TURN YOUR VISION INTO *Reality* :

A COMPLETE GUIDE TO HOSTING YOUR RETREAT AT PRESENT MOMENT

PRESENT MOMENT
BOUTIQUE HOTEL | SPA RESORT | YOGA RETREAT





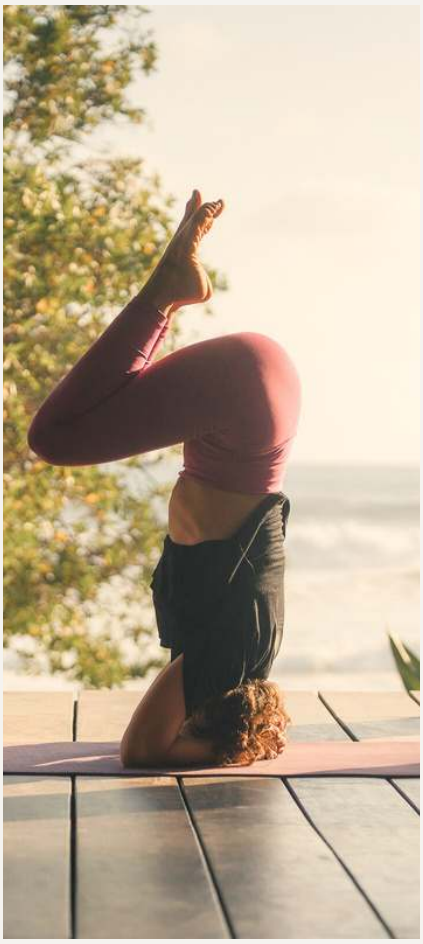
















Thank you for considering Present Moment Retreat as your retreat destination. We are honored to support you through this journey of transformation and connection. This guide is designed to give you all the information you need to bring your retreat to life. Our team is here to support you every step of the way!

Over the years, we've had the privilege of collaborating with amazing leaders, co-creating over 350 transformational events that have left lasting imprints on everyone involved. We pride ourselves on being a space where healing, inspiration, and connection come to life, while fostering a community dedicated to renewal and growth. Together, we can create a retreat experience that goes far beyond expectations.



Why Choose Present Moment Retreat?

A SANCTUARY OF PEACE WITH 20+ YEARS OF EXPERIENCE:	• Over two decades of hosting transformational retreats for leaders and guests from around the world. • Designed to foster a deep sense of inner peace, our environment is carefully curated to support the journey of personal growth.
VIBRANT COMMUNITY:	• Troncones is a small, close-knit town full of life and local charm. • From the moment you arrive, you'll feel welcomed into a warm, ever-growing family. The connections made here with locals can make the experience truly unforgettable.
INCREDIBLE LOCATION:	• Troncones offers miles of pristine coastline, white sand beaches, and fascinating tidepools, along a peaceful and authentic village with a small school, library, and great local restaurants. • Only 35 minutes from Zihuatanejo International Airport, with direct flights from major airlines. • With over 350 days of sunshine each year, it's a peaceful getaway close to all the amenities of Ixtapa/Zihuatanejo.
THE PRESENT MOMENT DIFFERENCE:	• We are more than just a venue, offering a complete wellness experience. • Every detail, from our service to our setting, supports the transformative work you're doing. • A seamless blend of nature, community, and wellness makes our retreat a true holistic journey.
COMMITMENT TO SUSTAINABILITY AND LOCAL ENGAGEMENT:	• Sustainability is at the heart of what we do, from eco-friendly materials to locally sourced food, and on-site water treatment. • We partner with the local community to promote the culture of Troncones.

AN IDEAL SETTING FOR ALL TYPES OF RETREATS

Over 350 successful retreats hosted, including yoga, meditation, wellness immersions, chiropractic, writing, surf, plant medicine, corporate, and more.





Versatile space that can accommodate different group sizes and retreat goals.

Customizable experiences, from accommodations to activities, designed to meet your group's needs.









CULINARY DELIGHTS

When it comes to food, you can expect amazing culinary experiences. Our **waterfront restaurant** will treat your group to vibrant, fresh-caught seafood, delicious vegetarian and vegan options, and a full menu that celebrates international fusion cuisine. We'll customize the perfect meal plan for your group's needs.



