



**EMBRACE MEXICAN BEACH LIFE WITH A  
SUPPORTIVE COMMUNITY OF REMOTE  
WORKERS**

# **AVNEA BEACH**

**02 - 23th of March  
PUERTO ESCONDIDO, MEXICO**

**RE/CONNECT - GROW - COMMUNITY**

# *Meet your facilitator*

## **Lotus Vrijma**

Founder of Avnea

Hey! I'm Lotus, Entrepreneur, mentor and facilitator from the Netherlands. I can't wait to welcome you in Puerto Escondido. I'm very passionate about travel, nomadism, community, conscious living and connecting people. I've put my heart and soul into this project and can't wait to share it with you. Did you know Puerto Escondido is where I started my business and probably my favourite place on the planet!



# ***IS THIS YOU?***

Would you love to experience Mexico's best beach town, but not alone?

Do you want to be in an environment where people are kind and support each other?

Do you feel that you need a change of scenery and a place to recharge?

Do you feel like it's the right time for you to work on your wellbeing, professional /personal growth/ career/ dreams/ passions?

Would you love to spend some time in Mexico?

Would you love to learn from Mexican culture and from an international group of professionals?

If you recognise yourself in one of these, or maybe even in all, then you are invited to join the AVNEA BEACH TOWN in Puerto Escondido as this will be the right place for you.



# *SOO, WHAT IS THE AVNEA BEACH TOWN ALL ABOUT?*

Imagine a beach town on the pacific coast, where time slows down. It's a place where you can disconnect from the hustle and bustle of everyday life and reconnect with yourself. Imagine living the beach life vibe life, but with an amazing tribe of professionals who are all here to relax, travel, and work on their (passion) projects. Yep, that's going to the office wearing flip-flops and swim wear, ready to catch the most breath taking sunset right after work.

## **Now, let's break it down:**

We're going to form a vibrant community of about 20 nomads, each of us embracing beach town life. Some of us will share cozy houses, while others will have their own private studios or apartments. Our mornings will kick off with mindful activities, paving the way for us to dive into our individual projects. And those afternoons?

Well, they'll be reserved for engaging workshops and insightful sessions that cater to our personal, spiritual, and professional growth. In the evening you can share a meal or experience with with your global community

But hold on, it doesn't end there! Weekends are all about exploring the incredible pacific coast, indulging in Mexican culinary secrets, and soaking in the beauty of nature.

In between all the magic, you'll find plenty of time just for you - a chance to unwind, recharge, and pour your heart into your passion projects. Let me be clear: this is no retreat or jam-packed trip. This is about truly living and breathing Mexican beach life, while getting your work done.

# THE CONCEPT & WHY

As entrepreneurs/freelancers/nomads/remote workers/creatives we have some flexibility to decide where we work from, this is an amazing opportunity to travel and explore the world while still working. We have noticed that it is so much nicer when we can share these experiences with other, not only share the experience.. but be part of a community that supports us in our personal and professional development.

## **Authenticity**

It's also a very authentic way of traveling as it's more as if you live somewhere instead of simply passing through. This will make you feel at home, give you the time to really experience Mexican culture and Digital nomad culture

## **Independence**

This is not a retreat or a completely filled program and therefore you can also shape the days how you like it. You can always join the community activities, but if you need to recharge, you do you.

## **Worry free**

Planning your travels can be overwhelming and time consuming, you can also totally end up in the wrong place and not have the experience you hoped for. Don't worry, we know Puerto Escondido inside out and curate the group, so we know we are all lovely humans.

