B.A.Y. LIFESTYLE ECUADOR FIT MIND / BODY NATURE RETREAT



ARRIVE IN ECUADOR ON MAY 4



May 4 Arrive in Ecuador at Quito International Airport

May 5 Workout, Yoga, Meditation and Volcano hike

May 6 Workout, Yoga, Meditation, Bird Watching and Horseback Ride

> Private Room \$2,600 Couples \$4,000



Get ready for this crisp mountain journey. B.A.Y. Lifestyle takes you to Ecuador to a mind and body experience you won't forget. Located in the picturesque mountains of Ecuador, this 90-acre estate hosts horseback riding, bike riding, bird watching, various hiking trails and more. Attend daily fitness, yoga and meditation classes and enjoy all the beauty this Hacienda has to offer.



DEPART ON MAY 9 OR ARRANGE LONGER STAY



May 7 Workout, Yoga, Meditation and Bike Ride

May 8 Cotopaxi Volcano or Hacienda Organic Food Production Tour

May 9 Departure or plan to stay with us a few more days (May 12)

Shared Room \$2,100

For more information or to book go to: https://www.bay-lifestyle.com/services/retreats or contact Johanna@bay-lifestyle.com