




SOMMA EPIC
RETREATS
AWAKENING RETREAT

TULUM | MEXICO
APRIL 1ST - 6TH, 2026

with Aline Fernandes and Lea Perfetti

A top-down view of a person's bare feet standing on a lush, mossy forest floor. The feet are positioned in the upper center of the frame, with the toes pointing downwards. The ground is covered in vibrant green moss, interspersed with small, delicate purple and white flowers. Several thick, gnarled tree roots are visible, extending across the scene. The lighting is soft and natural, highlighting the textures of the skin, moss, and roots.

**IN THE HEART OF NATURE,
WE GATHER TO REMEMBER
WHO WE ARE.**

Through **yoga**,
meditation, and ancient
rituals, we soften into our
essence.

Through art and creative
expression, **we awaken**
our inner voice.



A photograph of three women in white, flowing dresses dancing in a circle in a grassy field. They are holding hands and appear to be in motion. The background is a dense line of trees. The lighting is soft, suggesting late afternoon or early morning.

Through **women's circles**, we
weave **connection, trust, and
presence.**

This is not just a retreat, it is a
return to our full potential, where
every breath becomes a **prayer and
a path to healing.**



***COME TO REST
COME TO CREATE
COME TO TRANSFORM***



PURPOSE

This retreat offers women the opportunity to reconnect with their authentic selves through yoga, meditation, nature, and art supported by the healing power of natural living and the strength of community.



LOCATION: ALAYA HOTEL, TULUM - MÉXICO

Alaya Hotel is a luxury, eco-friendly 4-star boutique hotel on the southern tip of Tulum beach.



With intimate social spaces, treehouse guest rooms, and a **beautiful yoga shala**, **Alaya** is a **quiet oasis** in the heart of Tulum's beach.

