

A timeless *transformation.*

AN INTIMATE RETREAT
FOR WOMEN SUPPORTING WOMEN
ON OUR FITNESS & TRANSFORMATION JOURNEYS



NOVEMBER 16 - 21, 2025

HOSTED
BY



Pam Jackson

@pamjackson2020

Competitive athlete &
breast cancer survivor
Power aging by design
for longevity and vitality.

WITH



Julia Shelley

@juliashelley_

Pro fitness champ,
keynote speaker &
wellness coach at
ArmyofAngels.

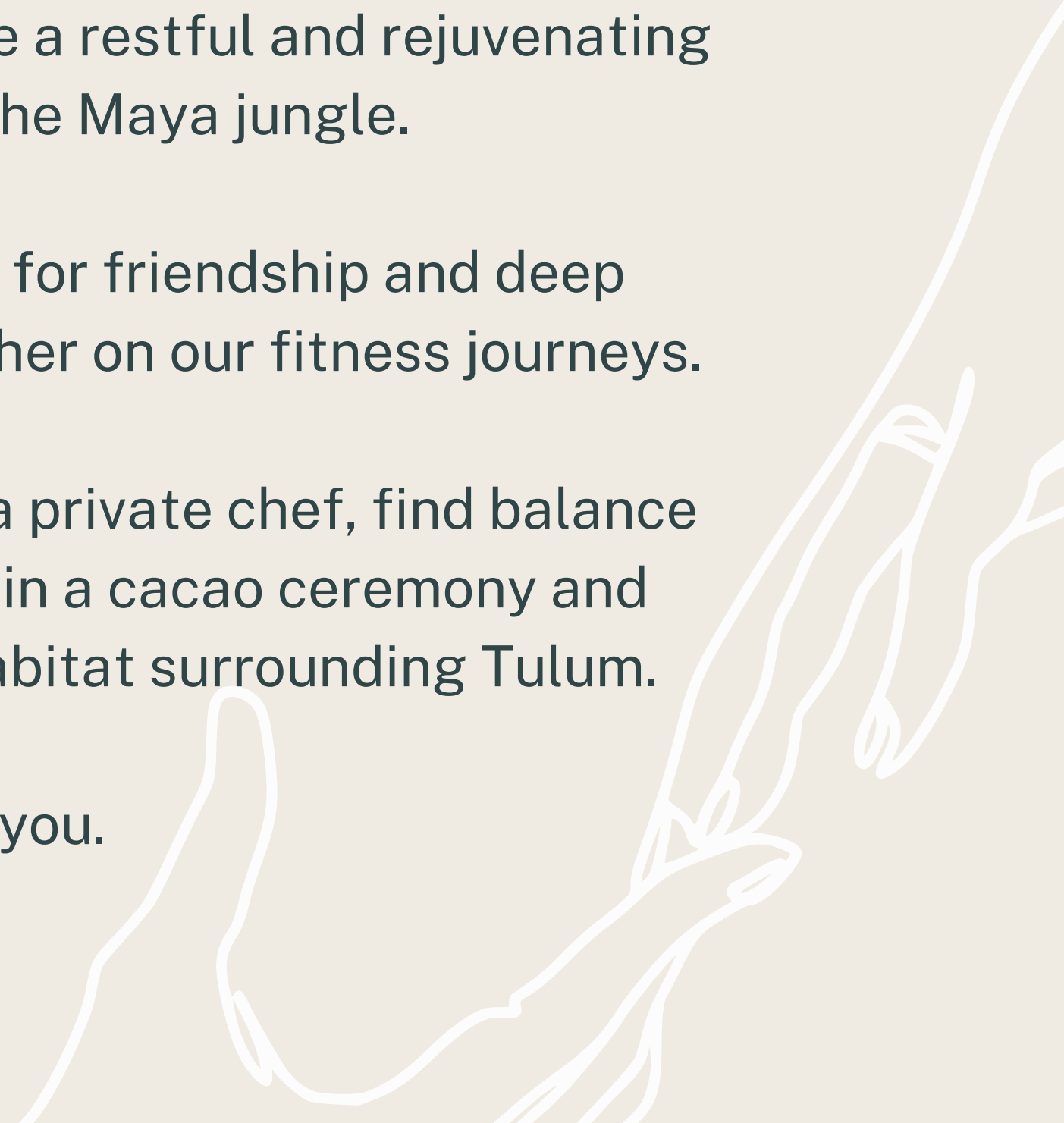
5 nights to *remember*.

