



BODY & NOURISHMENT RETREAT BOOKLET

A 7-day luxury healing retreat for body reconnection,
self-worth and nourishment

📍 DORA Jungle Retreat | Tulum, Mexico

📅 3–9 October 2026

👥 Mani • Marianna • Taylor

*Luxury accommodation, meals, retreat programme
and airport transfer included*



WELCOME HOME

A sacred jungle container for nourishment, embodiment and self-love



Location

DORA Jungle Retreat,
Tulum, Mexico



Dates

3 – 9 October 2026



Facilitators

Mani, Marianna & Taylor



Focus

Body healing, nourishment,
self-worth and nervous
system reconnection



Signature

Temazcal, cave sound healing,
cenotes, K'INAM massage
and Chichen Itza



Container

Intimate, trauma-aware,
spiritual and practical



Investment: £5,000

Early bird until 31 August: £4,000

Flexible payment plans available

*Luxury accommodation, meals, retreat programme
and airport transfer included*





LUXURY JUNGLE ACCOMMODATION

Beautiful rooms and communal spaces designed for
rest, softness and nervous system ease



Boutique jungle homes

Spacious, design-led accommodation with natural textures, calming interiors and beautiful shared living areas.



What to expect

Air conditioned bedrooms, elegant bathrooms, indoor-outdoor lounges, serene communal areas and a lush pool immersed in nature.



Designed for integration

Quiet corners for reflection, conversation, massage, rest and deep exhale between sessions.



Room allocations and options are shared upon booking.





MEET YOUR FACILITATORS

A multidisciplinary team to support body healing, nourishment and embodied transformation



Mani

Retreat leader and healing guide supporting deep emotional healing, inner child work, embodiment, meditation, breathwork and nervous system regulation.



Marianna

Shaman, healer and yoga teacher guiding ritual, movement, feminine reconnection and body-based healing practices.



Taylor

Nutritionist and nourishment coach offering grounded guidance and private support to help rebuild trust, safety and confidence around food and the body.



Spiritual depth, practical support and trauma-aware care.



WHO THIS RETREAT IS FOR

A compassionate space for those ready to end the war with their body



This retreat is for you if you are navigating:



Body shame or body dysmorphia



Restriction, bingeing or
disordered patterns with food



A harsh inner critic or
difficulty receiving nourishment



Emotional overwhelm, burnout
or nervous system dysregulation



A deep longing to feel safe,
connected and at home in your body



WHAT MAKES THIS DIFFERENT

This is not just spiritual inspiration. It is a grounded, trauma-aware healing container that brings together embodiment, nourishment support, nervous system care and transformational inner work.



WHAT YOU MAY LEAVE WITH

Greater softness in the body, deeper self-trust, practical tools for nourishment, emotional regulation and a more compassionate relationship with yourself.



SIGNATURE EXPERIENCES

Healing rituals and unforgettable moments woven into the week



Temazcal Rebirth

A sacred sweat lodge ceremony for release, prayer and renewal.



Cave Sound Healing

Deep rest and sonic medicine held inside the womb-like cave space.



K'INAM Massage

A restorative treatment to soften the body and invite deeper receiving.



Sacred Cenote Waters

A return to elemental presence through the healing waters of the Yucatán.



Chichen Itza & Yaxunah

A cultural and spiritual excursion into the wisdom of the land.



YOUR 7-DAY JOURNEY

A week of restoration, healing, nourishment and embodied transformation



Day 1 | Saturday 3 October

Arrive, settle into the jungle, open the retreat container and land gently in your body.



Day 2 | Sunday 4 October

Begin the work of body reconnection through movement, reflection, nourishment and nervous system support.



Day 3 | Monday 5 October

Explore self-worth, food patterns and deeper emotional healing with practical guidance and embodiment practices.



Day 4 | Tuesday 6 October

Journey into inner child healing and integration, followed by the cave sound healing experience.



Day 5 | Wednesday 7 October

Open into ritual, expression and release, culminating in the Temazcal rebirth ceremony.



Day 6 | Thursday 8 October

Experience the sacred excursion to Chichen Itza, Yaxunah and the healing cenote waters.



Day 7 | Friday 9 October

Close the journey with integration, gratitude, embodied reflection and departure.



A detailed schedule is shared with all confirmed participants.



INCLUSIONS, REFERRALS & BOOKING

Everything you need to say yes to your healing



WHAT'S INCLUDED

- ✿ 6 nights luxury accommodation
- ✿ Daily nourishing meals
- ✿ Retreat workshops and healing sessions
- ✿ Yoga, embodiment and nervous system practices
- ✿ Private support with Taylor
- ✿ Cave sound healing
- ✿ Temazcal rebirth ceremony
- ✿ K'INAM massage
- ✿ Chichen Itza, Yaxunah and cenote excursion
- ✿ Airport transfer from Tulum airport



REFERRAL REWARD

Receive \$500 USD for every new participant you refer who books and pays their full retreat balance.

Unlimited referrals. Reward is paid after the referred participant has completed full payment.



INVESTMENT

£5,000

Early Bird £4,000 until August 31

Flexible payment plans available



READY TO JOIN US?

Spaces are limited. Enquire now to reserve your place.



manjindersidhu.co.uk



Instagram: @myspiritualsoul