

adventurewomen

THE DESTINATION IS JUST THE BEGINNING

BAJA

iRise Above Journey through Baja



April 30 – May 6, 2022

[iRise Above Breast Cancer](#) is a non-profit organization created by young women during and after breast cancer, for young women during and after breast cancer. iRise Above strives for outstanding quality of life, empowerment and inspirational support for young women diagnosed with all stages of breast cancer, and those in remission.

Young women diagnosed with breast cancer face a unique set of challenges that their older counterparts do not. iRise Above's mission is to surround young women with targeted, age-appropriate, and connected health and wellness resources and tools to enable them to rise above the residual effects of breast cancer, heal and live well.

Part of the healing process and living well after breast cancer is feeling inspired and empowered to LIVE A GREAT STORY! What better way to do that than to have incredible transformative experiences with young women who understand your breast cancer journey?

[AdventureWomen](#), a women-owned, women-run adventure travel company, operates tours exclusively designed for women, by women. They have been a pioneer in custom-designing and leading some of the most unique adventure travel tours for active women for nearly 40 years. They are not just a travel company. AdventureWomen is a relationship company, empowering women to build new connections with other women and discover more about themselves through travel. Their carefully crafted journeys are active explorations full of discoveries, cultural insights, and fun that build friendships, confidence, and camaraderie among adventurous women, worldwide.

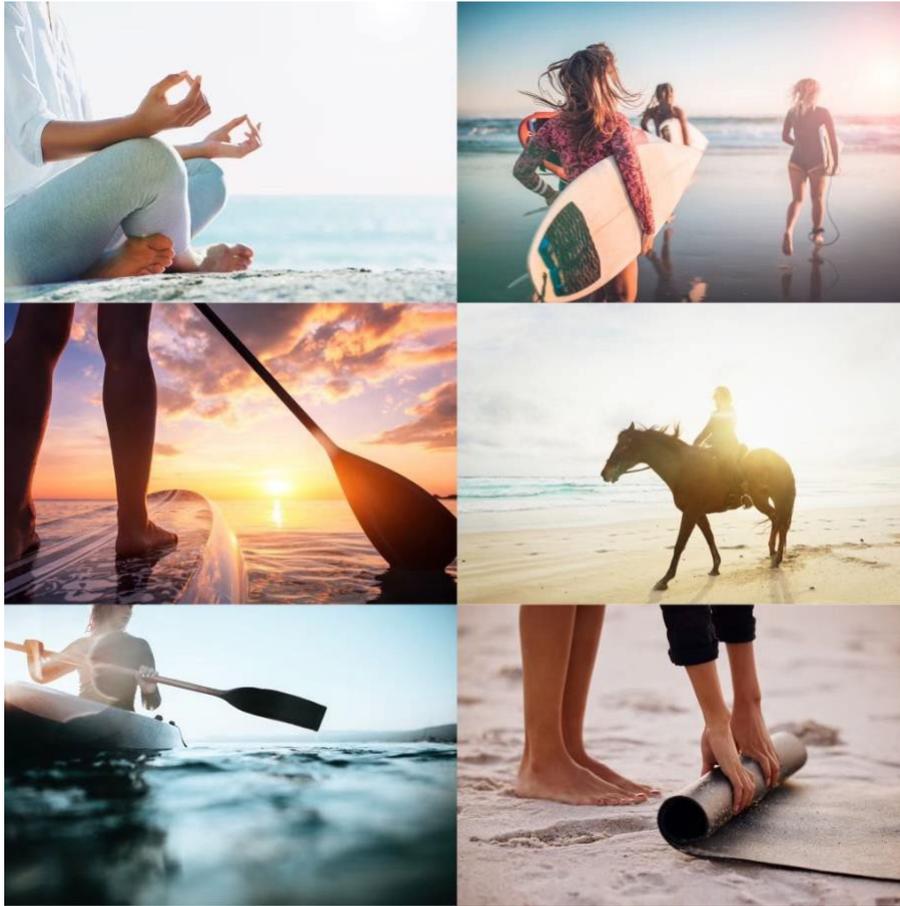
Promoting a healthy lifestyle is at the core of AdventureWomen. From staying active, creating challenges and goals, and being open to learning, both spiritually and culturally, during travel, these trips enable women to confirm and rediscover their fun-loving and confident selves. AdventureWomen believes all women need enriching experiences to restore and energize their spirits.

iRise Above Breast Cancer and AdventureWomen share three pillars for living a great story – inspiring, empowering, and supporting young women to choose the life they want to live.

