



SACRED *Feminine Retreat*

Yoga • Art • Wellness

Punta de Mita, Mexico

August 29 – September 4, 2025

A 7-Day Oceanfront Journey of Reconnection

Recharge your spirit with daily yoga, intuitive art, sacred rituals, and luxurious self-care — all in a private estate with two pools overlooking the ocean, jungle paths, and breathtaking Pacific Ocean views



WHAT'S INCLUDED

- Daily yoga, breathwork & feminine movement
 - Intuitive art therapy & sensual dance
 - Skincare rituals, sacred massage & womb healing
 - Cacao ceremony, clay body masks & Temazcal ritual
 - Private boat trip to Yelapa Island
 - Day trip to Sayulita surf town
 - Mindful cooking & 1:1 yoga or mindfulness session
 - Nightly sound baths & women's circles
 - Gourmet meals by private chefs (mocktails included)
 - A/C jungle cabanas (Upgrade to open-air +\$300)
- Two ocean-view pools & round-trip airport transfer

Early Bird Price:

\$3,495

Regular Price:

\$4,195

**Airfare not included | Payment plans
available**

Limited spots available.

BOOK NOW

813-860-7317

@waterswayretreat

<https://thebplease.com/>



Mexico Retreat Schedule

DAY 1

2:00 pm - Arrival
Free time (unpacking, shower)
Welcome drink
Walk around tour through the resort
6:00 pm - dinner
7:30 pm - women's circle
6:00 pm - dinner
7:30 pm - closing circle with
10:00 pm - bedtime

DAY 2

7:30 am - yoga gentle (hatha)
9:00 am - breakfast
10:30 am - Sayulita trip
4:30 pm - return to Palapa
Ganesh
6:00 pm - dinner
7:30 pm - women's circle/
meditation/sound bath
10:00 pm - bedtime

DAY 3

7:30 am - yoga (vinyasa)
9:00 am - breakfast
10:30 am - 1:30 pm - art therapy
2:00 pm - lunch
4:00 pm - group womb massage
6:00 pm - dinner
7:30 pm - meditation/sound
bath meditation/sound bath
10:00 pm - bedtime

DAY 4

7:30 am - yoga (yin)
9:00 am - breakfast
10:30 am - Yelapa trip
6:00 pm - dinner
7:30 pm - meditation/sound bath
meditation- lunch - flexible hours
6:00 pm - dinner

DAY 5

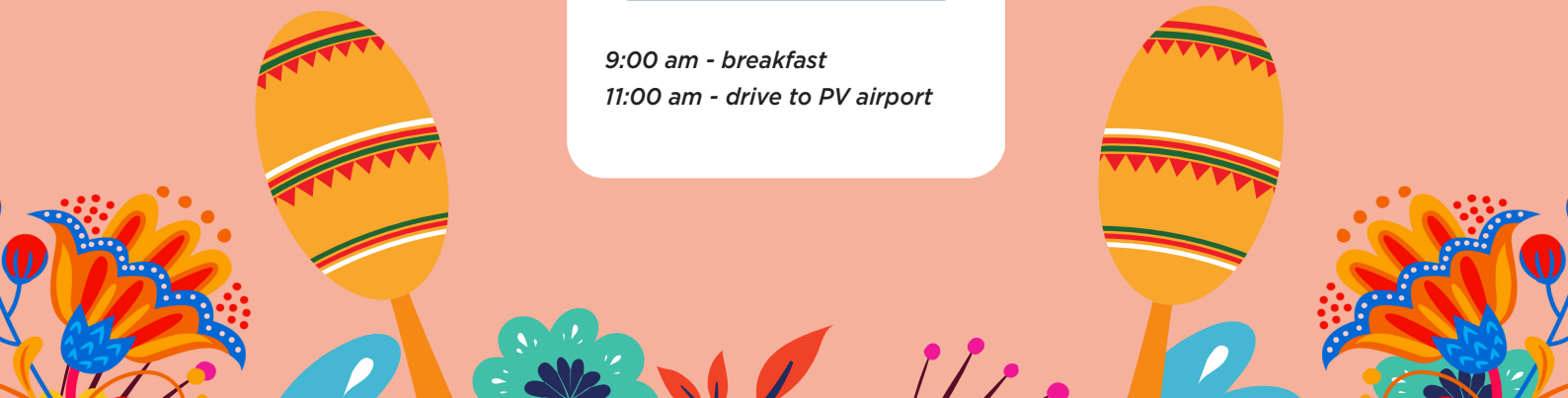
7:30 am - sensual dance
9:00 am - breakfast
10:30 am - 2:00 pm - one-on-one
massage/yoga/mindfulness
2:30 pm - lunch
4:00 pm - one-on-one yoga
/mindfulness
7:00 pm - dinner
8:30 pm - skincare workshop
10:00 pm - bedtime

