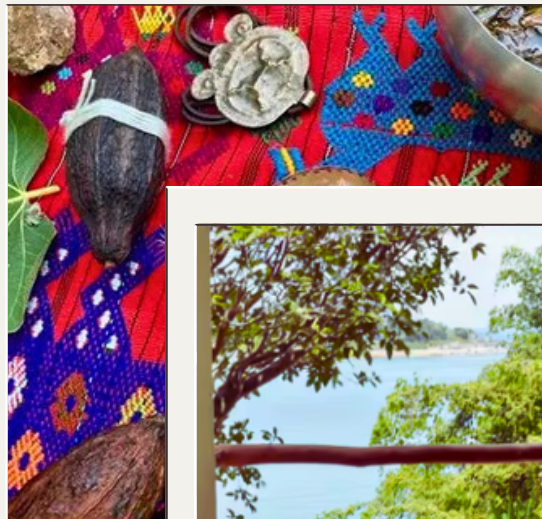


Earth + Ember

A CO-ED
6-DAY
IMMERSIVE
YOGA +
MINDFULNESS
RETREAT

MAR 4 - 9, 2027
Lake Atitlan,
Guatemala



HELLO, I'M SO HAPPY YOU'RE HERE!



Jordan Norman, the founder of Ivy Wild Wellness and Host of many yoga retreats, is a devoted yoga teacher and holistic guide who creates intentional spaces for deep healing, self-discovery, and embodied presence. Jordan weaves together gentle yet powerful practices that invite women to reconnect with their inner wisdom.

Ivy Wild Wellness was founded on the belief that healing is a wild, sacred, and deeply personal journey. Rooted in the rhythms of nature and the wisdom of the body, Jordan Norman created Ivy Wild for those seeking holistic alignment—mentally, physically, emotionally, and spiritually.

Through yoga, mindfulness retreats, sound healing, Reiki, and feminine-centered wellness education, Ivy Wild Wellness empowers women to reconnect with their inner truth, reclaim their health, and live with intention and connection.

Step away from the noise and pace of daily life — into days where everything is designed for you to slow down, reconnect, and be fully present. This is what awaits you at Lake Atitlán: still mornings overlooking the water, fresh mountain air, movement with the volcanoes around you, nourishing meals rooted in the region, and long stretches of time to rest, explore, and simply be.

This experience is more than a getaway — it's a return to what feels like you. Through daily movement, time on the lake, guided experiences, and genuine connection, you'll come back to your body, your clarity, and a deeper sense of ease. If you've been craving a reset — time to recharge, reconnect, and experience something both meaningful and real — this week was created for you.

We would be honored to welcome you to the lake, the slower rhythm, and this way of experiencing Guatemala.

Will you join us?
With presence,

Jordan



MEET YOUR HOST

Jordan Norman

Yoga Teacher | Retreat Leader | Wellness Guide

Hi, I'm Jordan, and I'm so honored to be your host for this experience. My journey into wellness began when yoga first captured my heart. Through deepening my practice and completing my 500-hour yoga teacher training, I discovered how powerful it is to come back to the body & breathe.

I've had the joy of hosting retreats before, including Breathe & Breeze, and watching people arrive overwhelmed and leave feeling lighter, clearer, and more alive is something I'll never get used to. It's truly my favorite kind of work.

Along the way, I expanded into Reiki, massage, sound healing, and fertility awareness education. Tools that support people in reconnection.

I now primarily live in Costa Rica and have fallen deeply in love with Central America — the pace, the people, the connection to land and culture. There's something about this part of the world that feels grounding, alive, and real.

I'm so excited to welcome you into this experience. It's going to be a week of adventure, presence, and genuine connection—and I'm so grateful you're here.

www.ivywildwellness.com

IG: @adventuresofjordannorman

@ivywildwomen

RETREAT OVERVIEW

Dates: March 4-9, 2027

Location: Cerro de Oro, Lake Atitlan, Guatemala

Duration: 5 Nights, 6 Days

Group Size: Up to 14 participants, 1 host & 1 additional facilitator

Step away from the pace of everyday life and into an immersive lake experience designed for those who want both depth and ease without needing to plan a thing. Set above Lake Atitlán, this week blends intentional movement, connection, and nourishing meals into a rhythm that feels both elevated and deeply restorative. Expect slow mornings overlooking the water, movement with the volcanoes around you, time on the lake and off-the-beaten-path moments, and plenty of space to rest, connect, and be present.