Join these inspiring ladies with incredible stories, to share a restful and rejuvenating retreat in the lush, peaceful surroundings of the Maya jungle.

Bringing a community of like minded women together for friendship and deep connection, to have fun, share ideas and support each other on our fitness journeys.

You will enjoy delicious and nutritious food prepared by a private chef, find balance with restorative yoga classes, connect with your heart in a cacao ceremony and explore the diverse cultural experiences and natural habitat surrounding Tulum.

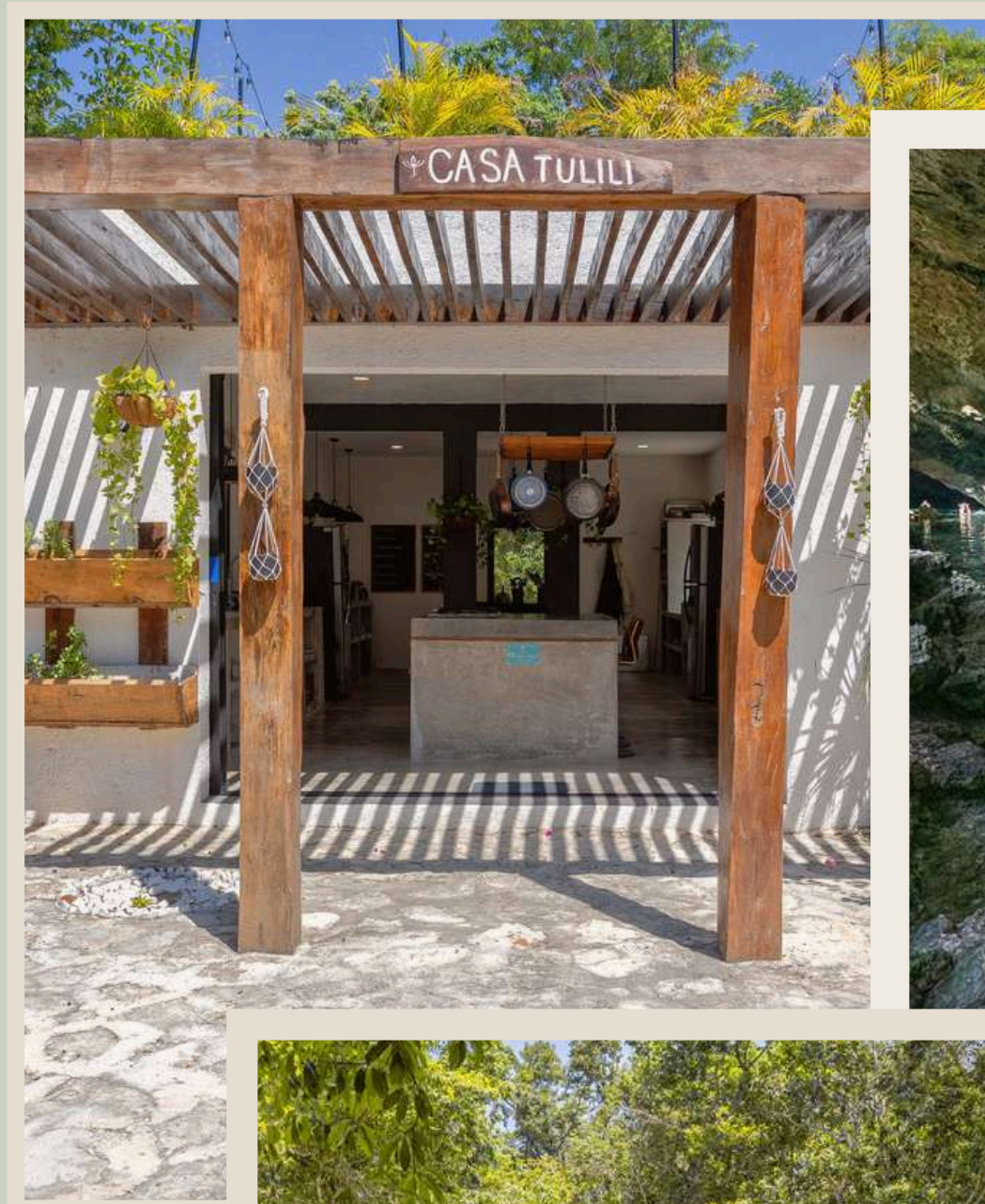
We so look forward to welcoming you.



