



# SOL & LUNA PILGRIMAGE OCT 31 - NOV 8, 2026







BIENVENIDXS

# SOL & LUNA PILGRIMAGE

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OCTOBER 31ST - NOVEMBER 8TH 2026

Join me along with six soul participants in this unique offering to the Heart of Mexico, gathering during the time of ancestral veneration, Dia de Los Muertos

Experience the cultural vibrancy in an intimate and unforgettable way while visiting incredible sites, sharing meals of indigenous roots, and integrative rituals

Our journey together will bring to life the inspiration of the book *Latine Herbalism*





# SITES

## SOL & LUNA RETREAT

MEXICO CITY



YAUTEPEC



OZTOTEPEC



TEPOZTLÁN



# HOTELS

## SOL & LUNA RETREAT





Saturday October 31st

Welcome dinner in Mexico City - 6pm

For those arriving early we gather for a tour of the historic center

Sunday November 1st

Travel to Yautepec, Morelos via Tepoztlan a 'Magic Pueblo'

Begin preparations for Dia de Muertos

Herbal apothecary workshop

Monday November 2nd

Ancestral veneration day

Includes market run, flower mandala making workshop, cacao ceremony, cemetery vigil

Tuesday November 3rd

Travel to Oztotepec to visit Señor de Chalma - Sun Ritual

Wednesday November 4th

Travel to Mexico City

Visit Virgen de Guadalupe - Moon Ritual

Stroll Colonia Roma & market visit

Dinner at my family's restaurant

Thursday November 5th

Temazcal Ritual

Friday November 6th

Sunrise at Xochimilco kayak tour

Xochimilco Market breakfast

Saturday November 7th

Frida Kahlo Museum

Stroll Colonia Coyoacan & market

Sunday November 8th

Depart Mexico after breakfast



# ITINERARY

## SOL & LUNA RETREAT







## THINGS TO KNOW SOL & LUNA RETREAT

**INCLUDED:** Double Occupancy Lodging, Breakfast & Dinner, Monument & Museum Costs, Ceremonies, Rituals, Workshops & Activites, and Travel Transfers within Mexico. \*Single Occupancy available, add 30%\*

**NOT Included:** Airfare to / from Mexico City, Tips & Gratuity for Tour Guides and Drivers, Expenses of personal nature (mini bar, laundry, spa, phone, etc). Medical interventions (we ask that you secure your own traveler's insurance).

**NON REFUNDABLE DEPOSIT OF \$800** will save your space. Cost of trip is \$3,300. Half DUE BY June 15th 2026 - Paid in full by October 15th, 2026. Payment plans available.





# PRACTICALS

## SOL & LUNA RETREAT

Must arrive to Mexico City by 4pm on October 31st. Pilgrimage ends on November 7th, exiting hotel by 11am November 8th.

While is an intimate container we will move as a group and foster the spirit of independence.

We will visit churches and temples of the Catholic tradition, while we will not worship it is important to visit the inner sanctums and conduct ourselves with respect towards the tradition.

A nighttime cemetery veneration is part of the pilgrimage, if you have any reservations about this please reach out for clarification before booking.

Please bring a photo of a dearly departed family member, along with a special object, that you would like to call upon for the Dia de Muertos ritual.

There is moderate walking involved in remote areas with cobble stone & vegetation, please be self aware of your body and any limitations you might need to nurture.

Most food selections will be vegetarian and omnivore, if you require vegan options please reach out.



# PAYMENT PLAN

## SOL & LUNA RETREAT

DEPOSIT \$800

4 payments of \$200

or

2 payments of \$400

Monthly Payment, 6 months : \$416

Monthly Payment, 9 months : \$277

Monthly Payment, 12 months : \$208

All deposit are non-refundable.

On all payment plans 50% of the payments are non-refundable.





## YOUR GUIDE

The 'Sol and Luna' pilgrimage will be facilitated by Josie Castaneda, author of "Latine Herbalism".

She, along with surprise guests, family, and friends, will weave Mexican folklore & culture into a once in a lifetime experience.

By the end of this pilgrimage you will part of  
La Familia!