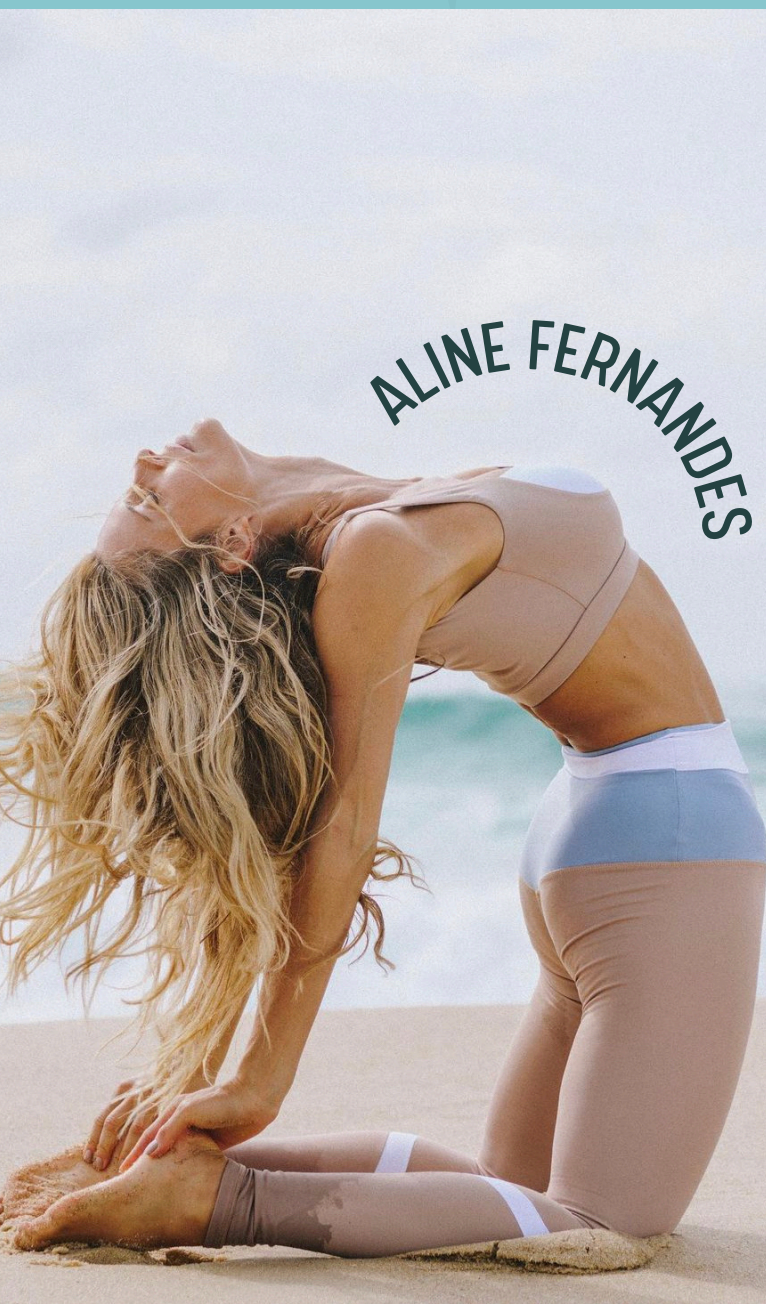
@alayatum





YOUR GUIDANCE

This retreat will be guided by **Aline Fernandes** and **Lea Perfetti**, experienced **Ashtanga Yoga** practitioners and teachers with over 23 years of dedication. They have shared the healing **power of yoga** worldwide, while living deeply immersed in yogic values and harmony with nature.



ALINE FERNANDES

Aline was born by the ocean on Brazil's southern coast and spent over 16 years in New York City, where the rhythm of daily practice with Eddie Stern eventually led her to India and into the living lineage of **Sri K. Pattabhi Jois and Sharath Jois, who became her teachers.**

Her path as an Ashtanga teacher unfolded naturally through assisting **Eddie Stern at Ashtanga Yoga New York**, guiding classes at Nike and Tumblr, and leading retreats across Brazil, Hawaii, Uruguay, and Spain.



In parallel, she deepened her meditation practice and teachings, **studying Transcendental Meditation at the David Lynch Foundation and Vedic Meditation with Thom Knoles.**

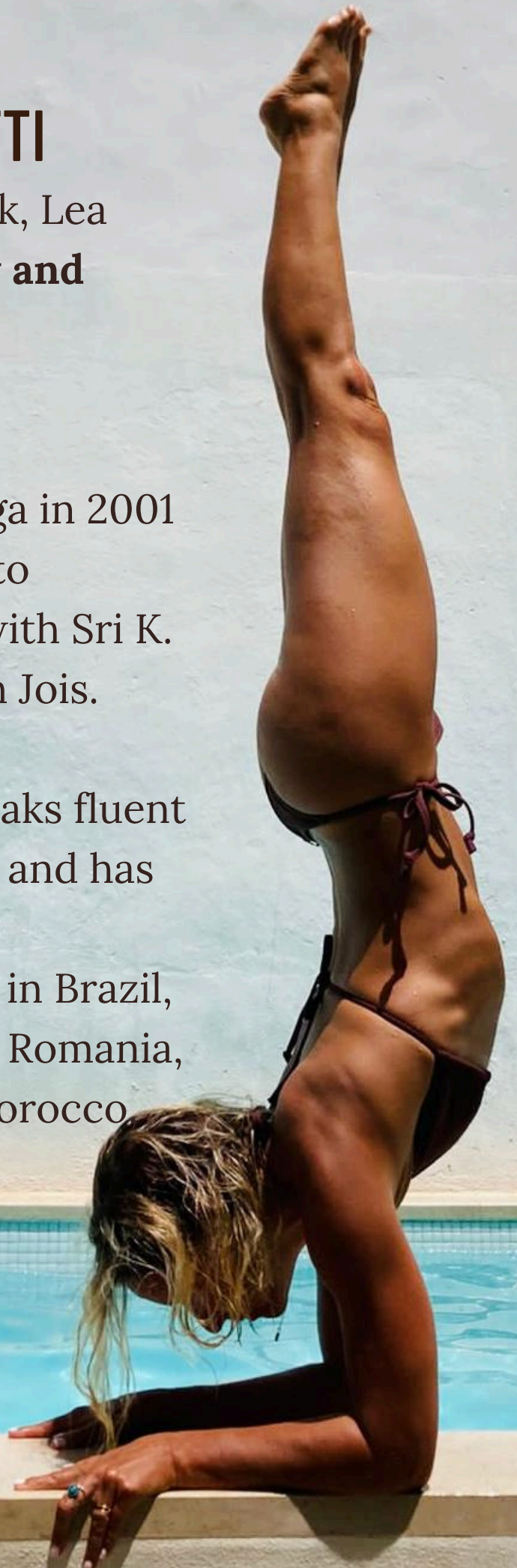
She teaches yoga in a simple and wholehearted way, accessible to all ages. Out of her love and respect for Mother Nature, she also created Somma, a line of eco-friendly sportswear and sustainable retreats. Now back on her native soil, Aline shares yoga and meditation as a way of vibrant living—woven with care for nature, community, and spirit. Her offerings invite a return to balance and presence, while her most cherished practice remains the simplest one: **breathing and moving alongside her son, Noah.**