Details.

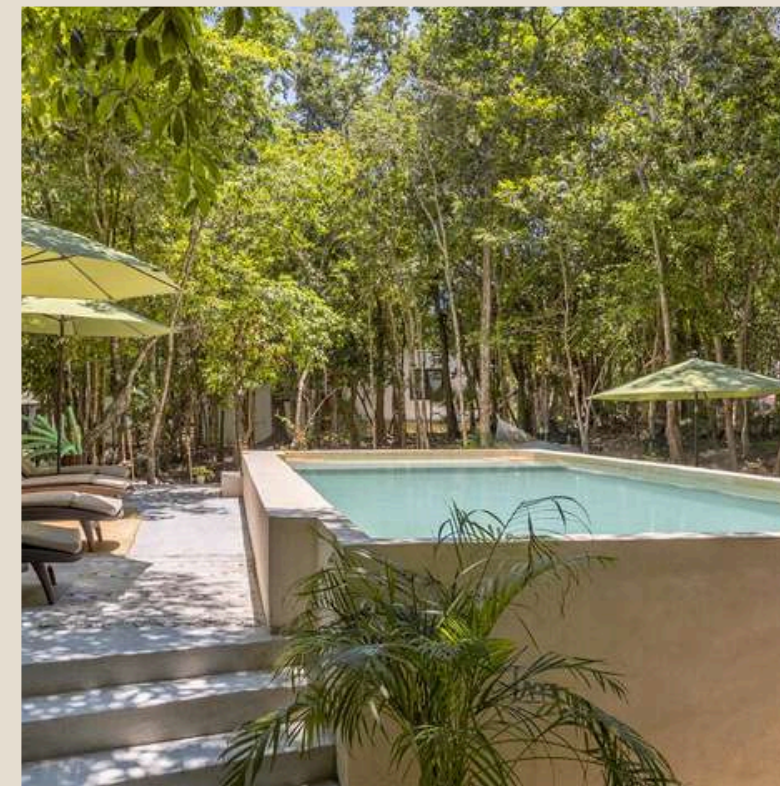
THE HOME

We will be staying in a private eco-home designed for yoga, healing and wellness. Submerged in over one hectare of private lush jungle located in the famous Dos Ojos Cenote park, roughly 15-20 minutes from Tulum town. With 8 beautiful, spacious rooms, 8 bathrooms, a pool and one of the largest yoga shalas in the area.



THE FOOD

The retreat includes breakfast and dinner prepared by our in house chef. Enjoy outstanding nutritional meals with seasonally selected, freshly grown, organic produce.



