

VIK RETREATS JOSÉ IGNACIO
URUGUAY

Welcome to a unique
wellness journey at
Vik Retreats José Ignacio,
where the tranquillity of our
surroundings ignites an inner
peace, guiding you to
your own sense of
wellness



THE LOCATION

Our enclave, nestled in the enchanting town of José Ignacio, Uruguay, provides an unparalleled backdrop for your journey to wellness. Framed by unspoiled beaches, vibrant lagoons, and expansive vineyards, José Ignacio breathes life into your quest for tranquillity, offering a blend of cultural richness, tantalizing cuisine, and invigorating atmosphere. It's a haven where the symphony of nature and luxury harmonizes, forming the perfect setting for relaxation and rejuvenation.

THE SHACK YOGA & WELLNESS

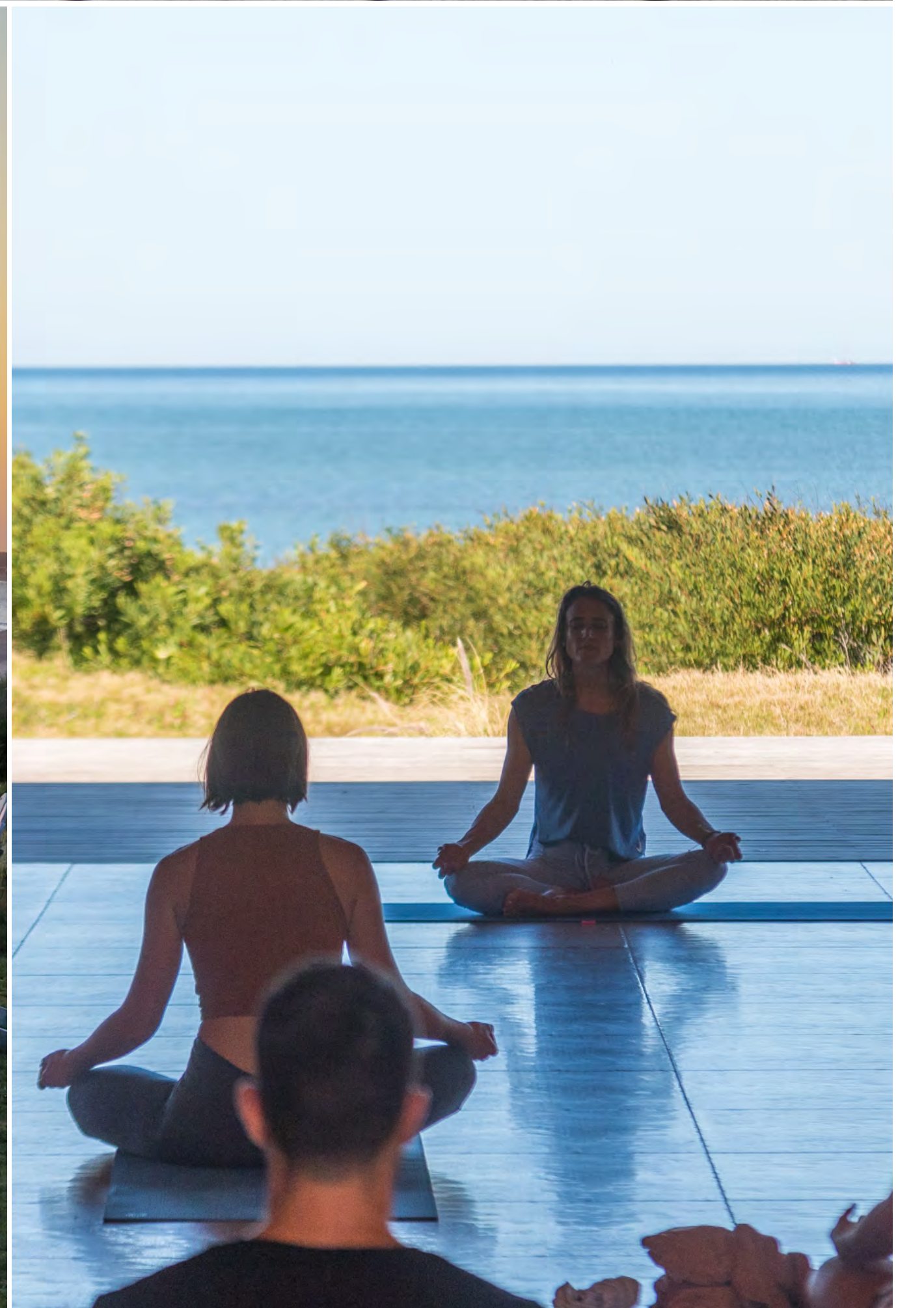
At the heart of our retreat lies The Shack Yoga & Wellness, your sanctuary of transformation. Our approach stems from a belief that every individual inherently possesses the ability to achieve emotional, mental, and structural wholeness. The Shack is more than just a wellness center, it's an invitation to explore your inner universe, a canvas for you to paint your unique wellness journey.