DAY 6

7:30 am - yoga (restorative)
9:00 am - breakfast
10:30 am - 2:30 pm - watsu
(water therapy)
3:00 pm - 5:30 pm - flower
meditation- lunch - flexible hours
6:00 pm - dinner
7:30 pm - closing circle with
astrology reading/soundbath
10:00 pm - bedtime

DAY 7

9:00 am - breakfast
11:00 am - drive to PV airport





Meet Our Hosts

This retreat is guided by two passionate women who bring a blend of wisdom, warmth, and intention to every experience:



Nika Zusin



Agnieszka Niegowski

Nika - Co-Founder of Waters Way Studio & Retreat

A dedicated yoga and dance teacher, Nika brings extensive experience to her practice, drawing from a 15-year career as a dancer, a 10-year journey as a yogi, and fruitful years of teaching.

Nika works with individuals of all ages and body types, blending a variety of yoga styles to meet her students where they are. Her mission is to help others integrate the insights gained on the mat into daily life, supporting a balanced, holistic approach to wellness.

Nika Zusin is also a visual artist and art teacher whose work merges Abstract Expressionism, Constructivism, and Magical Realism into a deeply emotive and immersive experience. Her work has been showcased in galleries across the U.S.A., Japan, Poland, and Ukraine, consistently moving audiences with its raw emotional resonance and distinctive visual language.

Nika draws inspiration from body language, words, rain, space, sound, and other artistic mediums.

Agnieszka - Co-Founder of Waters Way Studio & Retreat

Agnieszka is a heart-led entrepreneur, mindfulness coach, and founder of B Please!, a skincare brand rooted in self-love and natural beauty. Originally from Poland and now based in sunny Florida, she blends holistic wellness, emotional healing, and self-expression to help women reconnect with themselves.

At Waters Way, she leads grounding rituals, self-care workshops, and modern wellness sessions, incorporating therapies like halotherapy, red light, and cryotherapy. Agnieszka also teaches mindful skincare rituals and face fitness techniques using her own product line.

Gentle yet powerful, her calming presence invites women to slow down, listen inward, and rediscover their inner glow.

"Wellness begins when we stop running and start listening—to our breath, our body, and the rhythm of nature."

**Follow them
on Instagram**



@nikazusin_art



@nikazusin_yoga



@thebplease



What's Included



- ✓ Sacred massage & womb healing
- ✓ One-on-one yoga or mindfulness session
- ✓ Daily yoga, breathwork & feminine movement under open skies
- ✓ Intuitive art therapy sessions led by visual artist Nika Zusin
- ✓ Sensual dance for self-expression & confidence
- ✓ Skincare rituals & glow-enhancing therapies by B Please!
- ✓ Flower meditation for heart opening & divine feminine alignment
- ✓ 2 ocean-view pools for relaxing, journaling, and soaking it all in
- ✓ Round-trip airport transportation from Puerto Vallarta included
- ✓ Aquatic therapy session for emotional release & deep relaxation
- ✓ Private boat trip to magical Yelapa Island for a full day of ancestral healing
- ✓ Day trip to Sayulita, Mexico's bohemian surf town for boutique shopping, beach time, and creative café culture
- ✓ Mindful cooking workshop with vibrant, nourishing ingredients
- ✓ Nightly sound baths, women's circles, and connection rituals
- ✓ Gourmet meals prepared by private chefs (non-alcoholic mocktails daily)
- ✓ One-on-one yoga or mindfulness session



Where You'll Be Staying

*Surrounded by stillness and natural beauty,
your stay offers more than comfort*



Discover, Experience, and Cherish Memories That Last a Lifetime!




Wellness Treatment

Sacred rituals and healing therapies designed to reconnect you with your body, soften your soul, and awaken your feminine essence.

OUR FACILITIES

- *Nightly Sound Baths*
- *Skincare Rituals by B Please!*
- *Sacred Massage & Womb Healing*
- *Flower Meditation*





Nourishing Meals

Mindful cooking workshop with vibrant, nourishing ingredients

What to Expect from Our Nourishing Culinary Experience

Food that feeds your soul, balances your body, and aligns with your feminine flow.

- ✓ *Gourmet meals prepared by private chefs*
- ✓ *Plant-rich, nutrient-dense menus*
- ✓ *Daily non-alcoholic mocktails*
- ✓ *Mindful cooking workshop*
- ✓ *Meals designed to enhance healing rituals*





Mexico Magic

Where beauty meets stillness, and magic unfolds



What You'll Experience:

A breathtaking blend of ocean, jungle, and spirit

- ✓ Oceanfront bliss
- ✓ Lush jungle surroundings
- ✓ Boat trip to Yelapa Island
- ✓ Photo-worthy views everywhere
- ✓ Golden sunsets & starlit skies

**Book
Now**



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