



RETREATS

Join one of the retreats we are hosting in 2025.

Discover Palmaia – The House of AïA, nestled in Riviera Maya. Our high-end, all-inclusive wellness resort offers 234 luxurious rooms, perfect for retreats focused on self-discovery and rejuvenation.

Experience relaxation and growth amidst serene landscapes and world-class amenities.



Please visit www.thehouseofaia.com and go to Events, where you will find a preliminary list of our upcoming retreats:

Happy Camp by Katie Wee

Retreat Dates: January 9th to 12th, 2025

**Palmaia's Premier Retreat by Natasha Romano,
Master Yoga Teacher & Entrepreneur**

Retreat Dates: January 23rd to 27th (1st wave);
January 29th to February 3rd (2nd wave); February
5th to 9th (3rd wave), 2025.

**Radiant Beginnings by Desi Bartlett and
Dr. Natiya Guin**

Retreat Dates: January 24th to 27th, 2025

**Lifestyle Design Couples Retreat by Tamika
Lewis & Jason Brooks, Jade Novah & Devin
Johnson, Koya Webb & Daren Grainger**

Retreat Dates: February 14th to 16th, 2025

Wellness Yoga Retreat by Sarah Beth

Retreat Dates: February 15th-20th, 2025

Wellness Getaway by Dennis & Kathy Lang

Retreat Dates: February 20th to 25th, 2025

**Professional Women's Retreat by
Darrah Brustein**

Retreat Dates: March 20th - 23rd, 2025

**Longevity Retreat | Ayurvedic Cellular Renewal
by Dr. Monisha Bhanote, Aboim, Fcap and
Wellkula**

Retreat Dates: March 26th - April 1st, 2025

**Rituals of Renewal by Jessica Brown & Doug
Milliron**

Retreat Dates: April 24th to 29th, 2025

**Rest and Reset by Noam Kedem, Stephaniea
Humphrey & Anat Reisman Kedem**

Retreat Dates: May 9th - 14th, 2025

Say It Out Loud by Vasavi Kumar

Retreat Dates: May 9th - 14th, 2025

**Together in Spirit: A Holistic Day of the Dead
Retreat by Advanced Holistic Nurse Porsha**

Retreat Dates: October 31st - November 3rd, 2025



To join a pre-existing retreat please book your stay at
www.thehouseofaia.com/retreats-groups