



WELLNESS RETREAT
EJE CAFETERO



ABOUT THE RETREAT

This amazing experience embraces the opportunity to tap into your inner-self and reconnect to your roots. An opportunity to push your limits, connect with nature, discover more of yourself and most importantly clean your body, mind and soul.

The 7-days 6-nights retreat will involve a wide variety of empowering activities to help you take a break from daily life and reset yourself. It will give you the opportunity to learn a variety of concepts and new ways to live that you can bring into your life so that you can live a more conscious and healthier one.





MEDITATIONS AND WORKOUTS

We will have daily morning and evening meditations focusing on awareness of the soul, connection to earth and nourishment of our relationship with God. We will also have daily workouts that will allow us to understand the importance of flexibility, mobility and longevity.





CULINARY EXPERIENCE

On our culinary part, we will explore the abundance of tropical fruits that Colombia has to offer, understanding their nutrition and benefits to our health. We will take a culinary journey through the different regions of the country and their traditional dishes by experiencing curating dishes by our private chef. We will make typical local dishes but with a vegan twist to them.





WORKSHOPS

3 Key workshops will be held during the retreat; on nutrition, spirituality and culinary arts. We will also do campfire discussions at the end of each day when we get to share our thoughts, connect with others and share how the experience has been so far.





EXCURSIONS & ADD ONS

The package also includes 2 excursions so we get to explore the beautiful region of “El Eje Cafetero” The first one is a trip to a traditional coffee farm where we get to learn more about coffee and its relationship to the earth, as well as how its grown, harvest and produce, plus lots of options for trying some of the best coffee in the world. The second excursion will be to a local waterfall where we get to hike in the mountains and nature and enjoy swimming in the natural waterfalls of the region. In addition, each participant will receive a 45 minute massage session. You can choose from deep tissue or relaxation massage.





WHAT IS RAW TILL 4?

The concept as its name states it, means that we will eat only raw food until dinner time. Breakfast and lunch will be composed mainly of fresh fruits, juices, nuts, seeds, raw vegetables and leafy greens. This is a detox program that can transform the way your body behaves and relates to food plus it adds a unique spiritual aspect to the experience.





THE SPACE

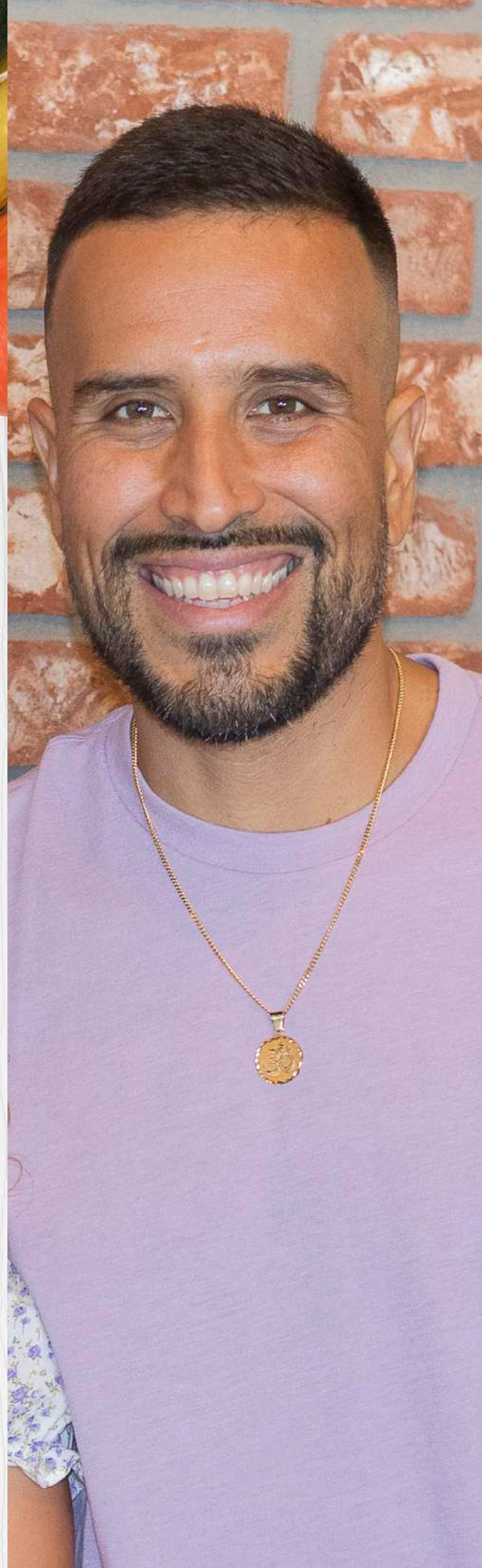
Our beautiful house is in the heart of the coffee region in Colombia, in a traditional town called Quimbaya full of history and culture. Perfectly centered to all popular spots of Colombia's coffee region. The space counts with 9 fully furnished bedrooms, various indoor and outdoor common areas, pool, sauna, free high-speed WIFI, outdoor fireplace, pool tables and a BBQ Grill, plus ample nature space to soak in the surroundings.





ABOUT THE CURATOR

A 20-year vegetarian, a yogi, an entrepreneur and passionate about nutrition, conscious living, and nature, Nestor Jimenez has a vision to share his lifestyle and knowledge with people all around the world. After years of training, studies and experiences in the fields of nutrition, spirituality and health, Nestor have created a structured system that allows people to create a lifestyle that nurtures the body, mind and soul.





WHO WOULD BE BEST SUITABLE FOR THE RETREAT?

- 1 Adults age 20 to 60.
- 2 People interested in improving their nutrition, mental and physical health and exploring or deepening their spirituality.
- 3 Believers in God of any religion.
- 4 People without any chronic pain.
- 5 Couples looking to connect in deeper ways.
- 6 Individuals looking to reconnect with themselves.





PRICING

Couples Package:

\$1,500/person

Private Room

with queen-size bed

Individual Package:

\$2,000/person

Shared Room

with two queen-size beds

(Includes all activities, meals,
accommodation and transportation)

"Airfare Not Included"

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