Here, we blend conscious movement, holistic lifestyle, and therapeutic treatments to create a multidisciplinary refuge. We understand the human body's need for constant balance, which is why we advocate for the dynamic trinity of activation, purification, and rest.

WELLNESS PROGRAMS

Our meticulously crafted wellness programs cater to a spectrum of needs. Embark on a collective journey of healing and self-discovery through our group programs, designed to foster a sense of community and shared mindfulness. Or dive deeper into a personalized wellness experience with our individual programs, fine-tuned to your specific needs and goals. These programs serve as gateways to your own sense of wellness, pathways carved to lead you towards a harmonious, balanced, and awakened life.

JOIN US AT VIK RETREATS JOSÉ IGNACIO,
WHERE WELLNESS IS NOT JUST A DESTINATION, BUT A
captivating journey.



GROUP RETREAT PROGRAM

Revive & Thrive

This one-of-a-kind group retreat blends a wealth of transformative wellness experiences curated by The Shack Yoga & Wellness, the exploration of charming José Ignacio, and the exceptional accommodations at Bahia Vik, your haven of tranquility, just steps away from the core wellness activities.



Revive & Thrive

Picture your mornings graced with meditative silence or invigorating yoga, your afternoons filled with exploration or relaxation, and your evenings melting into delectable group dinners. Each day is thoughtfully curated to balance activity and relaxation, community and solitude, and introspection and exploration, all against the backdrop of Uruguay's mesmerizing landscape.

SAMPLE ITINERARY

Day 1

- Arrival ceremony around the fire pit at Bahía Vik
- Group dinner at Bahia Vik

Day 2

- Morning Meditation
- Yoga class
- Brunch
- Free Time (relax, massage, surf or stay up paddle classes optional)
- Balancing fitness class
- Dinner at La Huella

Day 3

- Morning Breathwork
- Yoga class
- Brunch
- Free Time
- Horseback riding at Estancia Vik
- Sound bath ceremony
- Special open-fire grill "asado" dinner at Estancia Vik (special wine tasting optional)

Day 4

- Morning Silent beach walk
- Half Yoga / Half Fitness Class
- Brunch
- Free time
- Bike Trip to Pueblo Garzón (vehicle transfer option available)
- Tour of Pueblo Garzon
- Lunch at Bodega Garzon
- Wellness & Spa afternoon at The Shack
- Dinner

Day 5

- Morning meditation
- Sweaty fitness class
- Brunch
- Free Time
- Private yacht tour and picnic
- Restorative yoga
- Dinner & closing ceremony

Day 6

- Farewell brunch

RATES & DETAILS

	DOUBLE occupancy	SINGLE occupancy
SUITE PARTIAL OCEAN VIEW	\$6,485	\$8,135
SUITE OCEAN VIEW	\$7,035	\$9,235
SUITE GARDEN VIEW	\$5,935	\$7,035

TERMS & CONDITIONS

- The above described Group Wellness Program and its rates, are subject to availability and not combinable with any other offer unless specified.
- Rates are per person in US dollars and include VAT.
- Rates are based on single or double occupancy, additional costs for third occupant.
- Vik Retreats reserves the right to withdraw this offer any time with 48 h notice.
- Seven day advance booking is required to participate.
- Cancellation and payments per hotel standard terms.
- Spa treatments or any other service included in the program, cannot be substituted or reimbursed.

INCLUSIONS

- Participation in the group wellness program includes a wellness assessment on arrival.
- Rates include 5 nights accommodations at Bahia Vik in the selected suite category and all services & experiences described above.
- Transfers from and to the airport, as well as any other activity or experience not mentioned above, are not included and can be added to your program at an additional cost.





