



# Your Private Retreat in El Cuyo, Mexico

*Yoga – Pilates – Meditation – Food – Community  
...and more!*

To book, contact Madison at Victor Travel  
101-8800 Dufferin St. | Concord, ON L4K 0C5  
Tico Registration 1892647  
Email: [madifruitman@gmail.com](mailto:madifruitman@gmail.com)







# UTOPIA GUESTHOUSE

*Your private beach house right on the water ...*



Nestled right on the shore, this spacious beach house is an ideal sanctuary for a weeklong retreat—perfect for a gathering of friends, couples, or extended family. With the ocean as your backyard, you can step outside and feel the sand between your toes in an instant.

This thoughtfully designed home features 7 comfortable bedrooms, 3 full shared bathroom facilities (+ a double-sink wash area + an outdoor shower)

The heart of the home is its open and welcoming living and dining areas, designed for both relaxation and community connection. Step onto the front porch for a peaceful morning coffee or unwind on the beachfront hammock, where the rhythm of the waves sets the perfect mood for reflection.







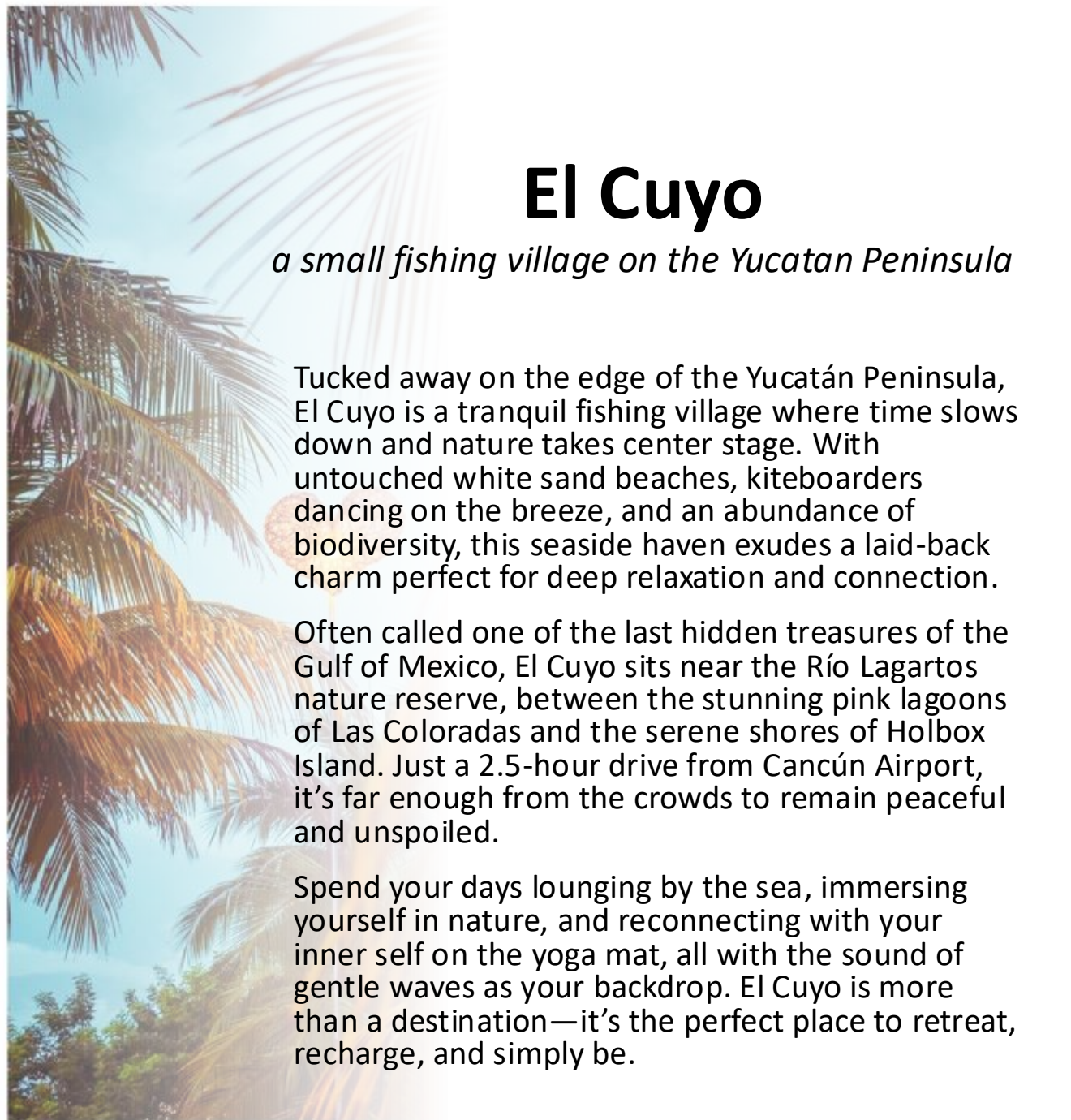
# El Cuyo

*a small fishing village on the Yucatan Peninsula*

Tucked away on the edge of the Yucatán Peninsula, El Cuyo is a tranquil fishing village where time slows down and nature takes center stage. With untouched white sand beaches, kiteboarders dancing on the breeze, and an abundance of biodiversity, this seaside haven exudes a laid-back charm perfect for deep relaxation and connection.

Often called one of the last hidden treasures of the Gulf of Mexico, El Cuyo sits near the Río Lagartos nature reserve, between the stunning pink lagoons of Las Coloradas and the serene shores of Holbox Island. Just a 2.5-hour drive from Cancún Airport, it's far enough from the crowds to remain peaceful and unspoiled.

Spend your days lounging by the sea, immersing yourself in nature, and reconnecting with your inner self on the yoga mat, all with the sound of gentle waves as your backdrop. El Cuyo is more than a destination—it's the perfect place to retreat, recharge, and simply be.





