
- Remaining balance 3rd payment due 4/1/24
- **Book by 12/15/23 and receive \$222 off your trip price!**
- Payment plans are flexible. Reach out to Lea if these terms do not work for you.

WHAT'S NOT INCLUDED:

- Travel Insurance
- Your flight in to Miami International Airport (MIA)
- Uber/Lyft transportation to and from airport to accommodation.
- Shopping money
- One lunch during solo-time



QUESTIONS?

Contact Krissy: 563-495-0464 | b1yogadbq@gmail.com
Contact Lea: 563-590-8175 | sunnyandturquoisetravel@gmail.com



@sunnyandturquoisetravel



Sunny & Turquoise

www.sunnyandturquoisetravel.com

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B-I YOGIS TO MIAMI! YOUR HOSTS & INSTRUCTORS



LEA DROESSLER

Lea is a business innovator, travel coach, adventure enthusiast, gourmet cook, loving wife, and devoted mom.

She has been operating Sunny & Turquoise for 2 years and leading women tour groups for over 12 years. Her business was born out of a life time of travel experiences at home and abroad.

Lea's style of travel is about genuine connection. Connection with both yourself and the friendships you'll make with the small group on the same journey. She encourages travelers to take time to journal, read, and unplug. Our days have a balance of moving our bodies, trying new activities, laughing, playing, visiting local shops, trying food native to the area, and supporting restaurants that serve local fare. But most importantly, she wants you to feel a deep sense of love and spiritual connection with the earth, with those around you, and with yourself. You are welcome, as you are, right where you are.



KRISSY MUELLER

Krissy is a certified 95-hour kids yoga instructor and an E-RYT 500 hour certified adult yoga instructor. She has been a personal trainer and taught group fitness classes for 20 years and loves bringing health and wellness into the lives of everyone she can.

Yoga became a more regular part of her practice over 8 years ago and it changed every aspect of her life. Knowing what yoga did for her own well-being and seeing what it has done for her kids, made Krissy passionate about wanting to share it with others on a more regular basis. After a few years as studio manager and instructing many classes at B1, she had the privilege of purchasing B1 from former owner Cally Burkle. Her first year of owning the studio has been amazing and she can't wait to see how she can continue to grow yoga in her community!

When not teaching kids yoga with Challenge to Change or hanging at the yoga studio, you will find her with her adjuncting at University of Dubuque, spending time with her 3 kids, husband, and many pets, hanging with friends, saving animals, and enjoying the outdoors.



EWA JOSEFSSON

Ewa Josefsson (E-RYT 500, CH) is a certified hypnotist, as well as a senior yoga and meditation educator born in Sweden and based in Miami, Florida.

Ewa holds dual certifications in Skanda Yoga and Jivamukti Yoga, two power vinyasa yoga styles with focus on personal transformation. Today Ewa hosts her own yoga and meditation teacher trainings with Miriam 'Mimi' Ghandour, and together they have certified over 300 new yoga and meditation teachers.

In Miami she teaches weekly Hypnotic Yoga Flow classes as well as Hypnotic Sound Baths. Using her knowledge of trance states and positive suggestion from hypnotherapy, she infuses classic vinyasa yoga with hypnotic music, breath-count and suggestion, making every class an empowering journey of self-discovery and healing.

QUESTIONS?

Contact Krissy: 563-495-0464 | b1yogadbq@gmail.com

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Sunny & Turquoise

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