What's Included:

- Daily movement + yoga (Vinyasa, Yin, meditation, breath)
- Guided movement + dance experiences
- Private boat day with swimming, cliff jumping, and exploring
- Curated lake and nature experiences
- Grounded connection + integration moments
- Sound healing + meditation experiences
- Cacao experience with a local facilitator
- Nourishing meals prepared with fresh, local ingredients
- Welcome gift
- Private lakeview accommodations (shared + private options)
- Coffee, tea, and space to truly unwind
- ...and more thoughtful details throughout



DAY 1

ARRIVE + EXHALE

4:00 PM — Meet at Guatemala City Airport (GUA) + group shuttle to Lake Atitlán

7:30 PM — Arrival, appetizers + tea, settle into rooms and space

8:00 PM — Welcome Circle to ground, connect, and set intentions for the week

8:30 PM — Dinner together

9:30 PM — Unwind your way: rest, unpack, or ease into the evening

This first day is intentionally slow—so you can arrive, exhale, and land in the experience without feeling rushed.



DAY 2

ROOT + CONNECT

7:30 AM — Coffee, tea, and slow morning by the lake

8:00 AM — Vinyasa Flow to awaken the body and settle into rhythm

9:30 AM — Breakfast together

10:30 AM — Free time to enjoy the lake, hot tub, or quiet reflection

11:30 AM — Connection Lab with guided partner work and self-healing practices

1:30 PM — Lunch together

2:30 PM — Free time + optional add-ons (massage, Reiki, lake time)

7:00 PM — Dinner together

8:15 PM — Yin Yoga + Sound Healing for deep relaxation

9:30 PM — Unwind your way: hot tub, connection, or rest

This day builds connection with yourself and the group, without forcing anything.



DAY 3

PLAY + EXPAND

7:00 AM — Coffee, tea, and light morning

7:30 AM — Vinyasa Flow to energize the day

8:30 AM — Breakfast

9:30 AM — Head to the dock + depart for private boat experience

10:30 AM — Cliff jumping + swimming in San Marcos

12:15 PM — Picnic lunch by the lake

1:00 PM — Free explore in town: cafés, wandering, or relaxing by the water

2:30 PM — Regroup + continue across the lake

2:45 PM — Cove swim stop for floating and slowing down

4:15 PM — Return to villa

7:00 PM — Dinner together

8:30 PM — Yoga Nidra + Sound Healing for full nervous system reset

9:30 PM — Free time

This is your peak experience day.
Playful, expansive, and unforgettable.

A photograph of a group of people standing in a field of tall grass or reeds at sunset. The sky is a warm orange and yellow, and the silhouettes of the people are visible in the foreground. A large white semi-circle is overlaid on the right side of the image, containing the text for Day 4.

DAY 4

FEEL & RELEASE

7:30 AM — Coffee, tea, and slow start

8:00 AM — Vinyasa + Breathwork to open and release

9:30 AM — Breakfast

10:30 AM — Free time for rest, journaling, or lake time

11:30 AM — Men's & Women's Circles for deeper processing & connection

1:45 PM — Lunch

3:00 PM — Free time + optional add-ons

6:00 PM — Cacao Ceremony (held on an empty stomach for deeper experience)

7:45 PM — Dinner together

9:00 PM — Unwind and integrate

This day invites depth, reflection, and emotional release in a supported way.



