

WELCOME TO *Ayampe*



Joy  ful
CONNECTION CO.



Waves & Wilderness Retreat 2027

Breathe the ocean, venture into the jungle, and root into daily wellbeing practices.

Day 1	afternoon:	Arrival to Ayampe - settle in and beach time!
	evening:	Welcome Dinner, Opening Circle & Sound Bowl Session
Day 2	morning:	Optional: Surf Lesson, Yoga + Brunch
	afternoon:	Workshop: Nonviolent Communication
	evening:	Jungle Walk & Nature Reserve Yoga nidra
Day 3	morning:	Yoga Fishing town boardwalk, Andean fabrics & artisan chocolate factory
	afternoon:	Island Boat trip & snorkeling
	evening:	Sunset & Dinner followed by Salsa Class
Day 4	morning:	Yoga & breakfast
	afternoon:	Horseback riding into the jungle & visit a local community. Lunch by the locals on the adventure!
	evening:	Massage, steam room and jacuzzi Dinner
Day 5	morning:	Optional: Surf Lesson, Yoga Ice Bath
	afternoon:	Ecuadorian Cooking Class ~Song Circle & Fire at Ayllu Medicina
	evening:	Dinner in Olon or Montañita
Day 6	morning:	Partner Yoga Free Morning - options: chocolate making, surf again, relax, explore town...
	afternoon:	Hike at national park & Clay Baths
	evening:	Sunset music and celebration! Goodbye Dinner
Day 7	morning:	Final Yoga Class and Closing Circle
	afternoon:	Continue the adventure or travel to airport...



*Join us in the tropical surf and yoga peaceful haven of
Ayampe for an intentionally curated vacation where
you'll immerse into local culture and fill your cup!!*



Ayampe is a serene coastal village where the jungle meets the Pacific Ocean, that is known for it's peaceful community, jungly mountains, and quartz-filled beach. Named by the government "un lugar de descanso"...a place of rest, Ayampe is home to wide, uncrowded beaches, warm ocean waters and a gentle rhythm of life where fresh coconut water is a daily treat. Here you can spend your days in the ocean, surfing, exploring tide pools, eating fresh nourishing food, while adventure is always close - whether on horseback, on kayaks, by boat, or deep in the surrounding jungle. Ayampe invites you to slow down, breathe deeply, and experience Ecuador's coast in a way that feels both grounding and alive.





This Ecuadorian immersion into the waves and the lush rainforest will give you the chance to unwind by the ocean AND adventure! Blending cultural exchange, exploration, and deep relaxation, our days are designed to feel spacious yet alive. We have shared meals, time in nature, and excursions that allow you to get to know more about Ecuadorian culture and immerse into nature. With a flexible rhythm, support from a seasoned guide, and a small group, this experience allows you to rest, explore, and savor the richness of Ecuador's coastal culture while fully taking care of your body with yoga, time in the ocean, and being with the present moment that the magnificent beauty of this land brings!

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 **Kennebunk**
Yoga & Wellness Collective





