



Sacred Wellness Grove San Miguel de Allende, MX

Retreat Information

Retreats are a wonderful opportunity to look at our lives from a new perspective. Experiencing ourselves in another environment allows for new awareness and insights. We reconnect with ourselves, sometimes in ways we haven't done before: retreats are not the same as a holiday, they are more of a sacred space, offering an opportunity to rest, refresh, explore and re-set our inner compass in a supportive and inspiring environment and emerge transformed and reinvigorated.

Retreats are personalized: we all have different needs, comfort levels and interests.

You may be someone who wants to go to sleep very early, spend a lot of time alone, dance to loud music in the morning, have breakfast at 11:00 am or take a nap every afternoon, or be out and about town all day. Whatever you need is okay. This is about YOU and making the most of your time away

Being in San Miguel is a special experience: the beauty of the town, friendliness of the people, rich history, vibrant colors, intriguing historical sites, the golden light, the sound of church bells.....

Being in a semi-retreat setting with daily meditation, Yoga/Qi Gong instruction,

Energy Healing and Transformative Coaching sessions allow you to:

- Time away to rest, regroup, and seek inspiration
- Explore the next phase of life
- Learn or deepen contemplative practices
- Reconnect with a family member or friend in the context of a vacation/ retreat setting

Suggested retreat time periods:

Traveling to San Miguel on a Friday with arrival Friday evening and departure on following Saturday morning. **8 nights and 7 seven days** at Sacred Wellness Grove San Miguel. (Other time arrangements are also available, with a minimum of 3 days and a maximum of 12 days)

Closest Airport: Leon, BJX Guanajato.

Direct flights to Leon BJX from the US depart from Chicago, Atlanta, Oakland, Dallas, Sacramento, San Jose, Los Angeles, Houston and Detroit.

Best connection from Buffalo, NY:

Buffalo to Atlanta, Atlanta to Leon with DELTA Airlines.

Travel from Leon airport to San Miguel:

Approximately 80 minutes. Car service: Viajes San Miguel, about \$40 per person or less if is a shared ride with other people traveling from airport to San Miguel

<https://www.viajessanmiguel.com>

Weather: Warm year round. Temperatures typically vary from 41°F to 85°F and for a short period in the winter can dip to 36°F at night. Highest temperature is 90. In the rainy season (May to September) there are short bursts of rain in the afternoon. Days are warm and nights are fresh.

Altitude is 6235 feet and it can take a short to adjust depending on the individual It is recommended to drink a lot of electrolytes during the first days.

Safety: The majority of crime in Mexico is drug related and is targeted specifically at people that are involved in the drug scene. In San Miguel there is petty crime like every where else. The best way to protect oneself is to not go out alone after 10:00pm, to not wear expensive jewelry and carry little money and valuables on oneself while walking around town.

Not to meander in neighborhoods long that are far away from the centro.

When going to one of the big markets it is wise to protect one's phone and wallet in an anti theft purse close to body. It is also recommended to organize, if possible, travel time to and from airport during daylight hours.

Sacred Wellness Grove Casita location

Sacred Wellness Grove Casita is located at the end of a cul de sac right in the neighborhood of Colonia Allende. The street has Mexican, French, American, Canadian and German residents. It also hosts an Ironsmith workshop. The Casita apartment is on the ground floor of a two story building with a roof terrace. It has two bedrooms, (one bedroom is used the healing arts room) a living room, bathroom and kitchen. Every room has French doors leading onto a lovely patio garden with a fountain, traditional adobe oven and lush plants. Sacred Wellness Grove San Miguel is walking distance to every amenity and no car is required to get to all major sites of San Miguel. Felicitas's family living quarters are on the second floor of the same building, with a separate entrance, creating privacy for each casita. This allows Felicitas to be available, on site, during retreats.

Please note:

Sound Scape in Mexico is alive: there are roosters crowing at dawn, bands rehearsing on afternoons, kids playing in school yards and firecrackers going off at any given time.

Water pressure: Most houses don't have high water pressure, showers may be "wimpy" at times and toilet paper has to be disposed in a bin rather than flushed.

Tap water is not safe to drink and it is recommended to use bottled water to brush teeth and to cook. Bottled water dispenser is on site.