DAY 5

EXPRESS & CELEBRATE

7:30 AM — Coffee, tea, and slow morning

8:00 AM — Expressive Vinyasa Flow focused on movement and freedom

9:30 AM — Breakfast

11:00 AM — Co-ed Integration Circle to bring the experience together

1:00 PM — Lunch

2:30 PM — Free time + optional add-ons

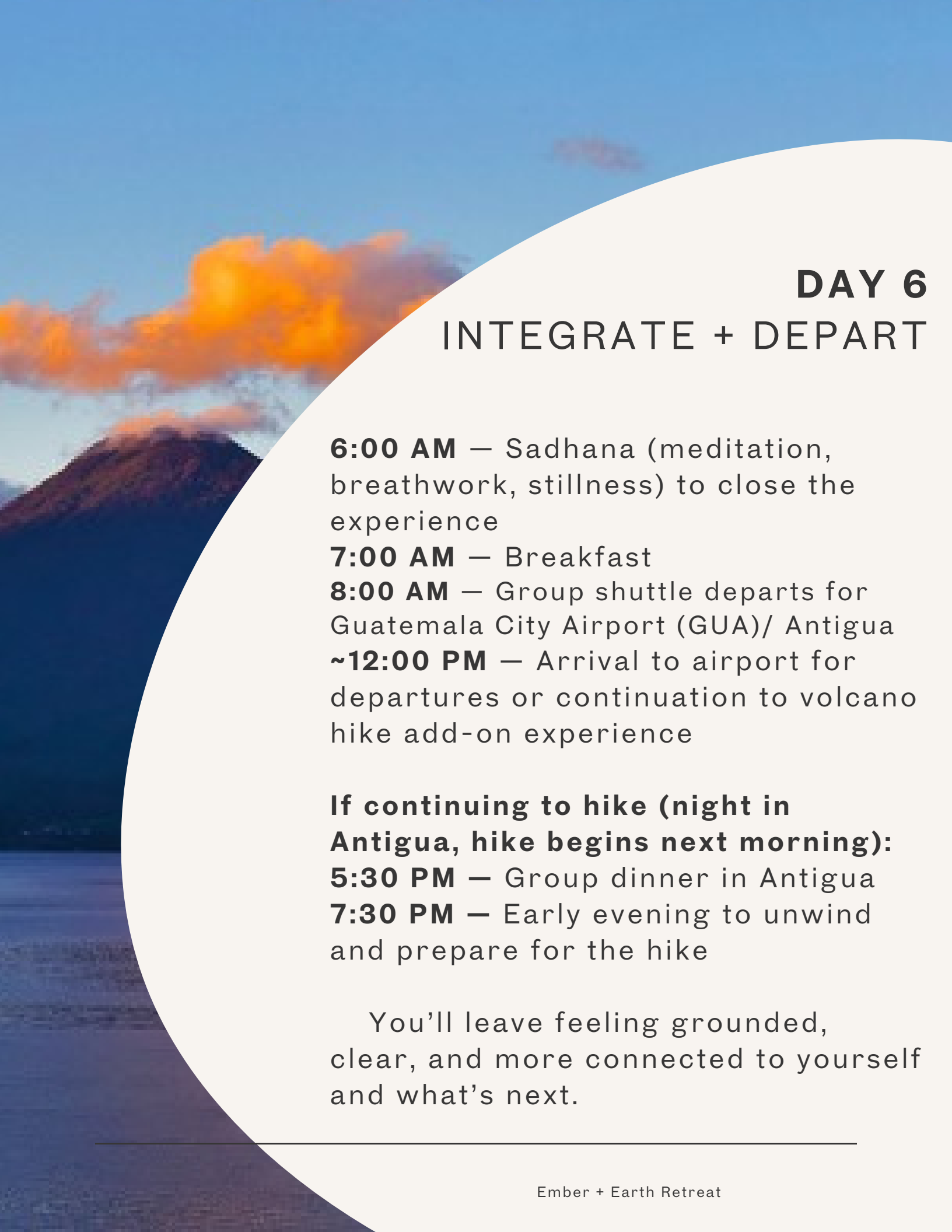
5:00 PM — Closing Circle + Group Photo

5:30 PM — Ecstatic Dance beginning before sunset and flowing into evening

7:30 PM — Celebration Dinner

8:30 PM — Final night to relax, connect, and take it all in

This day is about expression, celebration, and integration.



DAY 6

INTEGRATE + DEPART

6:00 AM — Sadhana (meditation, breathwork, stillness) to close the experience

7:00 AM — Breakfast

8:00 AM — Group shuttle departs for Guatemala City Airport (GUA)/ Antigua

~12:00 PM — Arrival to airport for departures or continuation to volcano hike add-on experience

If continuing to hike (night in Antigua, hike begins next morning):

5:30 PM — Group dinner in Antigua

7:30 PM — Early evening to unwind and prepare for the hike

You'll leave feeling grounded, clear, and more connected to yourself and what's next.