\$2100 USD

SHARED ACCOMMODATION

\$2400 USD

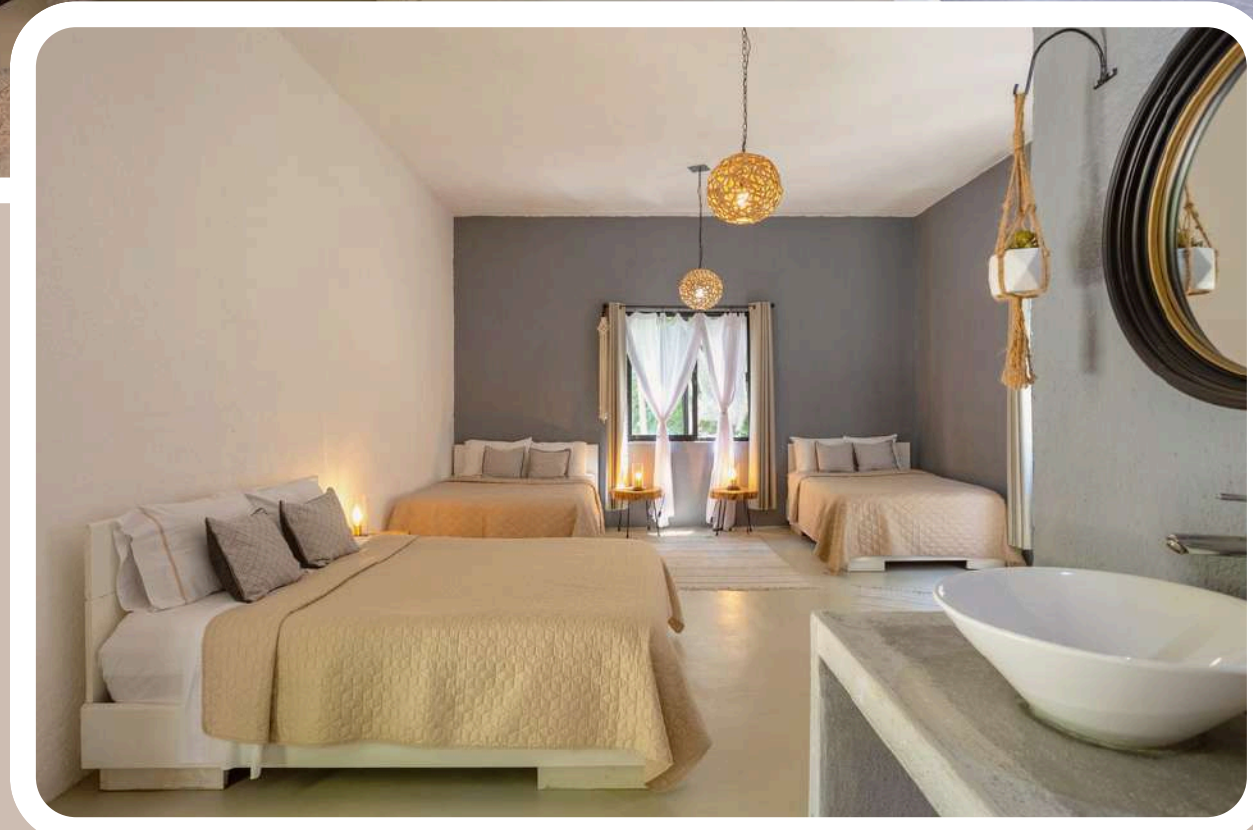
