

YUTORi
Zen



*Join Melissa
& the Yutori-Zen team
for*

***an unforgettable,
transformative
journey into the
depths of
self-discovery***

*at
Lunita Jungle Retreat centre,
nestled in Puerto Morelos,
Riviera Maya,
Mexico.*

*October 12th 2025
to
October 19th 2025*

Led by 500 hour yoga certified teacher Melissa and supported by a team of experienced facilitators. This 8 day retreat offers a unique opportunity to go deep, to connect with yourself and the natural world.

Through specially curated yoga sessions, meditations, breathwork, rituals and ceremonies with plant medicines you will embark on a journey of self-exploration and healing. Surrounded by the lush, life-giving energy of the vibrant Tulum jungle, you will awaken to nature's ancient teachings and align with your sacred essence.

With a small, intimate group with like-minded participants, you will receive personalized attention and care, ensuring a deeply transformative and intimate experience.

Unplug from the distractions of modern life and reset your mind, body, and spirit in a peaceful, supportive environment. Retreat to your personal bedroom sanctuary of serenity, tucked away in a lush tropical jungle setting, complete with an en-suite and private garden.



Accommodation: rest and restore, relax in tranquility, modern en-suite bathrooms, luxurious and calming, unique identity for each room



Relax in the grounds or Immerse yourself in the pure, crystalline waters of our pool naturally fed by an underground cenote. This unique connection to the cenote provides not only a refreshing and revitalizing experience but also an opportunity to connect with the sacred essence of the land.

As part of your wellness retreat experience, the pool offers a magical opportunity to swim under the stars. With no surrounding light pollution, the night sky becomes a breathtaking canvas, enhancing your connection to nature and the peaceful ambiance of this special place.



Relax by the pool



Immerse in nature

Dining. Nestled amidst the lush greenery of the Mayan jungle, our dining area offers a truly immersive setting, surrounded by the vibrant sounds and sights of the natural world. Here, you'll enjoy fresh, locally sourced cuisine crafted with care, creating a perfect harmony of flavour and beauty. Whether you're sharing a meal with fellow retreat participants or savouring a quiet moment of reflection, the dining area provides a serene and inspiring environment that turns every meal into a memorable experience.



The beautiful eating space



Nutritionally balanced meals, fresh local produce, prepared by our private chef



Crystal shala space



Melissa

Facilitator – Melissa Murtagh: 500 hour Certified Yoga Teacher

Melissa's ethos and teaching style reflects a deep commitment to holistic wellness and personal transformation. With over 15 years in the wellness field, she blends traditional practices with modern insights, creating a rich learning environment for her participants.

Her journey began with a 500-hour yoga teacher training in India, where she immersed herself in Ashtanga, Hatha, Pranayama, and Meditation followed by training in Yoga Nidra and Yin Yoga. This foundation not only sharpened her technical skills but also deepened her understanding of yoga as a path to self-discovery and healing.

Melissa's grounded, hands-on approach encourages participants to connect deeply with their bodies and minds. She emphasizes the importance of a healthy mind-body synergy, fostering an integrative wellness experience that resonates with students.

Melissa enhances retreats by thoughtfully introducing transformative elements that facilitate healing and personal growth. Her teaching style is characterized by warmth and authenticity, allowing for open dialogue and a strong sense of community among participants.

Ultimately, Melissa believes that wellness is a holistic journey, and she is dedicated to guiding individuals through this process, inspiring transformation and a deeper understanding of self.

Hosts Nico Rossi & Lorenzo Rossi

Nico is dedicated to connecting individuals with shamanic traditions and sacred medicine. His mission is to facilitate authentic ceremonies that foster learning, healing, and creativity in the lush jungle environment.

Lorenzo brings a nurturing spirit to Lunita. Her commitment to spiritual healing and personal growth creates a supportive atmosphere where every guest feels valued. Lorenzo's presence ensures each retreat is a journey of discovery and heartfelt connection.



Nico



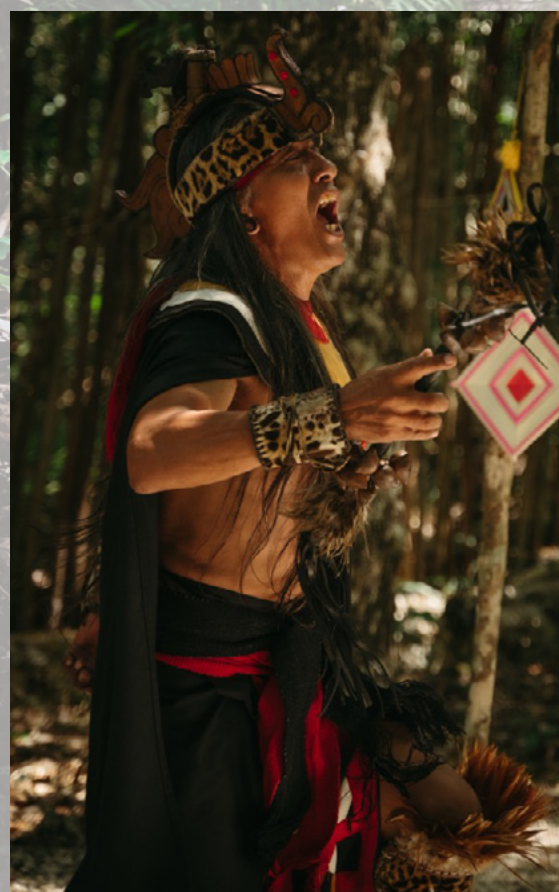
Lorenzo



The entrance

Ceremonies: Participation in Cermonies is entirely optional

A Shamanic Opening Blessing Ceremony Led by Grandfather Juan and his Grandaughter Ruby, this ritual connects participants with the ancient wisdom of the Anahuac tradition. It's a moment of gratitude that aligns energies of nature, ancestors, and the group, enriching the retreat experience.