And don't forget about our **daily Happy Hour from 5:00 to 6:30 pm!** We also offer a variety of refreshing smoothies and elixirs to keep everyone energized and nourished throughout the day. Whatever your group's needs are, we'll work with you to make sure every meal is a moment to savor.



RETREAT PACKAGE INCLUSIONS

Accommodation Options:

Our 12 luxury ocean-view bungalows offer the perfect space for your group to rest and recharge. With each bungalow thoughtfully designed to provide a sense of peace and serenity, your guests will feel at home. The accommodations are designed to reflect the natural beauty of Troncones while offering modern amenities like high-quality bedding, private bathrooms, and air conditioning options.



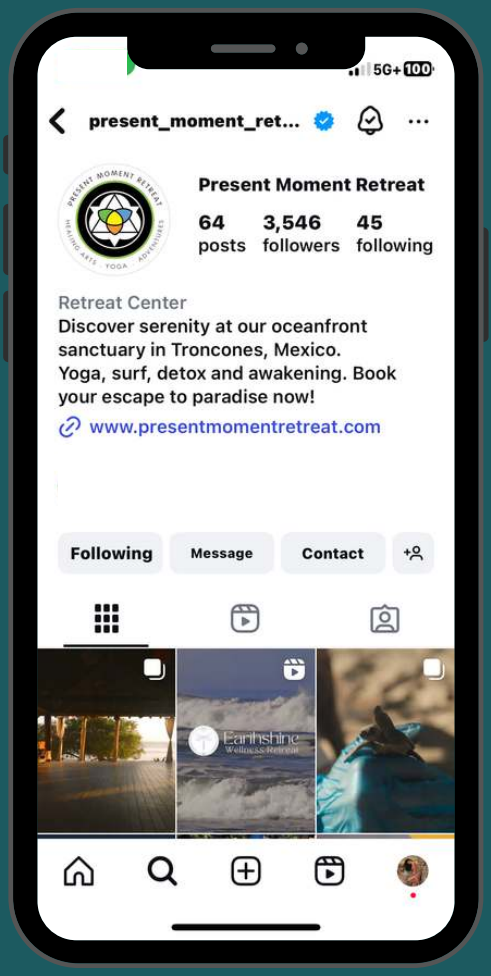


Access to Facilities:

Private access to our waterfront yoga pavilion, accommodating up to 30 people

- Priority access for retreat leaders during ideal times:
  - 6 a.m. to 8 a.m. for sunrise serenity
  - 11 a.m. to 3:45 p.m. for midday workshops
  - 5:45 p.m. to 7 p.m. for sunset views
- Prime beachfront tables and stunning views exclusively reserved for your group in our restaurant.

MARKETING & PROMOTION SUPPORT



Follow us on Instagram

We believe your retreat should receive all the attention it deserves, so we've got your back when it comes to marketing! Once your initial deposit is received, we'll get to work promoting your retreat.

Your event will be:

- Showcased to our 9,000+ strong email audience as well as our 35,000+ social media following.
- Featured on our website's retreat calendar
- Highlighted in a dedicated newsletter
- Plus we'll collaborate with you for a post on our Instagram and Facebook pages to announce the retreat.

But that's not all! We've partnered with an amazing team at **Book Wellness Retreats** to offer discounted marketing packages for all of our retreat leaders. From stunning sales pages to weekly content, ad campaigns, and everything in between, they help to truly showcase your event and spread the word to bring in guests. Together, we'll all work to help ensure that your retreat fills up quickly and with the right people.







