



**This Spring, join Dr. Lauren Koedyk in Sayulita, Mexico.**

Home to beautiful beaches and Mexican culture, this seaside surfer town is often called the "crown jewel" of the Riviera, Nayarit. During this seven-day immersion trip, Dr. Lauren will be your guide as you take the time to connect with the local community of San Pancho, expand your clinical skills and receive one-on-one mentorship. This unique, small group experience also includes a balance of support from your sisterhood, yoga, meditation, holistic meals, and plenty of sun, sand and swimming.

\$1599 // Includes accommodation and meals. Excludes flights.

Timeline\*:

April 25: Fly into Puerto Vallarta, bus to Sayulita, Welcome Dinner

April 26: Morning mindfulness practice, adjusting workshop

April 27: Morning mindfulness practice, service day, temescal ceremony

April 28: Morning mindfulness practice, service night in Sayulita

April 29: Morning mindfulness practice, service night in Sayulita

April 30: Morning mindfulness practice, beach day

May 1: Morning mindfulness practice, departure to Puerto Vallarta

\*Itinerary is subject to change

Please provide the following information:

➤ Name | Age | University | Contact Phone Number | Emergency Contact

➤ Seminar experience:

○ Nikau Y/N    Kairos Y/N    MLS Y/N    BGI Y/N    Network Y/N

Other:

- Clinical Experience:
  - Currently in practice?                      Y/N      Year of Graduation:
  - Currently in school clinic?                Y/N      If not, when will you enter?
- Overseas travel experience?                Y/N      If yes, please give details.
- Prior chiropractic service trip?            Y/N      If yes, please give details.
- Meditation/mindfulness experience?      Y/N      If yes, please give details.
- What motivated, inspired, or attracted you to this experience? Please share a paragraph or two.
- Please submit an adjusting flow video with your application.

Successful applicants:

- Please make yourself aware of flight duration and cost before applying. Nikau Retreats will not oversee your flight travel.
- Valid passports with at least six months validity are required to enter Mexico.

Payment:

A deposit of \$699 is required to secure your spot. Deposit is non-refundable. If deposit is not received following application acceptance your spot will be offered to another applicant. These trips do sell out.

Full amount is due by **March 21 2022**. All amounts given in US dollars.

Cancellation Policy:

All fees are non-refundable and non-transferable once paid, except in the event of travel ban. Additionally, please be aware that inability to attend due to covid-19 exposure or illness will result in loss of funds paid.

Please submit to [drlaurenkoedyk@gmail.com](mailto:drlaurenkoedyk@gmail.com).

In the spirit of adventure,

Dr. Lauren Koedyk, DC  
 Founder of Nikau Retreats