@alinefernandesyogini | @be_somma

LEA MARIE PERFETTI

Born in upstate New York, Lea holds **degrees in Biology and Women's Studies from Syracuse University.**

She began practicing yoga in 2001 and traveled repeatedly to Mysore, India, to study with Sri K. Pattabhi Jois and Sharath Jois. Over the past 20+ years she has lived abroad, speaks fluent Portuguese and Spanish, and has taught yoga and astrology internationally in Brazil, Portugal, Norway, Spain, Romania, Thailand, Poland, Bali, Morocco and more.



A practicing astrologer with over 3,000 consultations worldwide, Lea is also a devoted mother of three and has been passionate about womanhood her whole life.

@lea_marie_perfetti





**INVITED GUEST:
JIMENA LOPEZ**

A healer and wellness guide, Jimena is a certified Yoga Therapist and practitioner of traditional Mexican medicine. With roots in Argentina and a deep connection to the sacred lands of Tulum, she weaves ancient wisdom with modern healing modalities through ceremonies, vision quests, and holistic wellness programs.

@innsaei_jlq

PROGRAM SCHEDULE

Wednesday, April 1 – Arrival & Opening

- Guest arrival and settling in.
 - Sunset tea circle by the fire introductions and setting intentions.
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Thursday, April 2 – Cycles & the Moon

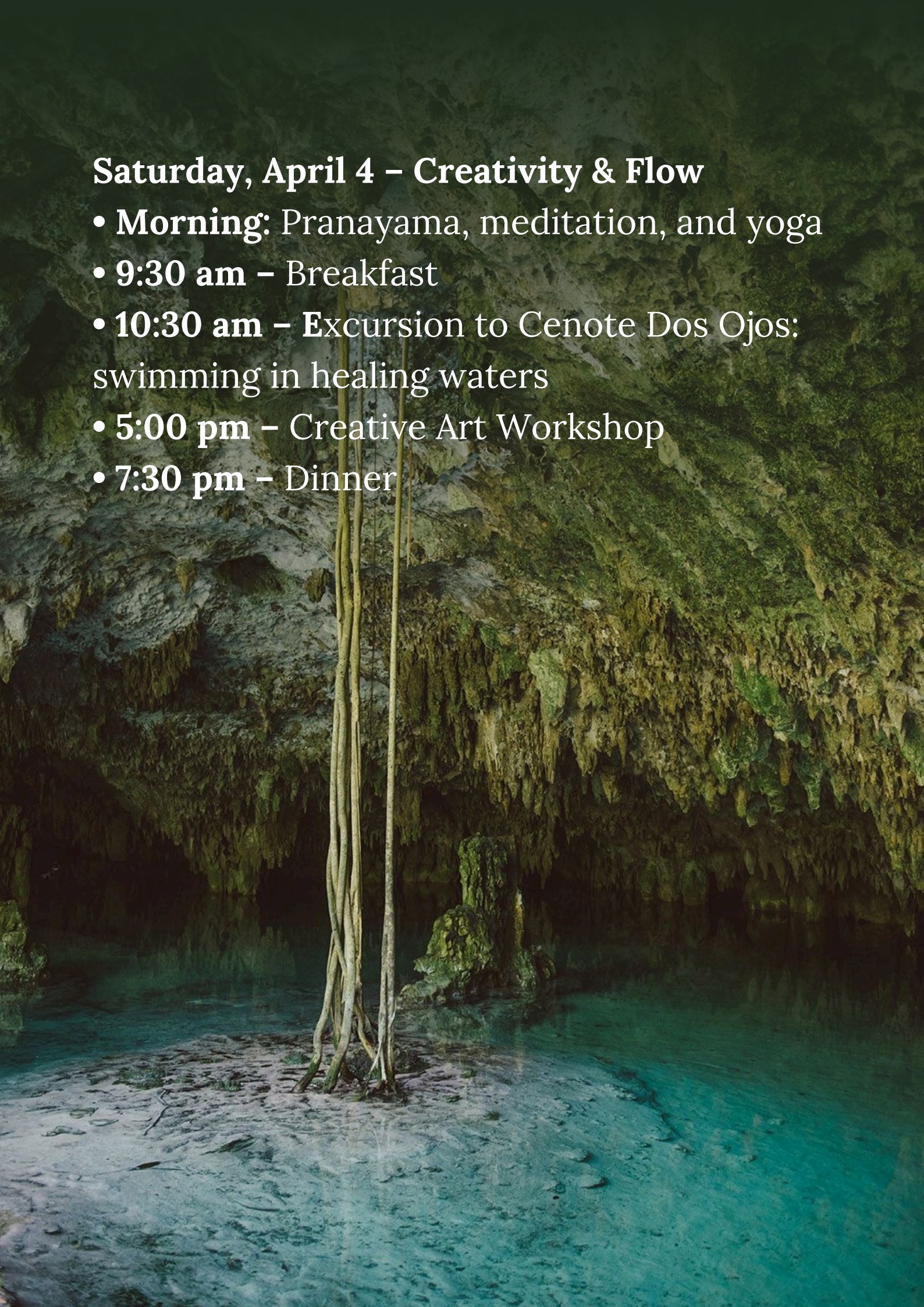
- **7:00 am** – Pranayama & meditation
 - **7:30 am** – Ashtanga Yoga (Mysore Style)
 - **9:30 am** – Breakfast
 - **Daytime** – Free time
 - **Sunset – Women’s Circle on the beach:** reflections on the cycles of womanhood and Sadhana
 - **7:00 pm** – Moonlight event & dinner
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Friday, April 3 – The Fire of Transformation