A Shamanic Opening Blessing Ceremony

Tree Planting Ceremony Co-hosted by Nico Rossi, this heartfelt ceremony allows participants to plant a tree, symbolizing growth and connection. It leaves a lasting legacy, representing the transformative impact of the retreat and a gift for future visitors.



Tree Planting Ceremony

Hug Ceremony Guided by Lorenzo, this unique ritual fosters love and unity. Participants create colourful keepsakes by leaving paint imprints on special t-shirts, serving as cherished reminders of the bonds formed during the retreat.



Hug ceremony

Temazcal Ceremony Led by Grandfather Juan and Ruby, this profound experience symbolizes rebirth and renewal.

The Temazcal purifies the body, mind, and soul, allowing participants to reconnect with the nurturing energy of the earth.



Grandfather Juan and Grandaughter Ruby



Temazcal Ceremony



Temazcal Ceremony

Psilocybin Ceremony

Facilitated by Billie, a renowned Medicine woman and healer, this six-hour journey incorporates sound healing and shamanic reiki. Billie provides comprehensive support for preparation and integration, ensuring a transformative experience.



Billie



Sacred altar



Psilocybin Ceremony

Trip to Puerto Moreslos beach

Puerto Morelos beach is a laid-back, tranquil beach located halfway between Cancun and Playa del Carmen, known for its pristine white sand, calm waters, and easy access to the world's second largest coral reef, making it perfect for swimming, snorkeling, and diving.



Morelos beach

Trip to Coba Mayan Ruins

Visitors can explore the Nohock Mul pyramid, Conjunto Pinturas (spiritual areas) and the Macanxoc structures by foot or hire bicycles which is super fun.



Coba ruins

Trip to private Cenote Elvira – we have reserved it just for us

A natural sanctuary with magical surrounds. Enjoy the crystal clear, fresh cool water of the natural cenote surrounded by the Mayan jungle. Cenote Elvira is a private semi-open cenote approximately 33 feet in diameter and 50 feet deep. A place to connect with love, nature and spirit.



Cenote Elvira



Cenote Elvira

Additional ceremonies can be included on request at additional cost

Kambo Ceremony

Conducted by Rey in a sacred space, this powerful ritual reconnects individuals with their spiritual essence. Participants experience clarity and heightened awareness, while benefiting from the cleansing properties of Kambo.

Rapeh Ceremony (indigenous sacred snuff)

Please request when booking

This ancient indigenous medicine, pronounced 'Haapay', helps cleanse the energy field and align chakras. Made from Amazonian herbs and sacred tobacco, it releases attachments and promotes healing.

Sananga (spiritual eye medicine)

Please request when booking

Sananga is a sacred medicine made from the roots and bark of the Tabernaemontana undulata shrub, found in Brazil and South America. It enhances visual clarity, intensifies colors, and removes negative energies. Besides improving physical eyesight, it also cleanses the third eye, promoting clearer spiritual vision and releasing negative attachments or blockages within the body.



WHAT YOU'LL RECEIVE DURING THE 8 DAY RETREAT:

- Pickup and drop-off at Cancun Airport
- Three meals a day (fresh, locally sourced) dietary needs catered for
- Morning Yoga Sessions: Engaging Vinyasa Flow & Hatha to energize and awaken your body.
- Evening Yoga Sessions: Restorative Yin Yoga and Yoga Nidra for deep relaxation and conscious sleep meditation.
- Mindfulness Practices: Daily meditation sessions designed to cultivate inner peace and clarity, alongside breathwork (Pranayama) to enhance your life force and release tension.
- Journaling and Sharing Circles: Opportunities to reflect and connect with fellow participants, creating a supportive environment for personal growth.
- Blessing Ceremony and Temazcal Ceremony: Unique rituals that deepen your connection to yourself and nature.
- Psilocybin Ceremony with Integration Support: A profound journey facilitated by experienced healers, enhancing your transformative experience.
- Hug Ceremony and Tree Planting Ceremony: Heartfelt rituals that foster unity and connection, leaving a lasting legacy of growth.
- One-Hour Professional Retreat Photoshoot: Capture your journey in this serene setting.
- Excursions to: Coba Mayan Ruins, Private Cenote Elvira and Puerto Morelos Beach
- Accommodation in your private sanctuary with on-suite bathroom
(Participation on the trips is entirely optional)

Other details:

Fly into Cancun Airport

Everything is optional, not required.

Do you need experience? Absolutely NOT. This will be an EXPERIENCE, just bring yourself..... and maybe a friend. Couples are welcome.

Are payment plans available? YES!! Last payment due mid September.

Cost per head £1790

Early bird price

before end of 31 July 2025 £1690.

£350 deposit to secure place

Price based on a shared room.

Single supplement available on request.

LIMITED SPACE

Call /WhatsApp Melissa +44 (0) 7498 740 675

Email Melissa for booking instructions/questions

MelYutoriZen@gmail.com

www.yutorizen.com

NOT INCLUDED:

- Flights
- Kambo Ceremony, Sananga and Rapeh session on request and at an additional cost.