Together they have designed custom adventure trips and retreats, exclusively for young women, wishing to heal and live well after breast cancer.

Young women who have had breast cancer before the age of 50, and are interested in living a great story, are welcome to join. THE DESTINATION IS JUST THE BEGINNING – we are excited to share this experience with you!

HOW TO JOIN



To secure your spot on the fall Baja 2023 Restorative Retreat you must:

- 1) Pay a \$800 USD non-refundable deposit to the iRise Above Foundation to secure your spot [here](#). *NOTE: The deposit is not tax deductible.*
- 2) Pay the remaining Trip Fee (TF) balance to the iRise Above Foundation through one of three ways:
 - a. You may opt to pay 100% of the TF upon signing the PA (in which case no deposit is required) to the iRise Above Foundation. *NOTE: The 100% TF payment made by you, for your trip, is not tax deductible; or*
 - b. After paying the deposit, you may opt to pay the remaining TF balance to the iRise Above Foundation by the designated payment date (90 days prior to experience departure date). *NOTE: This payment is not tax deductible; or*

c. MOST POPULAR – After paying the deposit, you may opt to use the iRise Above Foundation Crowdfunding Toolkit to generate personal gifts from third-party supporters in your name, via the online iRise Above Foundation fundraising platform, to pay the remaining TF balance by the designated payment date (90 days prior to experience departure date). The Crowdfunding Toolkit includes iRise Above branding, messaging, and social media/email marketing tools to help you easily solicit gifts in your name. It's a simple and easy way to crowdfund through community and/or individual events, peer-to-peer crowdsourcing, corporate sponsorship asks, and social media campaigns. The goal is to fundraise 100% of your remaining TF balance. Should you not fundraise 100% of your remaining TF balance, you agree to pay the remaining sum to the iRise Above Foundation, by the designated payment date (90 days prior to experience departure date).

NOTE: The remaining TF balance payment made by you, for your trip, is not tax deductible. iRise Above Foundation is a charitable 501c3 in the United States ONLY and can only issue tax deductible receipts to donors within the United States who donated in your name.

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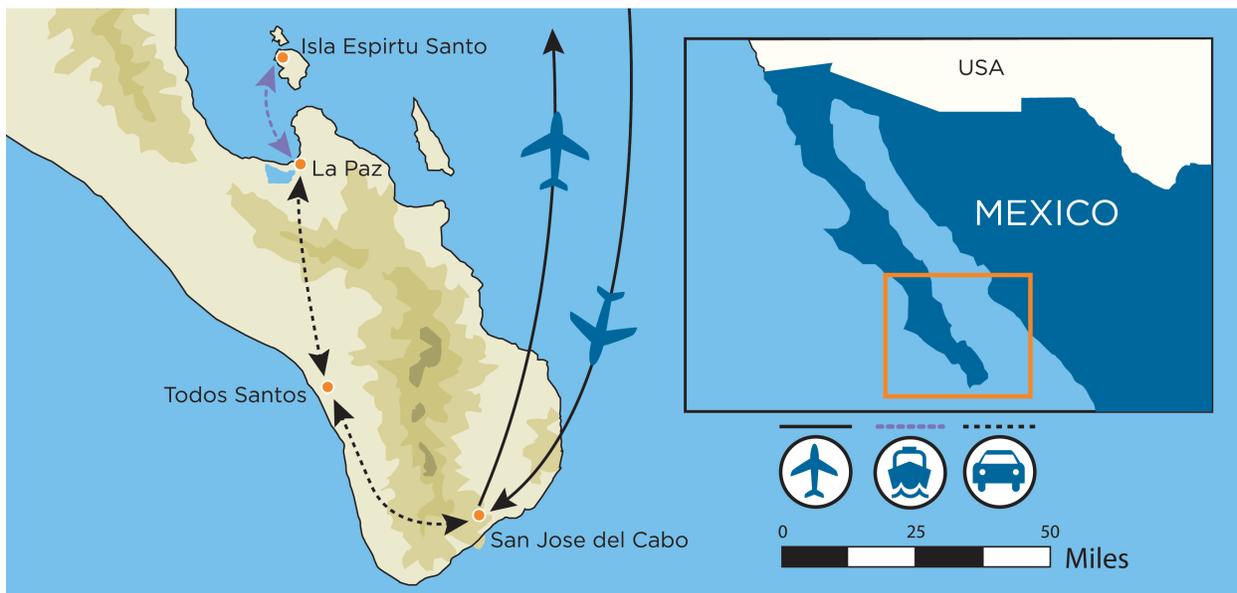
April 30 - May 6, 2023

