

# OAXACA



## ITINERARY

KATIE WETZEL  
MOVEMENT

OCTOBER 4 - October 5

### **DAY 1 – ARRIVAL TO PUERTO ESCONDIDO – FRIDAY, OCTOBER 4, 2024**

After a day of flying and navigating your way through the airport, you will land in Puerto Escondido in the afternoon and head to our hotel in the village of La Punta, Hotel Raiz, to check in, unpack, and begin relaxing. Once everyone is settled in, we'll taste several varieties of our favorite Oaxacan mezcal – one of the most famous products from the region – and enjoy cocktails available at the hotel bar and prepared by the in-house mixologist. In the evening, we will enjoy dinner at the hotel and watch the sunset from the rooftop lounge. As with most evenings, the tireless and adventurous can continue exploring the beach and town after dinner. Sunsets on the beach in La Punta are among our favorite in the world. There's simply nothing better than enjoying an ice cold mezcalita (margarita made with mezcal – soon to become your favorite new cocktail) on the beach as the evening fades into night.

### **DAY 2 – BEACH DAY TO GET INTO BEACH MODE – SATURDAY, OCTOBER 5, 2024**

Every day will begin with vinyasa yoga (for all levels) led by one of our trip hosts, Katie Wetzel. Katie is a certified yoga instructor (one of her many skills) and teaches at Highland Yoga in Atlanta. While in La Punta we will begin our mornings with yoga on the rooftop beneath a thatched roof, overlooking La Punta as it lights up with morning sun. Yoga will be followed by breakfast before we head out to a secluded beach for a day of relaxing, swimming, sunbathing, and optional surfing for anyone looking to ride a wave in Mexico. We always like to start our trips with a day of relaxation to get the mind and body ready for vacation. Lunch, snacks, and drinks will be available for all guests at the beach along with umbrellas and chairs so you can fully unwind for the afternoon. We'll return to the hotel to clean up before heading out for the evening. The town of La Punta is a small village on the beach just south of the larger town of Puerto Escondido. The beachside restaurants serve fantastic food, outstanding cocktails (can we recommend the mezcalita with some mango or passion fruit?!) and they overlook the Pacific Ocean. For dinner, we'll be visiting one of our favorite beach spots at sunset, La Olita. Get ready for fresh fish tacos, guacamole, salsa, and of course, some mezcalitas. After dinner, feel free to explore the nightlife or continue taking in the night down on the beach.



### **DAY 3 – PICK YOUR OWN ADVENTURE – SUNDAY, OCTOBER 6, 2024**

We will welcome the new day with yoga led by Katie overlooking the Pacific Ocean. After breakfast in the hotel, everyone can either have another beach day to a different beach, or choose from optional activities: deep sea fishing, a trip to the jungle for ceramics classes, paddle boarding, surfing, or whale/dolphin/sea turtle watching. You can also take the day to continue relaxing, explore La Punta, or join a small group trip to the local market as we pick out ingredients for dinner. When we reconvene in the evening, we will head back to the beach for a sunset dinner prepared by a private chef. Once again, the sunset will be center-stage as we finish our time in La Punta.

### **DAY 4 – TRANSFER TO OAXACA CITY AND SUNSET ON MONTE ALBAN – MONDAY, OCTOBER 7, 2024**

Before our three hour shuttle to Oaxaca City, we'll wake up our bodies with yoga and breakfast. Our trip will take us from the beach, through the mountains, and up into the state capital of Oaxaca City. Oaxaca City is one of our favorite places in the world: the food, the mezcal, the art, and the people create one of the greatest cultures we've ever experienced. We will be staying in the beautiful Hotel Grana during our four nights in the city. Upon arrival, we will unpack and grab lunch at a nearby restaurant for the Menu del Dia (menu of the day – a traditional fixed menu typically enjoyed by the locals). After lunch, we'll have a little time to explore around the hotel before we shuttle to Monte Alban, one of the oldest cities in Mesoamerica and the cultural center of Zapotec civilization. The archaeological site sits at 6400 feet and overlooks Oaxaca City. We will explore the preserved ruins with a private guide and enjoy a sunset meditation led by Katie. Dinner will follow at Cocina del Humo for an eight-course, interactive group dinner. The restaurant also has beautiful pottery available for purchase to take home with you.

### **DAY 5 – CITY TOURS AND EXPLORATION – TUESDAY, OCTOBER 8, 2024**

Our new hotel has an incredible roof top where we will be practicing yoga with Katie every morning. The view overlooks the colorful skyline of the Old Town. Following yoga every morning, we will be enjoying breakfast in the beautiful kitchen located in the hotel. The first full-day in Oaxaca City will be a day of food and exploration. We will start with a city bike tour to learn more about the history, art, and culture of new home. For lunch we will go on a street food tour where we will learn and eat our way through Oaxacan street food. In the afternoon, everyone will have some free time to explore, shop, and take in the beautiful architecture. We will regroup in the hotel for some cocktails before hitting the town for dinner in a local cantina and some optional nightlife.

**DAY 6 – TEOTITLAN DEL VALLE – WEDNESDAY, OCTOBER 9, 2024**

We will start the day with yoga and breakfast in the hotel. Next, we will travel to the Teotitlan del Valle to visit a family artisan coop for a natural dye workshop. We'll then visit the neighboring family shop where they make candles from beeswax foraged in the nearby mountains. We'll learn their process and make some candles ourselves. We'll enjoy a traditional Oaxacan lunch in the family courtyard. After lunch there will be some time to shop for local textiles like woven wool fabric and rugs. You simply can't find anything like this anywhere else. We highly recommend shipping something home! After we'll return to the hotel to clean up and get ready for dinner at another one of our favorite local cantinas with some optional nightlife to follow.

**DAY 7 – LALO OF LALO CURA – THURSDAY, OCTOBER 10, 2024**

The day starts with yoga and breakfast in the hotel. Our adventure for the day is a visit at one of our favorite Palenque's (Mezcal distillery), Lalocura. We'll shuttle out into the countryside to visit this rustic family distillery. Once we arrive we'll tour the facility, learn about their traditional processes, taste their delicious mezcal, and enjoy a traditional Oaxacan lunch at the Palenque. We'll return to town for some free time to rest or explore. We'll enjoy dinner with a private chef to celebrate our adventurous vacation!

**DAY 8 – RETURN HOME OR CONTINUE TO SAN JOSE DEL PACIFICO FOR A MOUNTAINOUS ADVENTURE – FRIDAY, OCTOBER 11, 2024**

We'll enjoy breakfast in the morning and then shuttle to the airport to return home; or, for those interested in some additional adventure, to the mountains of San Jose del Pacifico for another level of exploration and relaxation. For the true adventurous hippie spirits. More info to come on this optional trip addition!