

*EMBODIED MEMOIR
WRITING RETREAT
with Sherry Sidoti*



El Cuyo, Yucatán

February 16-21, 2026

YOGA★ADVENTURES
worldwide



Step into Inspiration!

EMBODIED MEMOIR WRITING RETREAT with Sherry Sidoti

Consider this your VIP invitation to join an unforgettable writing and yoga retreat in paradise. Immersed in the breathtaking emerald sea, miles of white sand and beach, the star-filled night sky, and rustic natural beauty of charming El Cuyo, Sherry stewards an inspirational and sacred container for you to nourish your body and soul, accelerate your writing craft, and bravely build heart-to-heart bonds with other memoirists. Through intentional practices, space to write and share your stories, moments of spontaneity and pure magic, this retreat invites you to step into your authorship and embrace the innate joy of creativity and community.

Experience embodied yoga and meditation practices that awaken and deepen inner wisdom and mental clarity. Gather in inspired craft, sharing, and feedback circles where presence and heartfelt connection foster compassionate space for emboldened creativity..



What is included?

- Yoga & Writing workshops daily
- 5 night beach front accommodations
- Breakfast daily; 3 lunches & 3 dinners
- 75 minute massage
- Guided mud ceremony
- Bikes, SUPS & Kayaks available
- Kayaking sunset tour
- Speakeasy closing night and dinner
- Onsite facilitator
- Goodie bag from us to you
- Hotel taxes & fees

Pricing starts at :

Shared room \$2,995 usd per person

Private room \$3,215 usd

To reserve your space please click here.

For QS contact: Jenniferlyn@yogaadventuresworldwide.com