OPTIONAL: DAY 7

EXPERIENCE ACATENANGO

7:00 AM — Breakfast + final prep

8:00 AM — Meet guides, gear fitting, and departure to trailhead

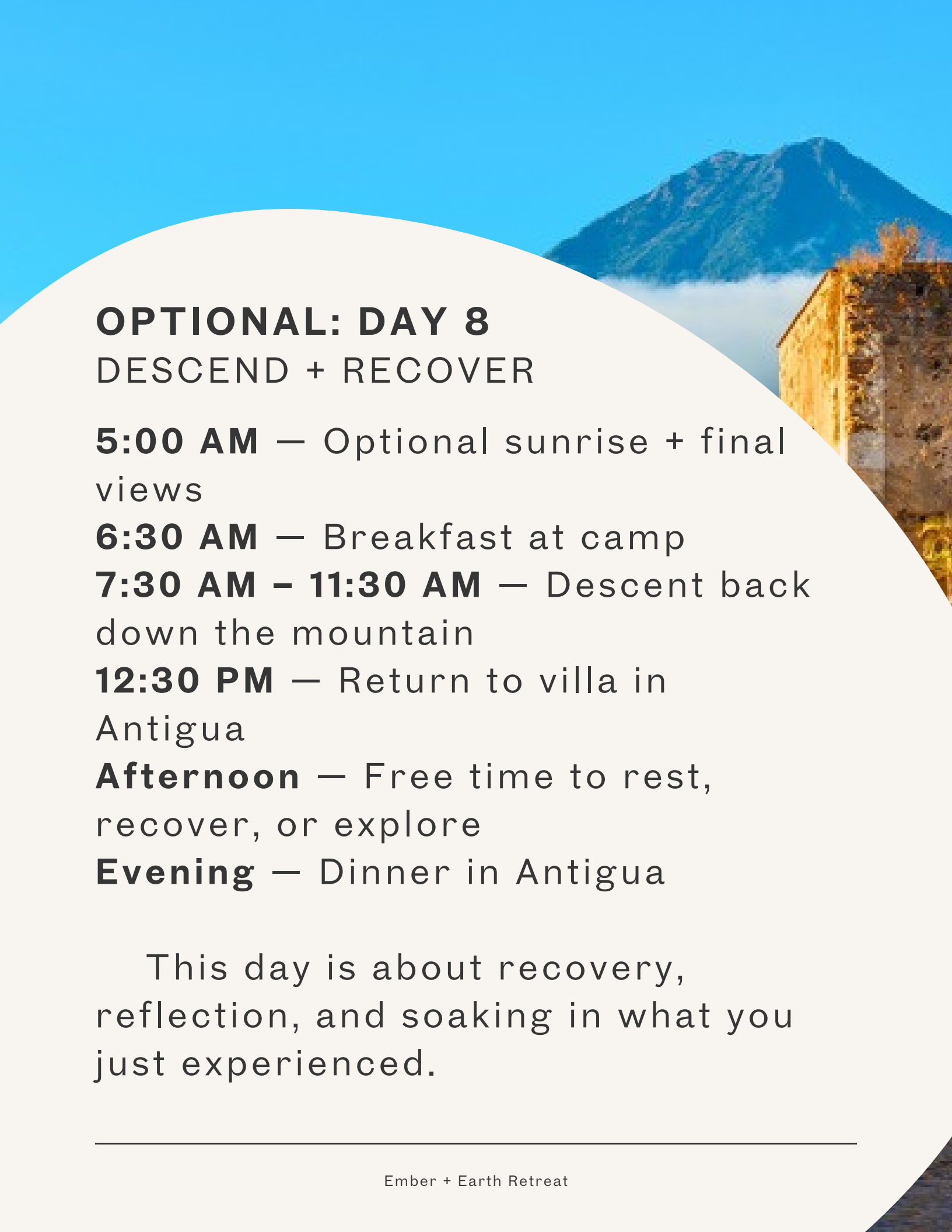
9:30 AM – 4:30 PM — Guided hike up Acatenango with rest stops

4:30 PM — Arrival at basecamp, settle in and rest

6:00 PM — Dinner at basecamp

Evening — Watch Volcán Fuego erupt across the valley (weather permitting)

Once in a lifetime experience: challenging, raw, and deeply rewarding.