# Yoga & Mindful Movement

Our stunning open-air yoga studio sits on a second-story terrace with breathtaking ocean views, creating the perfect sanctuary for your practice. Equipped with all mats and props, this serene space invites you to move, breathe, and restore with the rhythm of the sea.

I'm happy to offer your group 1-2 daily classes of your choice, thoughtfully tailored to meet the energy and needs of our group. The diverse class schedule may include:

- Yoga Vinyasa Flow / Hatha
- Yin & Restorative Yoga
- Meditation & Breathwork
- Myofascial Release & Rehab
- Yoga Nidra
- Pilates-Yoga Fusion
- Barre

Each session is designed to nourish your body, mind, and spirit, ensuring you leave feeling balanced and refreshed, with hands on adjustments, essential oils, curated music, inspirational readings, and more.







# More About Me

## - *Madison* -

I've been teaching yoga for over 9 years and leading retreats for the past 5. I left my past career as a television producer and am excited to gear those organizational skills towards curating meaningful retreat experiences !

I was born & raised in Toronto, Canada, where I still live and teach Yoga, Pilates, along with other Mindful Movement modalities. In my classes you can expect to cultivate a deep connection between breath, body, and mind, through intentional movement as well as dedicated stillness. I will encourage you to work hard, push boundaries, while maintaining a connection to your body's individual needs, creating a safe and supportive environment.

As a teacher, I love combining creative sequences and curated music playlists, with a spirit of playfulness and a dose of inspiration, to help deepen one's practice. I offer one-on-one attention, modifications, along with hands-on adjustments. I also aim to weave in deeper themes that help focus our practice. I believe that yoga is about calming the mind and nervous system, listening to the breath, freeing the body, and connecting with a higher level of consciousness on the mat, so that we can translate those benefits to life off the mat.







# FOOD

Indulge in the rich flavors of Mexico with meals crafted by our private chef. Having personally tasted her cooking, I can say it's amazing. Expect a menu full of authentic dishes like moles, tacos, tamales, and more, made with fresh, locally sourced ingredients.