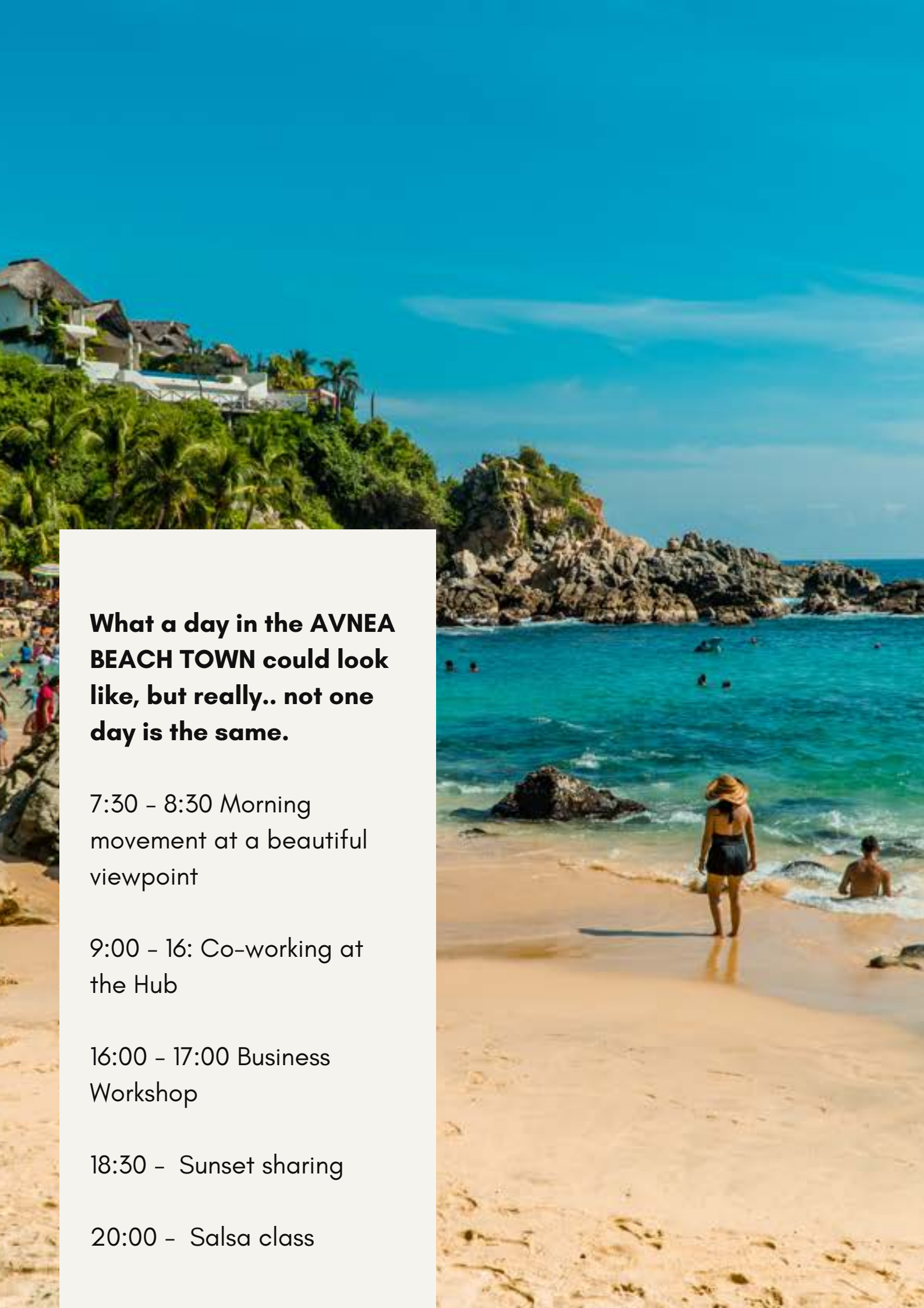


# CONTRIBUTE & CONNECT

We always ask our community if they want to share one of their skills with the rest of a group. If you feel the call you can host a 30-60 minute session/ workshop on a skill you have. In this way we can all grow so much from our expertises and knowledge.

We will also organize several activites to contribute and give back to Puerto Escondido. We will participate in beach clean ups and other volunteering options, if you'd like.





**What a day in the AVNEA BEACH TOWN could look like, but really.. not one day is the same.**

7:30 – 8:30 Morning movement at a beautiful viewpoint

9:00 – 16: Co-working at the Hub

16:00 – 17:00 Business Workshop

18:30 – Sunset sharing

20:00 – Salsa class

# EXCURSIONS



**Throughout our time together in the AVNEA BEACH TOWN, we will organise several excursions for us to explore Puerto Escondido and it's beautiful nature around.**

**Think about visitng beautiful places like Mazunte and Zipolite, going on a boat to see Wales and dolphins, see a beautiful lagoon, go on a horseriding adventure on a secluded beach, and so much more.**





An aerial photograph of a tropical beach. The ocean is a vibrant turquoise color, meeting a wide, white sandy beach. The beach curves along the coastline, bordered by lush green vegetation and several palm trees. In the foreground, there are large, dark rocks. The sky is a clear, pale blue.

## **Puerto Escondido in March**

**It's very special to live on Crete in November and this is why:**

- The high season is over and the main tourists have left
- If we are lucky, we will still see some whales before they head back North
- The weather is great. The hottest month hasn't arrived yet and not a rainy day.