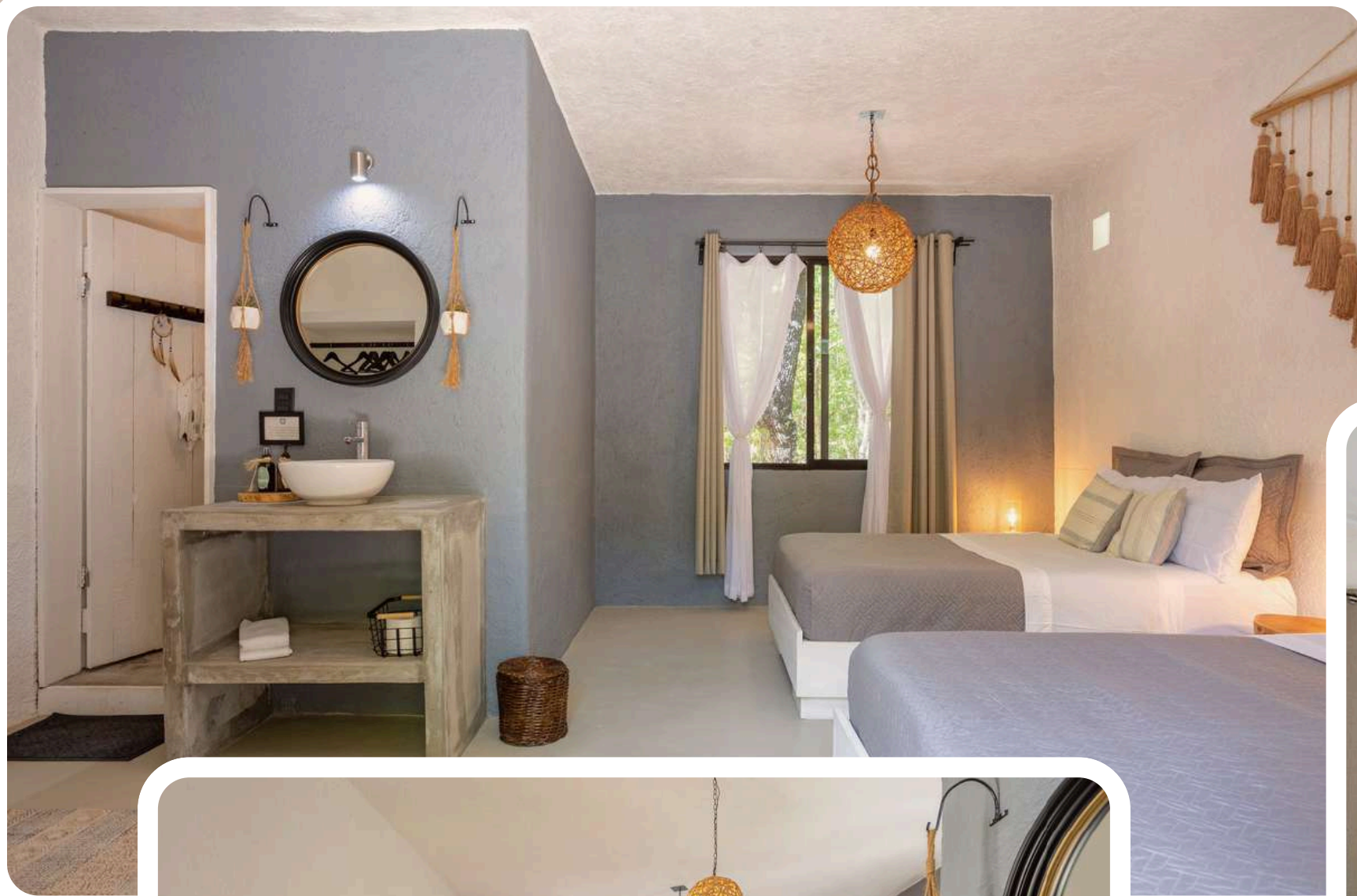
SINGLE ACCOMMODATION