Our meal plan can be tailored to include fish and chicken or remain fully vegetarian/vegan, depending on the group's preference. Individual dietary needs will also be accommodated.

## **SAMPLE MENU:**

**Breakfast:** fresh fruits, avocado, cheese, toast, yogurt, homemade granola, hard-boiled eggs, jams, and juice. Eggs with handmade tortillas, beans, and salsas every other day.

**Lunch:** ceviches, sopas, salads, tacos and quesadillas. Fresh fruit juices vary daily.

**Dinner:** traditional Yucatan cuisine served nightly. Fresh fish, chicken pibil, shrimp al guajillo, tamales, moles, and more.

## **MEAL PLAN OPTIONS (per day):**

- Full Board (breakfast, lunch & dinner) \$85usd PP
- Half Board (breakfast, lunch) \$45usd PP
- Half Board (breakfast & dinner) \$60usd PP \*\* **RECOMMENDED**





# Sample Schedule

*Note – we create this together based on your group's wants and needs...*

**7:30am** – Coffee, tea, fruit, light snack

**8:30am** – Morning Yoga / Pilates / Barre \*60-90mins

**10:15am** – Breakfast

**12:00pm** – Cacao Ceremony

*Afternoon to relax at the beach, swim, get a massage,  
venture to town for lunch*

**2:00pm** – Lunch (*according to meal plan*)

**5:00pm** – Evening Yin & Restorative Yoga \*60-90mins

**6:30pm** – Dinner at the house

*Evenings spent star gazing, playing games, sipping  
margarita, falling asleep with a guided meditation*





# Package Details

## What's Included:

7 Nights for your group, up to 8 people = **\$12,123usd**

*\*approx. base cost, to be confirmed based on package details*

## Includes:

- Exclusive access to the property, with on-site staff and private chef
- Accommodations for 7 nights
- All Yoga/classes/workshops/sessions led by me
- Use of bikes, kayaks and Standup Paddleboards
- Mexico Mud Ceremony
- All taxes and fees

## What's Not Included:

- Airfare and airport transfers.
- Meal Plan as per group's request
- Excursions and Adds Ons
- Staff tips
- Massages





# House Rooming Layout

**7 Bedrooms / 9 Beds / 3 Full Bath + outdoor shower**

Breakdown of house layout :

## 3rd floor

**1 Tower Bedroom** with 2 twins or 1 king bed; separate entrance & dressing area. Shared full bathroom very close.

## 2nd floor

**2 Oceanview Queen bedrooms.** Shared full bathroom + double sink wash area close.

**1 Interior Queen bedroom.** Shared full bathroom + double sink wash area close.

## 1st floor

**1 Beachfront Queen bedroom.** Two shared bathrooms close + outdoor shower

**1 Interior Queen bedroom.** Two full shared bathrooms are very close.

**1 Shared double rooms** with 2 twin beds. Two full shared bathrooms are very close.

*\*You can divide the rooms however you'd like among your group, and I am happy to advise as needed*





## ROOM LAYOUT :

### 3rd floor

- 1 Tower Bedroom with 2 twin beds or 1 king bed;  
Separate entrance & dressing area. Shared full bathroom very close.



UTOPIA  
EL CUYO · YUCATÁN  
GUESTHOUSE & YOGA STUDIO

## ROOM LAYOUT :

### 2nd floor

- 1 Interior Queen bedroom  
Shared full bathroom + double sink wash area close.



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## ROOM LAYOUT :

### 2nd floor

- 2 Oceanview Queen bedrooms.  
Shared full bathroom + double sink wash area close.



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## ROOM LAYOUT :

### 1st floor

- 1 Beachfront Queen bedroom  
Two shared bathrooms close + outdoor shower



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## ROOM LAYOUT :

### 1st floor

- 1 Interior Queen bedroom  
Two full shared bathrooms are very close.