ROOM TYPES AND OCCUPANCY



4 Air-Conditioned Suites
(Single/Double Occupancy)



5 Deluxe Bungalows
(Single/Double Occupancy)



2 Family Bungalows
(Triple/Quad Occupancy)



1 Master Suite
(Double/Triple Occupancy)

Here is a simple breakdown of an easy way for you to advertise the room types:

- Private Single - 1 guest in a private bungalow (Single rate)
- Private Double - 2 guests in a private bungalow - Ideal for couples (Double rate times 2)
- Shared Twin - 1 single bed in a Shared room with 1 other guest (Double rate)
- Shared Quad - 1 single bed in a Shared room with up to 3 other guests (Quad rate)

RETREAT PRICING

2026 High Season Discounted Rates (7 Nights):

- Single Occupancy: $2,375 per person
- Double Occupancy: $1,495 per person
- Triple/Quad Occupancy: $1,375 per person

* High Season is November 01 to April 25

* May through October rates are approx. 30% less

What's Included:

- Accommodation and gourmet breakfast
- 1 PMR yoga class per day
- 10% discount for bringing 12+ guests
- 19% sales tax included in the rates
- Facilitators with 12+ participants receive complimentary room and board for two
- The A/C suites are an additional $175 USD (per room, not per person)
- The waterfront Master Suite is an additional $700 USD in high season/$400 USD low season (per room, not per person)

Complimentary Considerations:

- For retreats with a minimum of 12 guests (excluding facilitators), 2 facilitators will receive:
  - Complimentary ocean view lodging (1 shared bungalow)
  - The chosen meal plan for the group
- Gratuity for restaurant services is not included in the facilitator's meal plan. A suggested gratuity amount will be provided at checkout, based on your selected meal plan and any extra charges.
- Activities, treatments, and airport transfers are not included in the facilitator comp and will be added to the bill.
- If fewer than 12 guests sign up, the 10% discount originally applied will be removed from each guest's rate.
- The complimentary shared room for 2 facilitators is contingent upon having 12 guests. If fewer guests attend, facilitators will be charged a discounted rate equivalent to the quad rate for the event.

MOST COMMON ADD-ONS:

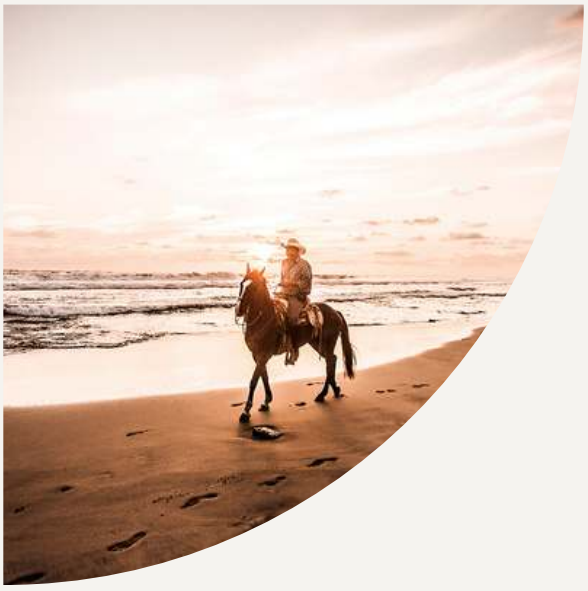
- Lunches for 7 days: $175 per person
- Dinners for 7 nights: $235 per person
- 60-Minute Massage: $80 per session
- Round-Trip Airport Transfers: $135 per person

ACTIVITIES TO ADD-ON

*Prices listed are per person costs in USD

Bird watching $50
Cacao ceremony $65
Cave hike $35
Horseback riding $25
Kayak tour $40
Massage $80
Sierra Mountain hike $65
Surf lesson $75
Temazcal..... $65







Pro tip! Retreats that are **all-inclusive tend to sell out faster** and easier than those that aren't. Here's why:

ENHANCED APPEAL:

Offering an all-inclusive retreat can attract a broader audience, including those seeking stress-free travel experiences, as it eliminates the need for extensive planning and budgeting.

SIMPLIFIED PLANNING:

All-inclusive packages bundle accommodations, meals, activities, and amenities into one price, making it easier for participants to commit without worrying about hidden costs.

INCREASED DEMAND:

The all-inclusive sector has seen significant growth, with occupancy rates in destinations like Mexico reaching 77% of pre-pandemic levels, indicating a strong preference for this model.