INCLUDES FRESH FOOD, CLASSES,
EXCURSIONS & CEREMONIES



The private home.

The rooms.



Just breathe.

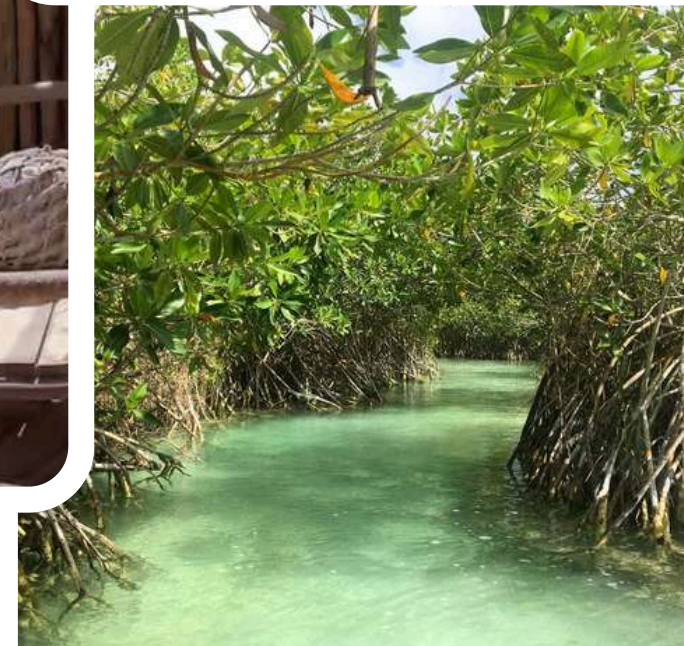
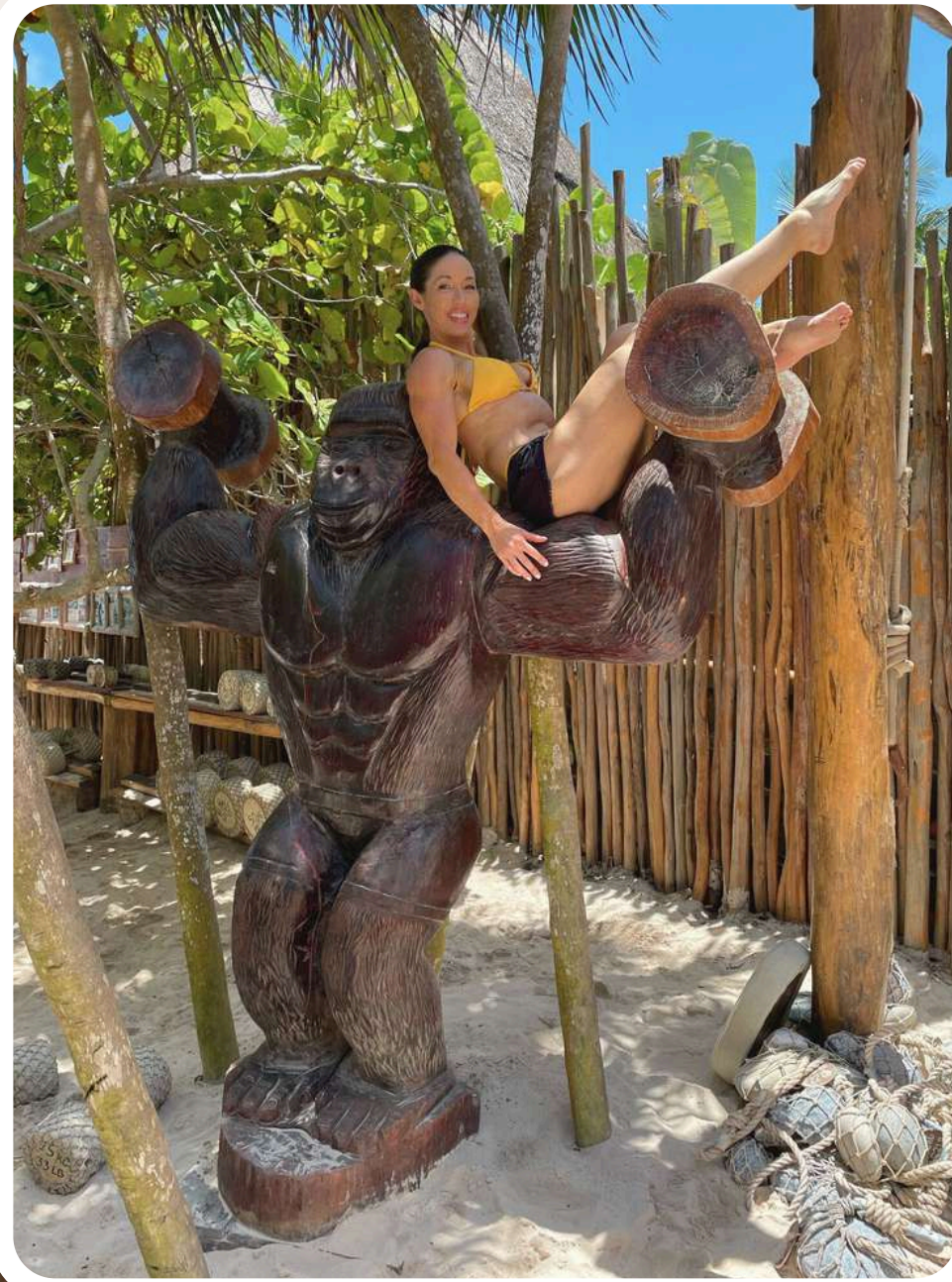