iRise Above Journey Through Baja

TRIP HIGHLIGHTS

- ▶ Kayak in blue lagoons and enjoy daily yoga classes overlooking the ocean
- ▶ Brave the wave! Take a bucket-list surfing class in a women's-only session
- ▶ Take part in daily mindfulness activities
- ▶ Savor fresh local cuisine and sample margaritas in their birthplace
- ▶ Delight in the playful antics of sea lions while snorkeling in the Sea of Cortez
- ▶ Reach out and touch the stars during a three-day stay on a secluded beach

TRIP ROUTE



iRise Above Journey Through Baja

QUICK VIEW ITINERARY

- Day 1 arrive in Baja, evening meditation, welcome dinner
- Day 2 morning yoga, grounded meditation, surfing lessons
- Day 3 head to an exclusive island camp, sound bath experience
- Day 4 morning yoga, swim with sea lions, energy meditation practice
- Day 5 kayak, stand up paddle board, or snorkel
- Day 6 head back to Todos Santos, explore the town, cooking class
- Day 7 depart

ACTIVITY LEVEL

TRIP PRICE

Main Trip: \$4,795

Optional Single Accommodations: \$1,200

iRise Above Journey Through Baja



your adventure
in depth

DAY 1
Sunday
4/30/23

Arrive Todos Santos

Welcome to Mexico's Baja! Bordered by both the wild Pacific Ocean and the protected Sea of Cortez, this finger-like desert peninsula is a haven for exotic plants, birds and animals (both terrestrial and marine) and home to lovely, friendly people whose warm hospitality, artistic endeavors and strong traditions draw visitors from around the world. A perfect destination to gather with other young women wishing to heal and live well after breast cancer!

Pick-up and Transfer

You will be picked up at the San Jose del Cabo airport and transferred to your hotel.

Grounded Meditation

Meet Sandra, your wellness coach, who will travel with your group throughout this journey. Tonight enjoy a centering meditation class at sunset as you take in the beauty that surrounds you. Sandra's energy healing practice will support you in rediscovering the innate wisdom and creativity that already exists within. She is devoted to guiding you in clearing any emotional or energetic blockages that may be hindering your highest healing potential, health, integrity, and expression.

Her practice is interdisciplinary, incorporating several modalities including Intuition Medicine®, Reiki®, mindfulness, visualization, breath, anatomy, and mysticism. She has studied yoga and energy work all over the world and travels often to refine her practice with elders.

Welcome Dinner

Get to know your guide, your iRise Above Ambassador, and your fellow travelers over a delicious welcome dinner this evening.

