



PUNTA CANA YOGA RETREAT

**DOMINICAN REPUBLIC
NOV 13 - 17, 2026**

Hosted by Shiva
Yoga by Shiva Studio

A RETREAT TO RECONNECT



Step away from the routines and noise of everyday life and give yourself five days to slow down, breathe, move, and reconnect.

This intimate retreat is an invitation to deepen your yoga practice, enjoy the beauty of Punta Cana, connect with others, and create space to simply be.

Come as you are. Leave feeling more grounded, nourished, and connected — to yourself, to your practice, and to the world around you.



The Retreat Experience

YOGA & MOVEMENT

Daily practices to support your body, deepen your practice, and leave you feeling energized.

NOURISH

Enjoy delicious, nourishing meals and the pleasure of sharing them together.

EXPLORE

Enjoy the beauty of Punta Cana, with time for the beach, pool, and optional adventures.

REST & PLAY

Sleep in, read, swim, laugh, relax, or simply do nothing.

COMMUNITY

Connect and share the experience with a small group of like-minded people.

THE VILLA



THE VILLA

For five days, a beautiful private villa in Punta Cana will be our home—a space to practice, relax, gather, eat, laugh, and enjoy the Caribbean together.

PRIVATE & SECLUDED

Located in a private gated golf community, the villa is reserved exclusively for our retreat group, with no other guests sharing the space.

YOUR STAY

Enjoy comfortable shared accommodation, a private pool, outdoor spaces, and a dedicated yoga space—all in one place.

ROOMING

Shared rooms create an intimate, communal experience. Room assignments will be arranged in advance, with preferences considered where possible.

ARRIVAL

Just 20 minutes from Punta Cana International Airport, with airport-to-villa transportation included in your retreat.

WHATS INCLUDED

Everything you need to arrive, settle in, and enjoy five days of yoga, connection, and relaxation.

4 NIGHTS ACCOMMODATION

Stay in our private villa in Punta Cana.

YOGA & MOVEMENT

Daily yoga and movement practices led by Shiva.

MEALS & SNACKS

Nourishing meals and snacks throughout the retreat.

AIRPORT TRANSFERS

Transportation to and from Punta Cana International Airport.

RETREAT EXPERIENCES

Group activities and experiences throughout the retreat.

FREE TIME

Time to swim, enjoy the beach, explore, rest, or simply do nothing.

NOT INCLUDED

FLIGHTS

Flights to and from Punta Cana. - \$450 - \$500 CAD
Approximately

TRAVEL DOCUMENTS & INSURANCE

Passport, travel insurance, and required travel documents.

OPTIONAL ACTIVITIES

Excursions and activities outside the retreat program.

PERSONAL EXPENSES

Shopping, extra food or drinks, and other personal purchases.

INVESTMENT & RESERVATION

YOUR INVESTMENT

\$1,400 CAD PER PERSON

Includes 5 days in Punta Cana, accommodation, and everything listed under What's Included.

\$500 CAD DEPOSIT

Required to reserve your spot.

\$900 CAD BALANCE

Due by October 10, 2026.

CANCELLATION

Cancel before October 10 for a full refund.

After October 10, all payments are non-refundable.

FLIGHTS

We recommend waiting to book your flight until the retreat is confirmed. Any flight purchased before confirmation is the participant's responsibility.

LIMITED TO 10 PARTICIPANTS

Final retreat confirmation: October 15, 2026.

COME WITH US

Five days to step away from the everyday.

To move your body.

To breathe deeply.

To laugh, connect, and share.

To rest without rushing.

To wake up somewhere beautiful.

To make space for yourself.

Come as you are.

Leave with new memories,
meaningful connections,
and a little more space to
breathe.



November 13–17, 2026
Punta Cana,
Dominican Republic

10 spots available

We'd love to have you with us. ❤️