

BlueBee Odysseys
Wellness Retreat in Mexico
June 11-17, 2017
January 14-20, 2018

BlueBee Odysseys was created on the beaches of the Yucatan in 1994 after reading the Maya creation myth called the Popol Vuh. It was originally written in Maya hieroglyphics and translated to Spanish in the 1600s. The book explains the mysteries of the world with incredible detail. It also mirrors the creative process. I was inspired and continued my exploration of the Maya world. The ancient Maya were poets, mathematicians and astronomers. I hope to share some of knowledge of Maya history and myth with you while we explore the Yucatan. You will meet local Maya women, view their crafts, experience their massages at the Ixchel Jungle Spa, visit Maya ruins, and learn how to cook some pre-Hispanic food. Chocolate originated in Mexico and you will not only cook with it but get a chocolate wrap as part of a massage at the Jungle Spa.

Day 1 June 11, 2017

Arrival in Cancun, Take bus or taxi to Puerto Morelos, MX, about 30 minutes south of Cancun to our boutique hotel on the Caribbean beach. Orientation to the week, Dinner in Puerto Morelos, gentle evening yoga

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Day 2 June 12, 2017

Gentle morning yoga, After breakfast we will take a short journey to the Ixchel Jungle Market. Enjoy a Pre-Hispanic Mayan dance, "Jarana," starting at 11:30 AM. Shop the Jungle Market for a unique handmade gift to take home. The Jungle Market offers a fabulous assortment of unique handmade crafts, many made from the area's natural resources. The rest of the afternoon and evening are free time.

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Day 3 June 13, 2017

After an early breakfast, we will go on a 1 hour journey to the beautiful seacoast Maya city of Tulum, occupied from 1200AD to 1521. The Temple of the Frescoes is one of the more fascinating buildings and was used to track the movements of the sun. Later, we will travel just south of Tulum to Sian Kaan, the second biggest biosphere in Mexico and also a UNESCO heritage site.

B, L

Day 4 June 14, 2017

Gentle morning yoga , Mexican Cooking Class, 10am to 3pm. The Yucatan region has a cuisine all its own. Your class will begin with a cup of organic Mexican coffee as our chef begins to teach you what kinds of ingredients are native to Yucatecan cuisine and give an introduction to the cuisines of Mexico. You will learn how to make 7-8 dishes and authentic drinks culminating in a delicious late lunch.

B, L

Day 5 June 15, 2017

Gentle morning yoga. After a leisurely morning, we will travel briefly to the Ixchel Jungle Spa for a divine massage that includes a chocolate wrap. They use the chocolate fresh from the cacao bean. It works magic on your skin and feels so smooth. This is a one hour massage that is included in the price of the retreat but if you would like it to be 90 minutes, please arrange this ahead of time for a small additional cost. The Jungle Spa staff are local Mexican women,

primarily Mayan, who learned the traditional Maya massage from their mother's and grandmothers. They also do traditional massage. You will be getting your massage in a screened in palapa at a unique jungle setting with gentle breezes and birds singing in the background.

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Day 6 June 16, 2017

Gentle morning yoga, Explore the wonders of the world's second largest coral reef, the Mesoamerican Barrier Reef and also called the Great Mayan Reef. We will be taken on a guided snorkeling journey around this beautiful coral reef that is now a protected National Park. You will see abundant marine life as the depth is shallow, 10-20 feet.

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Day 7 June 17, 2017

Gentle morning yoga, Departure home

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