Accommodations
Los Colibris Casitas

Meals Included
dinner

iRise Above Journey Through Baja



your adventure
in depth

DAY 2
Monday
5/1/23

Todos Santos

Todos Santos is an undiscovered gem, back-dropped by the Sierra de Laguna Mountains and rimmed with gorgeous beaches and lush gardens. It's an official Pueblo Magico, one of Mexico's 50 off-the-beaten-path towns known for their "magical ambiance."

Morning Yoga Enjoy an early morning yoga class on the sky deck. What better way to start your day than yoga overlooking the ocean?

Lunch Enjoy lunch at a local restaurant.

Surfing Lesson Take a surfing lesson today. No experience? No problem! Your instructors guarantee that you will stand up - at least for a moment - during your very first lesson!

Watercolor Painting Experience the joy of painting meditation during a watercolor painting class with a woman who has traveled the world until settling in Baja. Learn about brush technique and color mixing as you channel your inner artist.

Grounded Meditation Enjoy another meditation class with Sandra this evening.

Accommodations
Los Colibris Casitas

Meals Included
breakfast, lunch,
dinner

iRise Above Journey Through Baja



your adventure
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DAY 3
Tuesday
5/2/23

Todos Santos to Isla Espiritu Santo

One of the most striking things about the Baja peninsula is the incredible juxtaposition of desert and sea, happy home to both cactus and seagull. Artists and photographers are lured here by the quality of light, marine sports enthusiasts come to enjoy the challenging fun above and below the surface of the inviting big blue sea, and the local residents enjoy a stress-free lifestyle, welcoming visitors who seek a multi-layered getaway.

Travel to Isla Espiritu Santo

Drive to La Paz, stopping to try on your wet suit and get your snorkeling gear. From La Paz, you will get on a boat for your 60-minute ride to your exclusive camp on the beach. Wear your bathing suit this morning, just in case there is a chance to swim along the way!

Afternoon Activities

Spend your afternoon kayaking or stand up paddle boarding exploring hidden lagoons and desert beaches.

Sound Bath

Discover the power of sound to transform consciousness, heal the mind, and calm the body. Connect with your senses, clear energy blockages, balance your emotions, and elevate your frequency through the healing power of sound and vibrations. Sound baths stimulate alpha waves in our brain which recalibrate our cells and allow us to shift into a deep state of relaxation, coherence and harmony. Soundbaths operate on a mental, emotional, energetic, and spiritual dimension, allowing us to purify any dissonant energies and center deeply into ourselves. This soundbath will incorporate an array of healing instruments including crystal singing bowls, chimes, drums, gongs, rainsticks, guitar, and vocals.

Accommodations
Baja-Style Beach
Glamping
Meals Included
breakfast, lunch,
dinner

iRise Above Journey Through Baja



your adventure
in depth

DAY 4
Wednesday
5/3/23

Isla Espiritu Santo

Jacques Cousteau once called the Sea of Cortez “the aquarium of the world” and “the Galapagos of North America.” About 39 percent of the world’s marine mammal species and 70 percent of the world’s marine cetacean species live or migrate through here, making this region one of the planet’s most bio-diverse ecosystems.

Morning Yoga Wake up to the sounds of the ocean, step outside your tent, and greet the day with a morning yoga class.

Swimming with Sea Lions Swimming with sea lions is magical, with unforgettable nose-to-nose encounters. Grab some provided snorkeling gear and jump in with them.

Intuition Medicine® This energy medicine practice is rooted in identifying the energetic and emotional incongruities that can cause imbalance, physical maladies, or disease in the body. Through guided meditation, you will discover your own intuition and innate wisdom, clear out dissonant energies, and connect with your highest healing potential. This practice combines visualization, chakra balancing, and the mechanics of grounding to bring you back to center, recalibrate, and feel yourself come alive in your body.

Dinner Enjoy a dinner from the camp kitchen and a relaxing night on the beach. Share stories about your experiences with the curious sea lions earlier today.