OPTIONAL: DAY 8

DESCEND + RECOVER

5:00 AM — Optional sunrise + final views

6:30 AM — Breakfast at camp

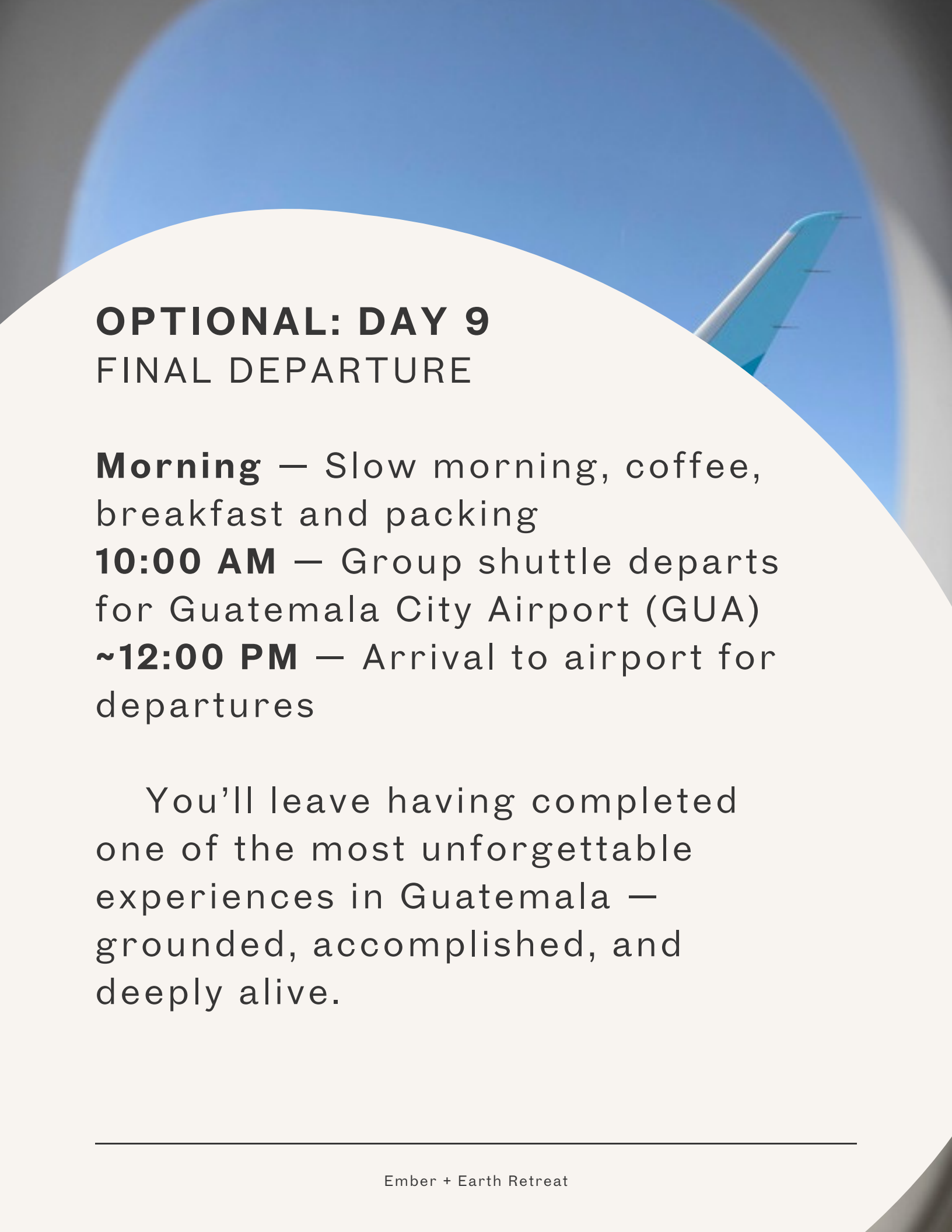
7:30 AM – 11:30 AM — Descent back down the mountain

12:30 PM — Return to villa in Antigua

Afternoon — Free time to rest, recover, or explore

Evening — Dinner in Antigua

This day is about recovery, reflection, and soaking in what you just experienced.



OPTIONAL: DAY 9

FINAL DEPARTURE

Morning — Slow morning, coffee, breakfast and packing

10:00 AM — Group shuttle departs for Guatemala City Airport (GUA)

~12:00 PM — Arrival to airport for departures

You'll leave having completed one of the most unforgettable experiences in Guatemala — grounded, accomplished, and deeply alive.