## ROOM LAYOUT :

### 1st floor

- 1 Shared double rooms with 2 twin beds each  
Two full shared bathrooms are very close.



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# OPTIONAL ADD ONS



## Healing Massages

Treatments offered in our open-air studio overlooking the sea. Deep-tissue, relaxing or therapeutic. 75 minutes each

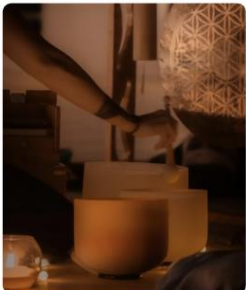
**140 USD PER PERSON**



## Cacao Ceremony

A heart-opening ritual that blends ancient traditions with mindful intention, using sacred cacao to foster connection, reflection, and a deep sense of presence. Approx. 45 minutes; Min. 5 participants

**40 USD PER PERSON**



## Sound Healing

Evening sound healing journey with chimes, harmonium, singing bowls, gong and chanting. Approx 1 hour; Min. 5 participants

**35 USD PER PERSON**



## Mayan Ruins, Cenote & Colonial City

A full day excursion to visit Valladolid, Ek Balam and a local cenote. Lunch included. Time for fabulous shopping. 9am until 9pm; Min. 6 participants

**195 USD PER PERSON**



## Flamingos & Pink Lagoons

Las Coloradas is home to flamingos most of the year. Visit pink lagoons, seafood lunch and a dip in a secluded beach. 12-4pm; Min. 4 participants

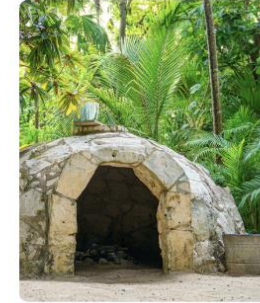
**155 USD PER PERSON**



## Kayak in a Flooded Forest

A unique experience kayaking through lily pads and lotus flowers as the sun sets on the Yucatan. Approx 3 hours (timing depends on sunset) Min. 4 participants

**85 USD PER PERSON**



## Temazcal Ceremony

Traditional ceremony into the womb of the mother earth to detox, cleanse, renew and rebirth. Guided by a local ceremony leader. Approx. 2.5 hours; Min. 5 participants

**75 USD PER PERSON**



## Shared Airport Transfers

Group transportation to and from Cancun International Airport. 6 people per van. Approx. 2.5 hour travel time

**65 USD PER PERSON EACH WAY**



## Extra Nights at Utopia

Please inquire for availability and pricing if you or your guests would like to add additional nights to your retreat by room. Pricing varies; Min. 4 rooms to reserve.





# Travel & Insurance

The closest airport is **Cancun International Airport (CUN)**.

From there, it's a **scenic 2.5-hour shuttle ride to El Cuyo**.

We can assist in arranging private or shared shuttle transportation from the airport.

Need help booking flights, rental cars, or securing travel and health insurance? We're happy to assist.

✉ Contact our travel agent Jeffrey at:  
[jeff@victortravel.ca](mailto:jeff@victortravel.ca)

✉ Or reach out to me at: [madison@victortravel.ca](mailto:madison@victortravel.ca)

**Let us help make your journey to El Cuyo smooth and stress-free!**





## NEXT STEP...

Chat with your group, get excited, and secure dates with a **\$1,000usd** non-refundable deposit.

For general retreat questions & to book contact me, **Madison**

**Phone:** (647) 210-9891 | **Email:** [madifruitman@gmail.com](mailto:madifruitman@gmail.com) | Tico Registration # 1892647

**Cancelation/Payment info:** Deposits are non-refundable. Payment plans available upon request. \$2,000usd is due 4 months prior to the retreat and the remaining balance will be payable 2 months before. Final payments re non-refundable. We understand life happens, which is why we strongly recommend purchasing trip cancellation insurance.

I cannot wait to craft this retreat with you !