BOOKING RULES

PRICING TRANSPARENCY:

We believe in providing clear, upfront pricing so you can plan your retreat without any surprises. Our pricing is designed to be straightforward and to reflect the value of the experience you and your guests will receive. We offer flexibility to accommodate both small and large groups, and we will work with you to create a package that suits your needs and budget.

STEP-BY-STEP BOOKING PROCESS:

Booking your retreat at Present Moment is simple. After selecting your preferred dates, we'll confirm availability. Once confirmed, we'll send you a booking agreement and work with you on every detail, from room assignments to meals, activities, and treatments. Our team will guide you through every step, ensuring the planning process is smooth and stress-free.

Here are a few key details for your planning:

- Dates: **Retreats are scheduled for 7 nights, beginning on a Saturday during our high season** (November through April). Dates can be as flexible as you like during May through October.

- Capacity: We have **12 beautiful ocean-view bungalows** and suites accommodating up to **26 guests**. We'll work with you on how to advertise the room types to achieve your occupancy goals.

- Deposit: A **deposit of $2,500 USD is required to secure your reservation**. An **additional deposit of $2500 will be due 90 days prior** to the event date. The **final balance will be determined and due 14 days prior** to the event date and is based on the number of attendees and inclusions to the retreat.

- After reserving your dates with a deposit, we'll provide a detailed **Retreat Planner workbook** to help streamline every aspect of your planning; from the itinerary to guest details and beyond. This resource will help ensure that every moment of your retreat is aligned with your vision.

LEADER TESTIMONIALS



Ted Roseen
Yoga Ted Yoga

This January (2026) will be my 15th consecutive year bringing yoga students down to Present Moment for a week long retreat. The first year I had 12 students, and 6 of them signed up for the next year. The next year I had 21 students come down, and 19 of them signed up for this year. I think that says it all. My students created such a buzz back home about the wonderful time that they had had, that this year we're doing 2 consecutive weeks of retreats with a possible 40 people coming down. I'd like to think that it's me, but I know that it's much more than that. Present Moment makes it hard to leave. Tom and the entire staff are very accommodating. The local staff will bend over backward to make you happy, with a genuine smile on their faces all the while. And the food… my mouth is watering just thinking about it. 270 days until we return!… not that I'm counting.

We have held our first Yoga retreat at this location January 2019. Our Canadian/American group of yogis arrived with hardly any expectations and an open heart. The accommodation options at Present Moment were perfect for our middle size group. Each of the private bungalows had beautiful open bathrooms are fantastic, daily cleaning service. The food at the restaurant was beyond exceptional. We have noticed that people have come in to eat from all over town, as the reputation of the kitchen exceeds its size. The Yoga platform faces the ocean, so at the end of class you can chose if you wish to swim in the ocean or in the pool on the other side of the platform. The staff, including teachers, therapists and office were always helpful, kind and accommodating. I'm looking forward to return with more groups to Troncones and enjoy the hospitality of this little gem of a Yoga retreat Centre.