ACCOMODATIONS AND AMMENITIES



Set above the shores of Lake Atitlán, Casa de Piedra is a private hillside retreat designed for slowing down and settling in. It's the kind of place where you arrive and immediately feel your body exhale.

Elevated comfort meets natural beauty through thoughtfully designed living spaces, with expansive views of the lake, surrounding mountains, and lush greenery.

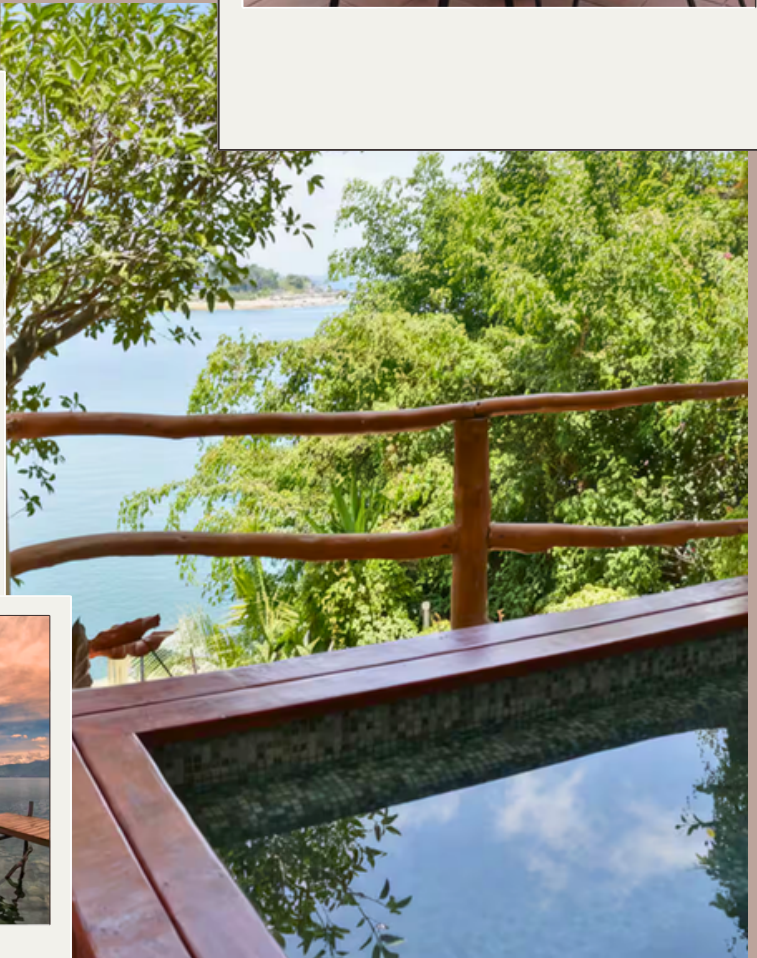


Start your mornings with coffee on the terrace, spend afternoons soaking in the hot tub or kayaking on the lake, or unwind in one of the open living spaces as the landscape sets the rhythm for the day. The water is just below, perfect for quiet moments, reflection, and time woven throughout your stay.

With WiFi, hot water, and intentional comforts throughout, this is more than a place to stay. It's your space to rest deeply, reset fully, and feel completely taken care of.



THE VILLA





A CULINARY EXPERIENCE ROOTED IN THE LAND

Meals at the retreat are not an afterthought, they are a defining part of the experience.

Each dish is prepared by local Guatemalan chefs who work closely with the land, sourcing fresh, regional ingredients and bringing them together in a way that feels both nourishing and elevated.

The menu is not fixed.

It evolves throughout the week, guided by what's in season, what's available, and what best reflects the region in that moment.

You'll experience dishes like:

- Fresh ceviches and vibrant local flavors
- Traditional meals reimagined with a modern touch
- Seasonal, chef-led creations rooted in Guatemalan cuisine
- And other thoughtfully prepared plates that reflect the flavors of the region

Each meal is intentional, designed to be experiential and deeply connected to where you are. This is not typical retreat dining. It's warm, sensory, and ever-changing, where every plate reflects the land itself.