Accommodations
Baja-Style Beach
Glamping
Meals Included
breakfast, lunch,
dinner

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DAY 5
Thursday
5/4/23

Isla Espiritu Santo

Spend the day on Isla Espiritu Santo. Go hiking to explore the lava rock formations and striking cliffs of the island and look for all of the strange birds in the air and curious animals on the mainland. When the time comes to get in the water, go for a swim, kayak, snorkel, or stand up paddle board.

Morning Yoga

Enjoy another invigorating yoga experience this morning. The perfect way to start your last day on the island!

Stand Up Paddle Boarding, Kayaking, or Snorkeling

Decide how you want to explore the sea just off the coast of Isla Espiritu Santo. Talk to your guides to take out a paddle board, throw on some snorkeling gear, or jump into a kayak. There's no wrong answer; this water has a way of never disappointing.

Cacao Ceremony

Cacao ceremonies are an ancient, heart-opening ritual that supports the body in healing and connecting with the joy and magic of cacao. To honor this sacred plant, we will hold a circle of intention setting, blessings, and medicine songs. Together we will enjoy the physical, energetic, and emotional benefits of this divine food and medicine.

Accommodations
Baja-Style Beach
Glamping
Meals Included
breakfast, lunch,
dinner

your adventure
in depth

DAY 6
Friday
5/5/23

iRise Above Journey Through Baja



Isla Espiritu Santo to Todos Santos

Leave the beauty of Isla Espiritu Santo and head back to Todos Santos.

Return to Todos Santos

Leave your beautiful camp and make your way back to Todos Santos.

Explore Todos Santos

Visit local art galleries and do some last-minute shopping in Todos Santos today.

Cooking Class

Take a Mexican cooking class this evening. Start your class by learning to make the perfect margarita. Make sure you pay attention as you learn from the chef - you are making your own dinner!

Accommodations
Los Colibris Casitas

Meals Included
breakfast, lunch,
dinner

iRise Above Journey Through Baja



your adventure
in depth

DAY 7
Saturday
5/6/23

Depart Todos Santos

After a fond farewell and breakfast, say "hasta luego" to your new friends and fellow breast cancer thrivers!

Transfer to the Airport

Say goodbye to your new AdventureWomen friends and iRise Above Ambassador as you transfer to the airport for your flights home.

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.

Meals Included
breakfast

your adventure
in depth

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Accommodation Details

Los Colibris Casitas

Los Colibris - The Hummingbirds - is in Todos Santos, just a ten-minute walk from the area's beautiful beaches. The property features three big casas (houses), two casitas (little houses), and two suites. Each building is configured and decorated in a unique way. The accommodations all include kitchenette appliances, a balcony, porch or patio, ceiling fans, and lovely views of the Pacific Ocean and lagoon.

Amenities: En suite bathrooms with soap, shampoo, conditioner, hair dryer; electricity; Wifi

Baja-Style Beach Glamping

You will love your base camp on one of the Isla Espiritu Santo's most beautiful beaches! It features tents with real mattresses, lovely linens, and pillows. The accommodations are so comfortable that you won't want to leave. There is a kitchen tent where your on-site chef makes wonderful meals for you every day, and there are sun showers and portable toilets in separate cabanas.

Amenities: Composting toilet cabanas (not en suite); sun shower cabanas with soap and shampoo; solar charging station for small devices; campsite is off grid

your adventure
in depth

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Included:

- ▶ Accommodations as per itinerary based on double occupancy
- ▶ All ground transportation
- ▶ All meals as listed in the itinerary
- ▶ English-speaking guide(s) throughout the trip
- ▶ Happy hour on Isla Espiritu Santo
- ▶ One group transfer on arrival and departure
- ▶ iRise Above Ambassador
- ▶ iRise Above Foundation gift bag

Not Included:

- ▶ Alcoholic beverages (unless otherwise specified)
- ▶ Cost of hospitalization or evacuation
- ▶ Fees for passport, visas, immunizations, or travel insurance
- ▶ Fees for travel insurance
- ▶ Items of a personal nature
- ▶ International airfare to and from Baja
- ▶ Meals not specified in the itinerary
- ▶ Gratuities for guides and drivers