

A LUXURY WELLNESS EXPERIENCE

Return to Self

RETREAT 2027

April 30 – May 4, 2027

Mizata Antiresort

Playa Mizata, La Libertad, El Salvador

Five days of sacred healing,
deep restoration, and
reconnection with your
truest self.



THE RETREAT

A Sacred Return Home

Return to Self is a five-day luxury wellness retreat designed for women ready to pause, heal, and reconnect with the deepest parts of themselves.

Hosted at Mizata Antiresort along the Pacific coast of Playa Mizata, La Libertad, El Salvador, this intimate gathering weaves together ancient healing traditions with modern nervous system science – creating a sacred container for profound transformation.

From sacred cacao ceremonies and Temazcal sweat lodges to Holy Fire Reiki, sound healing, and breathwork, every experience has been thoughtfully curated to guide you back to wholeness.

WHAT'S INCLUDED

- 4 nights luxury accommodation
- Daily gourmet meals
- All ceremonies and healing sessions
- Breathwork and meditation classes
- Reiki meditations and sound baths
- Healing workshops
- Infrared sauna and cold plunge
- Horseback riding
- Waterfall and beach excursions
- Cultural experiences and community
- Airport transfers included





CEREMONY

Sacred Cacao

Cacao has been used for centuries as a heart-opening medicine by indigenous cultures throughout Central America.

In this sacred ceremony, you will be guided into a deep meditative state as the spirit of cacao gently opens your heart center, releasing stored emotions and inviting in clarity, love, and connection.

This is not just a drink – it is a prayer, an offering, and a doorway into the deepest chambers of your being.

“The cacao ceremony cracked me wide open. I felt things I had been holding for years finally release.”

SAMANTHA DIAZ DE LEON PAST RETREAT GUEST

CEREMONY

Temazcal Sweat Lodge

The Temazcal is an ancient Mesoamerican purification ceremony that has been practiced for thousands of years. Meaning “house of heat” in Nahuatl, this sacred sweat lodge guides you through a powerful rebirth experience.

Inside the womb of Mother Earth, volcanic stones carry prayers and healing energy as you release toxins, emotional weight, and energetic blockages through heat, song, and intention.

You will emerge feeling lighter, clearer, and profoundly renewed — as if born again.

“I went in carrying so much. I came out feeling like a completely different woman. The Temazcal changed my life.”

JESSY CORREA, PAST RETREAT GUEST



HEALING

Holy Fire Reiki & Sound Healing

Holy Fire Reiki is a powerful yet gentle energy healing modality that works directly with your body's innate wisdom. During your session, Liz, a certified Reiki Karuna master will channel healing energy to clear blockages, restore balance, and activate deep cellular healing.

Paired with an immersive sound healing journey using crystal singing bowls, chimes, and sacred instruments, this experience guides your nervous system into a state of profound rest and repair.

Many women describe this as the most peaceful experience of their lives.

“I have never felt so held and so healed at the same time. The Reiki session was pure magic.”

MARIBEL MORALES, PAST RETREAT GUEST





PRACTICE

Breathwork & Nervous System

Your nervous system holds the story of everything you have ever experienced. When it is dysregulated, you feel anxious, exhausted, disconnected, and stuck in survival mode.

Through guided somatic breathwork sessions, you will learn to gently release stored trauma, regulate your nervous system, and return to a state of safety within your own body.

These practices are designed to be carried home with you – tools for a lifetime of grounded, embodied living.

“For the first time in years, my body felt safe. The breathwork unlocked something I didn’t know I was holding.”

— DANIELLE K., PAST RETREAT GUEST



EXCURSIONS

Tamanique Waterfalls & El Tunco

Venture beyond the retreat grounds to discover the raw, breathtaking beauty of El Salvador. Hike through lush jungle trails to the magnificent Tamanique Waterfalls, where you will swim in crystal-clear natural pools surrounded by ancient rock and tropical canopy.

This is nature as medicine – grounding, awe-inspiring, and deeply restorative.

In the evening, explore the vibrant surf town of El Tunco – known for its black sand beaches, stunning sunsets, and bohemian energy. Walk the shore, feel the volcanic sand beneath your feet, and watch the Pacific sun melt into the horizon.

A perfect balance of adventure and serenity.



CULTURAL EXPERIENCE

Pupusa Making Class

No visit to El Salvador is complete without tasting — and making — the beloved pupusa. In this hands-on cultural experience, a local chef will guide you through the art of crafting these traditional stuffed corn tortillas from scratch.

Filled with cheese, beans, and loroco flower, each pupusa is a love letter to Salvadoran heritage.

This is more than a cooking class — it is a moment of joy, laughter, connection, and cultural immersion. You will gather with your retreat sisters, get your hands in the dough, and share a meal made with love.

A beautiful reminder that healing also happens through community and celebration.



WORKSHOP

Healing the Inner Child

Deep within each of us lives the younger version of ourselves – the part that longed to feel safe, seen, loved, accepted, and understood.

In this heart-centered workshop, we will gently explore the emotional patterns, wounds, beliefs, and protective responses that may still be affecting us today. Through guided reflection, somatic awareness, meditation, journaling, breathwork, and healing exercises, you will be invited to reconnect with the most authentic parts of yourself with compassion and love.

THIS EXPERIENCE SUPPORTS

- Emotional release
 - Self-love and self-compassion
 - Nervous system healing
 - Releasing limiting beliefs
 - Reconnecting with joy and authenticity
 - Feeling safe within yourself again
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Sometimes healing isn't about becoming someone new. It's about returning to the version of yourself that existed before the pain.

ACCOMMODATIONS & PRICING

April 30 – May 4, 2027 | Mizata, El Salvador | 4 Nights



Retreat Dorm

2 Rooms Available | King + Up to 4 Twins

\$1,802

per person



Beachfront Bungalow

2 Rooms Available | King + Up to 2 Twins

SINGLE \$2,931 | DOUBLE \$2,150

TRIPLE \$1,856

per person



Beachfront Treehouse

2 Treehouses Available | 1 King (Shared)

SINGLE \$3,543 | DOUBLE \$2,456

per person



Jungle Treehouse

1 Treehouse Available | 1 King (Shared)

SINGLE \$3,082 | DOUBLE \$2,456

per person

All prices are per person and include accommodation, meals, ceremonies, excursions, and airport transfers.

FLEXIBLE PAYMENT

Payment Plans

We believe healing should be accessible. Choose the plan that feels right for you.

BEST VALUE

Pay in Full

One single payment
at time of booking

Save 5% on your
total retreat investment

Full balance due
upon reservation

MOST POPULAR

3-Month Plan

Split your investment
into 3 equal payments

First payment due
at time of booking

Remaining payments
due monthly

EXTENDED

6-Month Plan

Split your investment
into 6 equal payments

First payment due
at time of booking

Remaining payments
due monthly

A non-refundable deposit of \$500 secures your spot.

All payment plans are interest-free. Remaining balances must be paid in full 30 days before the retreat start date. Reach out with any questions.

HELLO@RETURNTOSELFRETREAT.COM

YOUR JOURNEY AWAITS

This Is Your Sign to Come Home to Yourself

April 30 – May 4, 2027 | Mizata, El Salvador

Spaces are intentionally limited to preserve the intimacy of this sacred experience. If your soul is calling you here, trust that call. We are ready to hold space for you.

RESERVE YOUR SPOT

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