WHAT'S INCLUDED

5 nights in a private lakeview villa
(comfortable rooms + shared & private options)

All meals + nourishing snacks prepared
by local Guatemalan chefs

Group shuttle to/from Guatemala City
Airport (GUA)

Daily yoga + movement (vinyasa, yin,
breath, and restorative flows)

Sound healing + meditation experiences
for deep relaxation

Cacao + movement experiences with a
local Guatemalan facilitator

Workshops + integration sessions
(connection, clarity, and self-healing tools)

Private Lake Atitlán boat day with
swimming, cliff jumping, and exploring

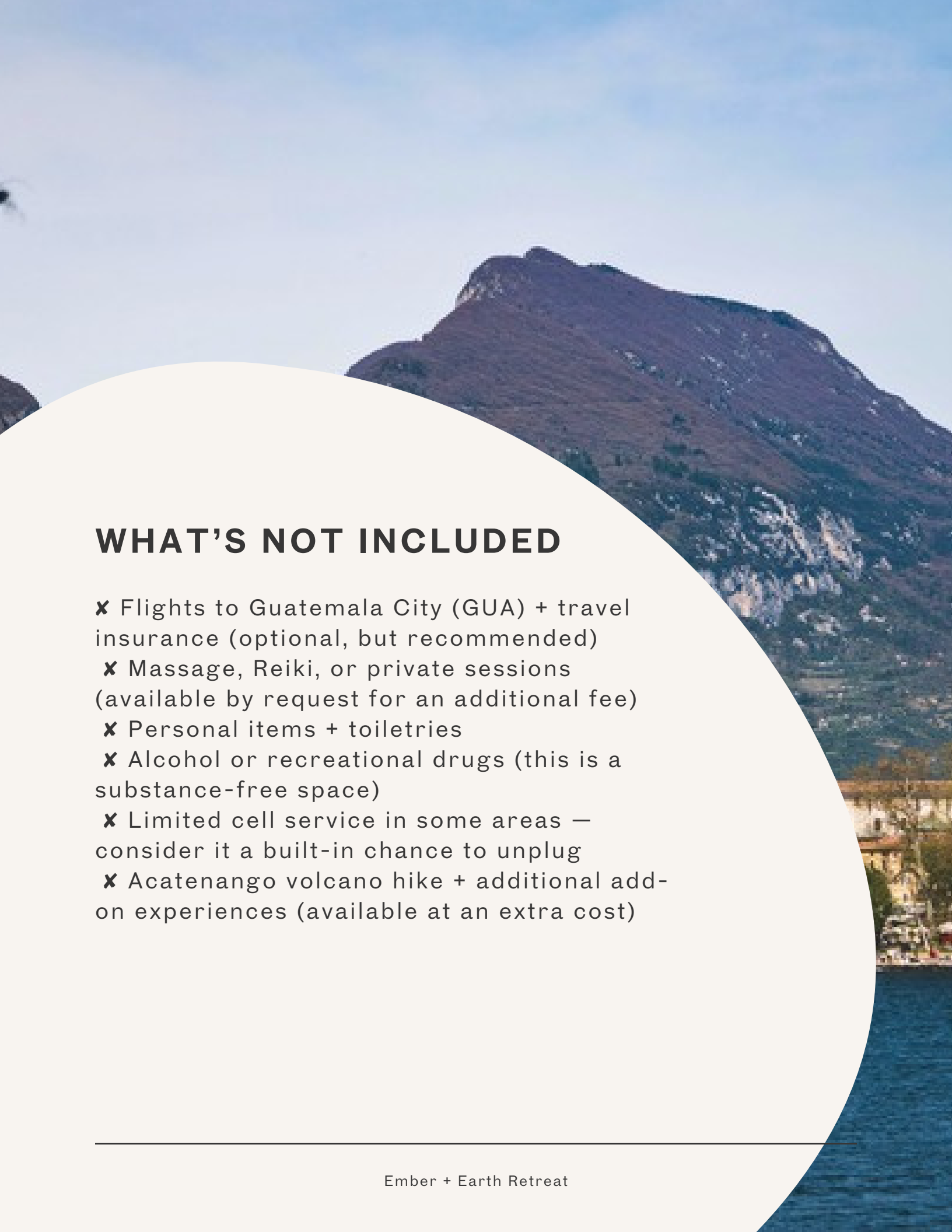
Lake access + kayaks + time to unwind in
nature

Ecstatic dance + guided movement
experiences

Coffee, tea, and locally sourced
beverages

A welcome gift curated with intention

Plenty of free time to rest, reset,
explore, and enjoy the space



WHAT'S NOT INCLUDED

- ✗ Flights to Guatemala City (GUA) + travel insurance (optional, but recommended)
- ✗ Massage, Reiki, or private sessions (available by request for an additional fee)
- ✗ Personal items + toiletries
- ✗ Alcohol or recreational drugs (this is a substance-free space)
- ✗ Limited cell service in some areas — consider it a built-in chance to unplug
- ✗ Acatenango volcano hike + additional add-on experiences (available at an extra cost)

FAQ

WHAT IF I CAN'T ARRIVE AT THE SCHEDULED TIME?