# **WHAT WILL YOU GET:**

***A selected group of +/- 15 professionals,  
a powerful program and an authentic experience.***

Unlimited tea, coffee, and water

Access to Puerto Escondido's best co-working space

A surprise welcome excursion in the first weekend

A Powerful AVNEA program with:

Valuable workshops on: Personal Growth, Mental Health,  
Business, Vision, Finding Your Purpose, and much more

Group coaching sessions

Masterminds

Yoga, guided hikes, workouts, surprise movement almost  
every day

Inspiring Network (your network is your net worth)

Community events such as sharing circles

Facilitator: who's there to make everything run smooth  
and support you where needed

Many surprises that will make you fall in love with Mexican  
culture

And much more that you'll need to experience yourself.

But most of all, three weeks to never forget and friends for  
life!

***with a value of €2049,-***

***For only €599,-***

[WWW.AVNEA.COM](http://WWW.AVNEA.COM)

## **WHAT YOU NEED TO DO TO HAVE YOUR SPOT:**

- Your ticket: which includes a mindful program, facilitated workshops and sessions and many community activities and surprises + access to Puerto Escondido's best co-working space

## **EXTRAS YOU CAN BOOK TO MAKE YOUR EXPERIENCE EVEN MORE PLEASANT**

- Avnea Accommodation: Choose the accommodation that suits your needs and budget best.
- Airport Pick up from Puerto Escondido Airport
- Excursions to make the most out of your time in Puerto Escondido

## **THINGS YOU WILL NEED TO TAKE CARE OF YOURSELF**

- Your transportation to Puerto Escondido
- Your health and travel insurance



# AVNEA HUB

We will have an AVNEA hub ( Pauline Creative Hub) Here, you can always come to co-work, work in silence, join the workshops and share a coffee or meal with others from our community.



# DETAILS

## WHERE

PUERTO ESCONDIDO, MEXICO

## WHEN

02-23 MARCH, 2024

## INVESTMENT

TICKET: €599,-

+ YOUR ACCOMODATION

## ACCOMODATION

As our hub will be in the are of Bacocho, which is also the most Digital nomad friendly are we advise you to stay in this area or in Rincondada

## WHO

+/- 15 inspiring remote professionals





## **STEP 1: SCHEDULE A FREE DISCOVERY CALL**

We will have a chat to get to know each other. It's important for us to get to know everyone who would like to join and create a beautiful curated group. In this call, we will also see which accommodation will suit you and your budget best

You can schedule a call by clicking on this button:

[Let's have a chat!](#)

## **STEP 2: BOOK THE EVENT TICKET**

Make sure to also book your event ticket as we only have space for 15 people.

[Book here!](#)

## **STEP 3: GET REALLY EXCITED & START PREPARING**

Once you have booked your ticket + your room type you can get super excited as you will be joining us for this unique experience in Greece.





# **FREQUENTLY ASKED QUESTIONS**

## **HOW'S THE INTERNET?**

The internet in Puerto Escondido varies a lot depending on where you are. In general, it'sAt the co-working space we will have amazing internet with different connection such as starlink. You'll also find various cafes and accommodations with starlink.

## **I REALLY WANT TO JOIN BUT I CANT MAKE IT ON THE ARRIVAL DAY, IS THAT A PROBLEM?**

For the group feeling it is important to all get to know each other. But we also understand that with travel schedules it can be difficult to arrive exactly on the 2nd. You can definitely arrive a few days later. Or leave the experience earlier.

## **I WONT BE WORKING FULLTIME IS THAT A PROBLEM?**

No, that's not a problem at all. This concept is a nomad experience where you decide how you spend your day. We have people working fulltime/ part-time and people who are taking time off to work on a creative or passion project. It's up to you. As long as you use this experience to work on something. Working on personal growth, mindful living or figuring out your next steps in life are definitely valid too, but if you do that 1 or 8 hours a day is your call..

# FREQUENTLY ASKED QUESTIONS

## DO I NEED TO RENT A CAR?

You don't need a car to get around Puerto Escondido. We do recommend renting a motorbike if you are comfortable. There are also collectives (local public transportation) and affordable taxis.

If you have any questions, don't hesitate to ask:  
[lotuse@avnea.com](mailto:lotuse@avnea.com)

# FROM OUR PREVIOUS PROGRAMS IN MEXICO, INDONESIA AND CRETE