The excursions.

A taste of the terraine, culture & cuisine.

01 BEST OF TULUM: An energizing day of play and wonder starting with a workout at Tulum Jungle Gym guided by Julia, a beautiful beach walk and picnic on the shore, followed by an underground snorkle in the majestic Cenote Sac Actun.

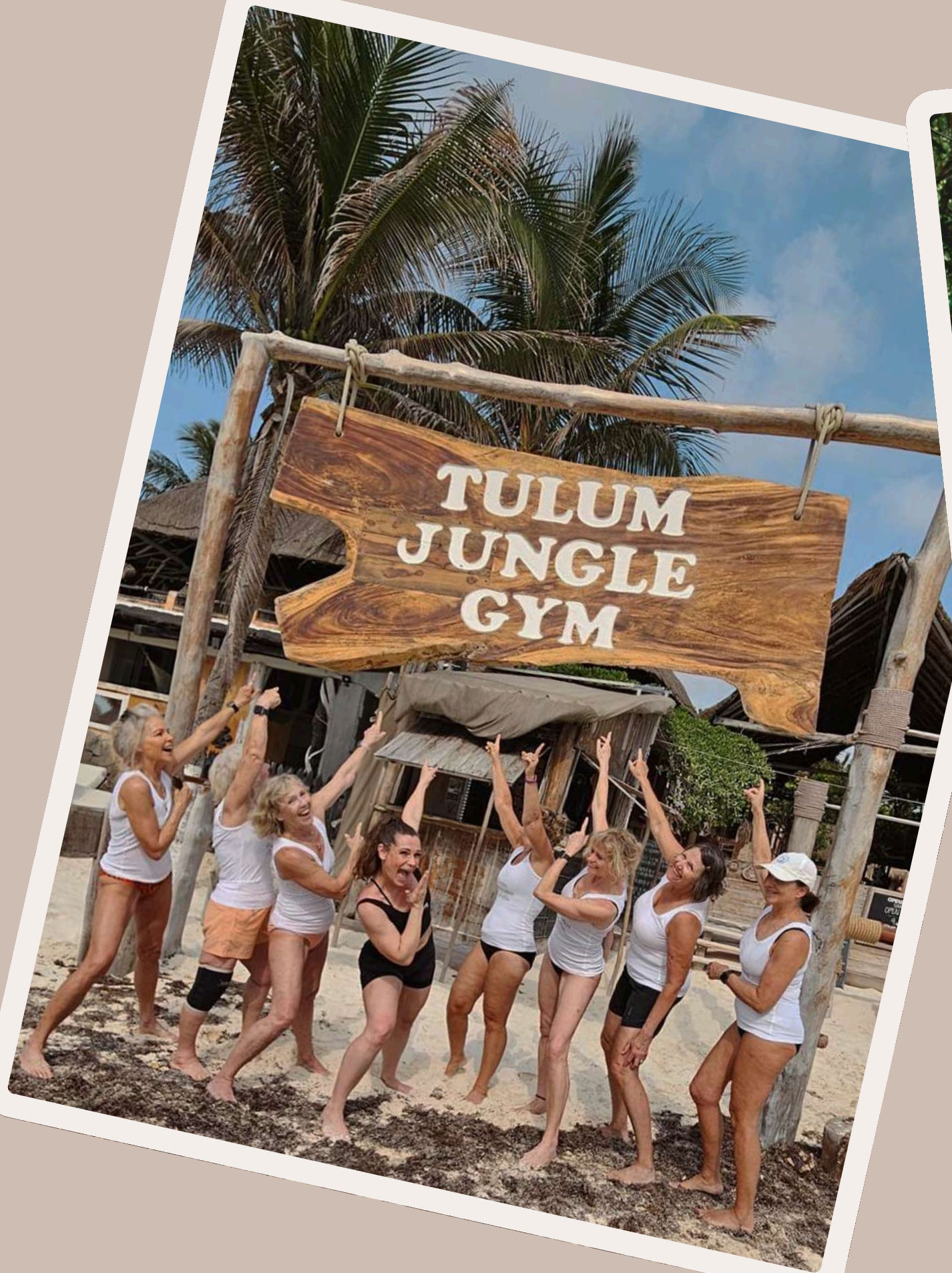
02 MUYIL CANALS: Take a boat cruise through lagoons and marshlands of the Sian Ka'an Biosphere Reserve and float through a mangrove lazy river that was carved out by the prehispanic Maya people as a trading route.



Itinerary.

To honor the flow & deep restorative nature of our time together, this schedule is approximate and subject to change

DAY 1: SUNDAY NOV 16	DAY 2: MONDAY NOV 17	DAY 3: TUESDAY NOV 18	DAY 4: WEDNESDAY NOV 19	DAY 5: THURSDAY NOV 20	DAY 6: FRIDAY NOV 21
Afternoon Arrive at Tulili meet, greet, relax and settle in.	Morning: Sunrise Yoga Flow with Julia	Morning: Best of Tulum Jungle Gym	Morning: Empower Circuit (band & bodyweight) with Julia	Morning: Muyil Floating Canals Sian Ka'an Biosphere Secret Cenote	Morning: BREAKFAST
Evening: DINNER Welcome Ceremony	BRUNCH Day: Explore Resort, Relax and Recharge Cacao Ceremony	Day: Beach walk LUNCH Cenote Sac Actun	BRUNCH Day: Pool Party Relax and Recharge	LUNCH Relax and Recharge	Farewells Fly Home!
	Evening: DINNER	Evening: DINNER	Evening: DINNER	Evening: DINNER Closing Circle	



Our incredible group last year.

Now come have some fun under
the tropical sun with me!





You have the *power*
to *transform* your life.



Retreat yourself.

www.atimelesstransformation.com

CLICK TO BOOK

RESERVE YOUR SPOT

With a \$500 USD deposit.
Remainder due by 09/16/25.
Limited spaces available.

MINIMUM BOOKING

If we do not reach a minimum of
10 participants by 08/30/25, it will
be canceled and refunded.

TRANSFERS

Transit to home is not included.
We can organize a shuttle
between groups upon request.

INSURANCE

Please ensure you have your own
personal travel insurance in case of
medical emergencies.