TO USE THE INCLUDED GROUP SHUTTLE, PLEASE ARRIVE AT GUATEMALA CITY AIRPORT (GUA) BY 4:00 PM ON ARRIVAL DAY. IF YOU ARRIVE LATER, YOU'RE STILL WELCOME TO JOIN, HOWEVER, TRANSPORT TO THE VILLA WILL BE AT YOUR OWN COST.

WHAT KIND OF FOOD WILL BE SERVED?

YOU'LL ENJOY NOURISHING, CHEF-PREPARED MEALS THROUGHOUT THE WEEK. FRESH, LOCAL DISHES INSPIRED BY GUATEMALAN INGREDIENTS, WITH PLANT-FORWARD OPTIONS AND SOME FISH/MEAT. DIETARY NEEDS CAN BE ACCOMMODATED WITH ADVANCE NOTICE.

IS TRANSPORTATION INCLUDED?

YES, GROUP SHUTTLE TO/FROM GUATEMALA CITY AIRPORT (GUA) IS INCLUDED, ALONG WITH TRANSPORTATION FOR PLANNED EXPERIENCES LIKE THE LAKE DAY. ADDITIONAL TRANSPORT OUTSIDE THE ITINERARY IS NOT INCLUDED.

IS THERE WIFI OR CELL SERVICE?

WIFI IS AVAILABLE AT THE VILLA. CELL SERVICE MAY BE LIMITED IN SOME AREAS. CONSIDER IT A BUILT-IN OPPORTUNITY TO UNPLUG.

WHAT ARE THE SLEEPING ARRANGEMENTS?

YOU CAN CHOOSE FROM PRIVATE OR SHARED ACCOMMODATIONS. ALL ROOMS ARE DESIGNED FOR COMFORT, WITH A MIX OF PRIVATE AND SHARED SPACES THROUGHOUT THE VILLA.

CAN I BOOK A MASSAGE OR REIKI SESSION?

YES, MASSAGE, REIKI, AND OTHER PRIVATE SESSIONS ARE AVAILABLE ON-SITE FOR AN ADDITIONAL FEE. YOU CAN BOOK IN ADVANCE OR ONCE YOU ARRIVE.

CAN I BRING ALCOHOL OR OTHER SUBSTANCES?

THIS IS A SUBSTANCE-FREE RETREAT. NO ALCOHOL OR RECREATIONAL DRUGS ON THE PROPERTY.

IS THE VOLCANO HIKE REQUIRED?

NO, THE ACATENANGO VOLCANO EXPERIENCE IS COMPLETELY OPTIONAL AND OFFERED AS AN ADD-ON AFTER THE RETREAT FOR THOSE WANTING TO EXTEND THEIR ADVENTURE.

WHAT SHOULD I PACK?

YOU'LL RECEIVE A DETAILED PACKING LIST IN YOUR WELCOME GUIDE, COVERING MOVEMENT, LAKE DAYS, AND THE OVERALL EXPERIENCE.

READY TO SAY YES TO YOURSELF?



Step away from the pace of everyday life and into an immersive lake experience where everything is thoughtfully handled and you finally get to slow down.

At Casa de Piedra on Lake Atitlán, you'll wake to mountain air, spend your days moving your body, exploring the lake and nearby towns, enjoying nourishing meals rooted in the region, and having real space to rest and take it all in.

This is more than a vacation — it's an elevated experience designed for both connection and ease. With movement, meditation, group experiences, and time immersed in nature, you'll return home feeling clear, grounded, and refreshed.

Come join us, find your center through experience, and experience Guatemala in a curated way.

Reserve your spot.
I can't wait to welcome you.

If you have any questions, I'm here.

Jordan

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