Orsi Foldesi
Flow Yoga Studio

LEADER TESTIMONIALS



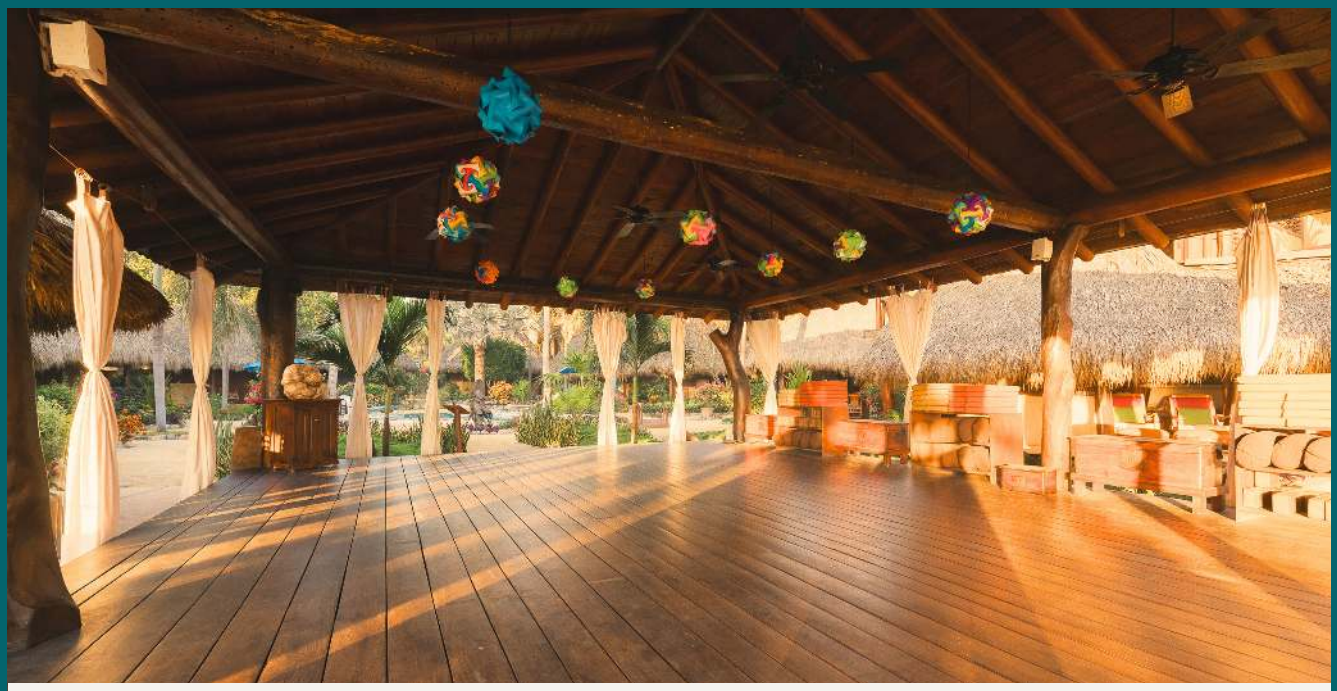
Kori Zornes
Revamp Retreats

We absolutely LOVED running our retreat at Present Moment. Everything about the week was perfect – the yummy food, cute eco-friendly rooms, perfect ocean views, friendly staff, and the energy of the entire place. We truly felt like we were at home. Ryan, Thomas and the team was amazing in helping us get organized and building out all the details before the retreat. Everything flowed smoothly from airport picks ups, check-in, excursions, helping us arrange non-profit work, catering meals to all dietary needs, and just making sure the group was happy. I will definitely be running future retreats here – the location, retreat center and vibe are all perfect for a truly memorable experience. Thank you so very much!!

When I first booked a retreat at Present Moment, I had to do some convincing to fill it up. People were a little nervous about the location and how comfortable the hotel would be, but I have to tell you Present Moment blew everyone away. The food, the services, the treatments, the rooms, the caliber of the staff and the yoga, the selection of activities and classes. Seriously I got many comments along these lines, "You didn't tell us we'd be staying at a five-star resort." The second year, 60 percent of our guests were return visitors who couldn't wait to come back, and we easily booked up the whole hotel. We're planning for our third year, and we already have regulars pre-booking before we open up to the public. The bonus for retreat planners is your guests get so much value for their money. I think that's why the first year people were maybe a bit worried about the hotel. The price was so reasonable, they thought there must be a hitch. Well, there's no hitch. Present Moment is beyond expectations in every way. We haven't had anyone disappointed. We'll be coming back as long as Present Moment will have us!



Jeannie Ralston
NextTribe.com



Let's Bring Your Retreat to Life!

Are you ready to create an unforgettable retreat experience? Our team at Present Moment is here to help you every step of the way. From booking your retreat to creating personalized experiences for your group, we've got you covered. Reach out today and let's start planning!

CLICK HERE TO BOOK A SHARED VISION CALL TODAY!

Ryan@presentmomentretreat.com



Ryan Jannenga
Director of Marketing @ Present Moment Retreat

Ryan is an industry leading expert that has hosted over 70 retreats, spent years managing some of the leading retreat centers around the world, and now focuses entirely on supporting leaders in their own marketing journeys to create and sell-out transformational retreats.