- **Morning:** Pranayama, meditation, and yoga
- **9:30 am** – Breakfast
- Afternoon free time
- **5:00 pm** – Temazcal Ceremony: traditional sweat lodge ritual with songs, chants, and prayers for purification and rebirth
- **7:30 pm** – Dinner

Saturday, April 4 – Creativity & Flow

- **Morning:** Pranayama, meditation, and yoga
- **9:30 am** – Breakfast
- **10:30 am** – Excursion to Cenote Dos Ojos: swimming in healing waters
- **5:00 pm** – Creative Art Workshop
- **7:30 pm** – Dinner



Sunday, April 5 – Journey Beyond

- **Morning:** Pranayama, meditation, and yoga
- **9:30 am** – Breakfast
- **10:30 am** – Excursion to the Coba Ruins: explore one of the Yucatán's most powerful Mayan sites
- **7:30 pm** – Dinner

Monday, April 6 – Closing & Rebirth

- **Morning:** Final pranayama, meditation, and yoga practice
- **9:30 am** – Circle of Rebirth: closing ritual of integration and gratitude
- **10:30 am** – Breakfast
- **Daytime:** Free time until departure



INVESTMENT

Early Bird Special (sign-up by October 1st):

- Single Room – Garden Villa (King Bed):

USD 4,100

- Shared Room – Partial Ocean View:

USD 3,500

Standard Rate (after October 1st):


- Single Room – Garden Villa (King Bed): **USD 4,200**

- Shared Room – Partial Ocean View: **USD 3,600**
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Your Retreat Package Includes :

- 5 nights in a 4-star eco-luxury hotel
- 3 nourishing meals per day
- All yoga classes, workshops, and ceremonies
- Round-trip airport transfers
- Entrance fees for the Coba Ruins & Cenote Dos Ojos

Not Included:

- International flights
 - Drinks and minibar
 - Massages
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BOOKING & PAYMENT



- Payment in full or in installments
- Accepted methods: PayPal or U.S. Bank Transfer
- **PayPal:** perfettilea@gmail.com

Bank Account: Broadview

- Routing Number: 221 373 383
- Savings Account: 1711571504

INSTALLMENT PLAN:

4 payments, due on the 5th of each month

- September, October, November, December or
October, November, December, January
- All installment plans must be completed by January 5th
- **Note: PayPal payments include a small processing fee**

REFUND & CANCELLATION POLICY

- Cancellations made by November 30th receive a full refund
- After November 30th, all payments are non-refundable



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