UPCOMING GROUP WELLNESS RETREATS

1 - 6 December, 2023

20 - 25 April, 2024

Embark on your wellness
journey with
Vik Retreats José Ignacio

Book Now:

Use code "ownwellness" at

www.bahiavik.com

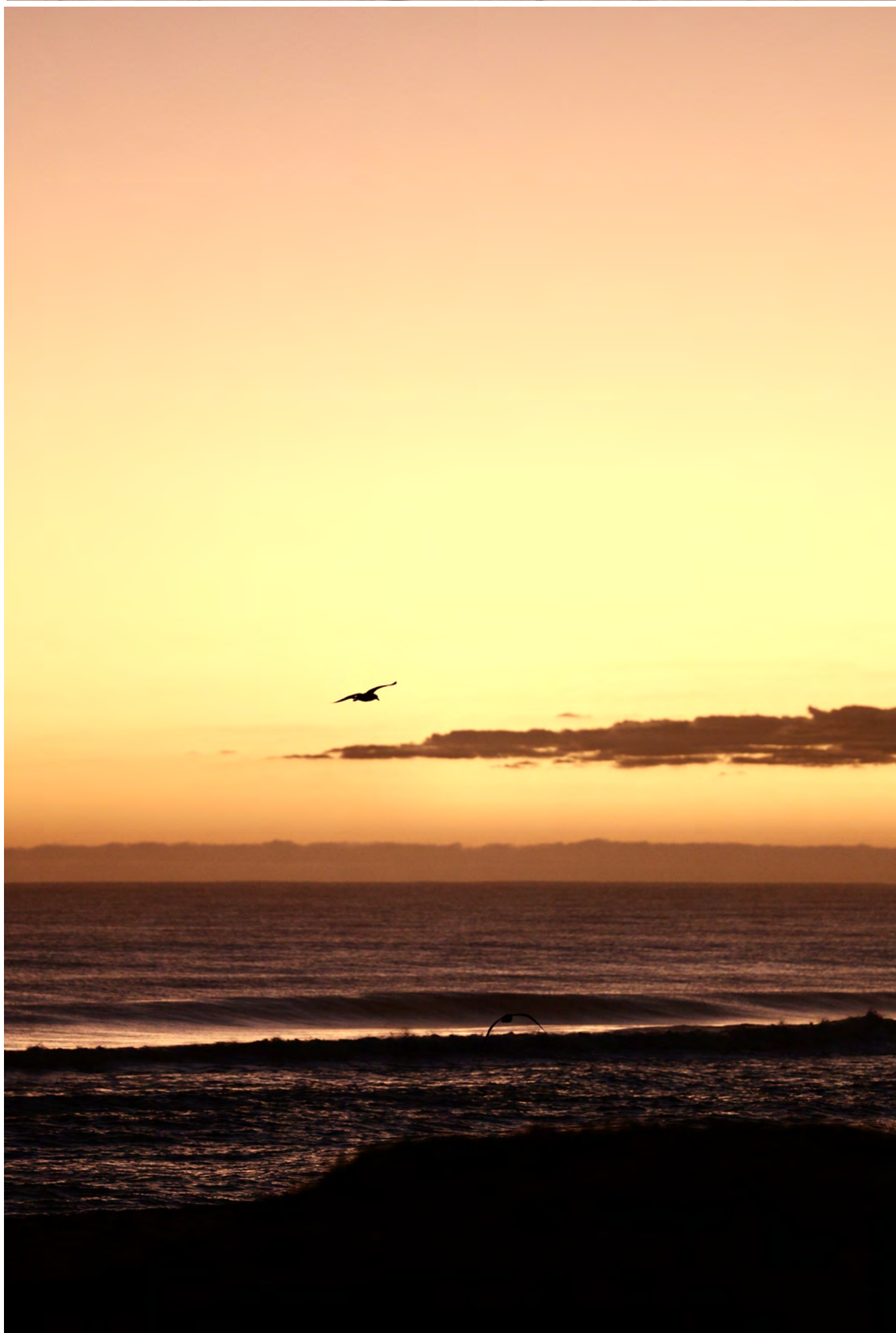
Need assistance?

Contact our reservations team:

reservations@vikretreats.com

Your journey to self-discovery
and rejuvenation
is just a click or call away.
Begin your transformation today!







FOR MORE INFORMATION

reservations@vikretreats.com / info@theshackyoga.com

Phone: +598 95 844 445

www.vikretreats.com / www.theshackyoga.com

@vikjoseignacio @theshackyogawellness