Money:

Many restaurants and shops take credit cards. There are numerous ATM's and Banks in town. You will need cash for taxis and markets. There are money exchange booths in the center of town.

Language:

Because of a high percentage of foreigners living in San Miguel de Allende English is spoken in many restaurants, galleries and around town.

Food:

The Casita has a full kitchen and guests are welcome to keep food in fridge and to cook meals. There are many beautiful restaurants and coffeeshops within walking distance. The organic market (Mercado Sano) has all the foods that you could expect in the best US Food Coop or Health Store is a few minutes walk away. Some Eateries close to the Casita are :

Rustica : <https://www.instagram.com/rustica.sma/> www.facebook.com/rustica.

Luna de Queso : <http://lunadequeso.com.mx/en/>

Panio: <https://www.panio.mx>

Food is generally 35% cheaper than in the US consumed in restaurants and bought.

Wi fi and Phone service:

WiFi is provided in the Casita. Please check with your carrier how to obtain the best and economic service in Mexico.

Transportation:

You can hail taxis all over town. Fares within town are around US\$ 3.

San Miguel de Allende is a walking town. You can get to a lot of places on foot. Some roads are cobblestone so good footwear is highly recommended.

Capacity:

Semi - retreats at Sacred Wellness Grove San Miguel can be booked for one or two individuals. If desired, accommodations for additional guests can be made at Casita San Miguelito, around the corner from Sacred Wellness Grove at

[.https://www.casitanmiguel.com](https://www.casitanmiguel.com)

Attractions:

here are many beautiful galleries, churches, squares & markets to visit.

Highlights include:

Canada de La Virgen Ancient Pyramid /Archaeological site:

<https://albertcoffeetours.com/canada-de-la-virgen/>

Fabrica La Aurora: Artspaces converted textile factory <http://fabricalaaurora.com>

Hot springs: <http://lagruta-spa.com.mx/servicios/>

Atonilco:<https://www.santuariodeatotonilco.org> World heritage site Sanctuary

Retreats at Sacred Wellness Grove San Miguel include:

- 1 daily Coaching and or Energy Healing session.
- 60 minutes daily meditation and Movement class.
- Dinner on first night.
- Breakfast on departure day.
- Electrolyte drinks supply for first 24 hours
- 4 hr overview walking tour of the town
- Assistance in booking tours, sweat lodge, hot springs, massages and individual tour guide excursions.
- Use of Casita, patio, roof terrace
- Bedding
- Towels

What is not included:

- Food
- Transportation
- Fees for extra services

(Food option will be available starting 2020)

Cost:

For 8 nights, 7 days semi retreat,

One person: \$ 1,300.00

2 People (shared room) \$2,000.00

(includes Energy Healing Session /Coaching session for 2nd person)

Reservations:

A \$100 deposit is required at the time of booking.

Full payment required 14 days before arrival.

Payments processed through PayPal.

Take the leap:

E-mail Felicitas at Felicitasherenow@gmail.com to schedule a 30 minute phone consultation for any questions in designing your semi- retreat.



Your host and coach: Felicitas Kusch-Lango:

I grew up in Rome, Italy and after high school spent a year as documentary film student in Germany; (my mothers's native country), moved back to Rome to graduate in Anthropology; lived in a New Mexico Pueblo reservation to write my thesis, got a job in NYC as Television producer, a year later, on my way to to Rome, via London, was offered a job for Italian Television. Lived 7 years in London, worked for Italian TV and then for the BBC. In 1995 I married Patrick, farmer/ writer/chef and moved to his farm in the middle of nowhere in Western New York. I opened a Yoga studio in East Aurora in 1997 and in 1999 Patrick and I adopted our beloved son Tazio in Cambodia. Spent the next 20 years teaching and studying Yoga, Meditation and other Healing Modalities and running a successful and award winning Healing Arts center (Healing Waters) and raising our son. I fell in love with Mexico during a meditation retreat in 2013, sold my Yoga studio in 2017 and bought a house in San Miguel on a whim. You get the picture.....I am bit of an adventurer, strongly believe in synchronicity and seizing the moment and also feel very grounded and steady thanks to my my 25 + years of practice in Yoga, Mindfulness and Tibetan Buddhism and my immersions and certifications in modalities such as Psychosynthesis, Continuum, Shamanic Studies, Yoga Therapy & Energy Healing.