

Sui Hosts

STRENGTH & PRESENCE

A Wellness Retreat in El Salvador

October 14–20, 2025 | Mizata, El Salvador



SUI YOGA

OVERVIEW

A 6-night coastal immersion where
strength meets stillness.

This retreat is not just about yoga — it's about reclaiming rhythm,
expanding capacity, and resetting your nervous system through a blend of:

Daily Yoga & Strength Training

Sauna & Cold Plunge Rituals

Guided Breathwork & Meditations

Massage & Biohacking Treatments

Hiking

Endless Surfing Opportunities at Your Footstep

Rest, Community, and Deep Connection

**OPEN TO ALL LEVELS.
WELLNESS-FOCUSED.
DEPTH OVER PERFORMANCE.**



Return to rhythm,
to resilience,
to the raw intelligence of
your own body.

Set within a bio-optimized sanctuary in nature, this retreat weaves together elemental movement, strength training, meditative stillness, breath rituals, cold immersion and sauna sessions. Each day is crafted to reset your nervous system, expand your capacity, and reawaken your internal current, what ancient traditions called vital force.

This is for anyone seeking to sharpen their awareness, grow their capacity, and step into something quieter — and *stronger* — than routine.

We won't promise transformation.
We'll hold the space for what's
already there to rise.



YOUR GUIDES

Jessanya Pritikin

A 500+ hour RYT, certified mat Pilates instructor, and trained sound practitioner, Jessanya has also deepened her studies in India and through years of mentorship across disciplines. Her approach is multidimensional, heart-led, and rooted in embodied wisdom.

She weaves together movement, breath, stillness, and sound to awaken presence and invite transformation.

Her classes — whether a dynamic vinyasa or a quiet, grounded sequence — are soulful experiences designed to move energy, soften the nervous system, and guide you back to your essence.



Kendra Thomas

Kendra Thomas brings over a decade of experience in yoga, meditation, and strength training, with a teaching style that is both deeply rooted and refreshingly modern. Her classes are known for being grounding and energizing, offering the perfect balance of structure and soul.

At Sui Retreat, Kendra's HIIT sessions bring together strong and controlled movements in a dynamic rhythm of high and low-intensity intervals. These thoughtfully crafted classes challenge the body, sharpen focus, and leave you feeling accomplished, invigorated, and fully alive.



A photograph of a tropical beach scene at sunset. In the foreground, a wooden deck with a thatched roof is visible. A woven pendant light hangs from the roof. Two wooden chairs with a cane backrest and a small wooden stool are on the deck. The background shows the ocean and a colorful sunset sky. The text "ROOM OPTIONS & PRICING" is centered in the image.

ROOM OPTIONS & PRICING

Rooms & Pricing

All packages include: Lodging, all meals & non alcoholic drinks, classes, 1 free massage session, hiking, airport shuttle, unlimited cold plunge and sauna, and full retreat programming.



BEACHFRONT BUNGALOW (SLEEPS 2-4)

King Bed + 2 Daybeds | Private Patio | Ocean Views

	Early Bird	Regular
Double:	\$2,550	\$2,950
Triple:	\$2,300	\$2,700
Quad:	\$1,950	\$2,350

Rooms & Pricing *(continued)*



JUNGLE TREE HOUSE GARDEN VIEW (SLEEPS 1-2)

Elevated: 12-ft High | Rain Shower

	Early Bird	Regular
Solo:	\$2,900	\$3,300
Shared:	\$2,500	\$2,900



Rooms & Pricing *(continued)*



BEACHFRONT TREEHOUSE PREMIUM OCEANFRONT (SLEEPS 1-2)

Elevated: 12-ft High | 180° Ocean Views

	Early Bird	Regular
Solo:	\$3,550	\$3,950
Shared:	\$3,100	\$3,500

BEACHFRONT TREEHOUSE 2ND ROW OCEANFRONT (SLEEPS 1-2)

Elevated: 12-ft High | 45° Ocean Views

	Early Bird	Regular
Solo:	\$3,350	\$3,750
Shared:	\$2,900	\$3,300





WHAT YOU'LL EXPERIENCE

Morning Flows, Strength Training, and Yin/Sound Healing

Daily Sauna + Cold Plunge Immersion

Elemental Rituals: Fire, Ocean, Breath, Stillness

Excursions: Hike to Waterfalls, Bonfire Beach Dinner

Massage Therapy

Locally sourced meals with accommodations for every dietary preference

Time to Unplug, Restore, and Reconnect



RETREAT SCHEDULE SNAPSHOT

10/14: Arrival, Opening Circle + Yoga

10/15: AM Gym / PM Flow

10/16: AM Sui Wild Core / PM Yin + Meditation

10/17: AM Flow / PM Hike

10/18: AM Gym / PM Flow + Temazcal

10/19: AM Sui Wild Core / PM Yin + Closing Circle

10/20: Departure

TRAVEL INFO

Fly into San Salvador International Airport (SAL)

Included Shuttle Pickup: Oct 14, 12–2 PM

Included Departure Shuttle: Oct 20, 3–5 PM

Private shuttle required outside these windows

Reserve Your Spot

Space is limited to 20 guests.

Secure your room now at suiyoga.com/retreats

Questions? Email us at amber@suiyoga.com



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