#### SolSeed Retreats Locations 2019 - 2020



SolSeed Retreats LLC | www.solseedretreats.com | 978-505-5453

## Quick View - Azores, Portugal

Where is this?	The Azores are a stunning, Portuguese archipelago located in the middle of the Atlantic Ocean (ok, close enough). Sao Miguel is a green, sub-tropical, volcanic island, full of energy and magic. Our retreat centers, tour guides, and restaurants represent the best the island has to offer for all tastes.  We are now working with two amazing retreat centers here. One is an intimate orchard lodge, and the other a beachfront, 4 star, eco-resort.
What will my people pay?	€1450 to €2200 per person + Airfare to Ponta Delgada (PDL)
When can we go?	Fall 2019 and Spring 2020
How many of us get to come?	10-23
What's in it for me?	\$2000 to \$10,000+



#### Quick View - Morocco

Where is this?	Located on the North West coast of Africa, Morocco is both accessible and safe for American travellers. The country is geographically expansive, with many incredible sights to see during our unique itinerary which includes one night in Marrakech and 5 nights at our beautiful retreat center in Essaouira. Known as the pearl of the Atlantic, Essaouira is a coastal walled city which features incredible shopping, food, culture, architecture, beaches, and much more!
What will my people pay?	\$1650 to \$2250 per person + Airfare to Marrakech (RAK) for 6 night / 7 days
When can we go?	Fall 2019 and Spring 2020
How many of us get to come?	15 to 24
What's in it for me?	\$4000 to \$9,500+



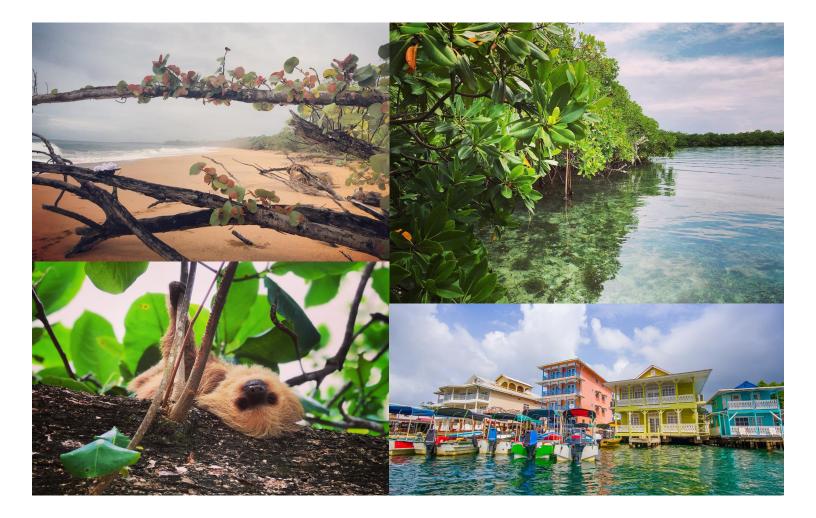
### Quick View - Lake Atitlan, Guatemala

Where is this?	Located at roughly one mile high in the Sierra Madre mountains of Guatemala lies the massive crater lake, Lake Atitlan. Three large volcanoes stand against the skyline, and the waters plunge down over 1,000 feet. The beauty and energy of the lake have attracted travellers for decades who want to explore the rich Mayan culture of its surrounding villages, volcanoes and the lakes rumored healing properties. Fondly known as the land of eternal spring, the climate provides warm, dry days, and cool, breezy nights; perfect for adventure by day and comfort by night.
What will my people pay?	\$1395 to \$2195 per person + Airfare to Guatemala City (GUA)
When can we go?	Winter (Jan - March) is the best season for sunshine, although November and early December are lovely, too! Now booking Fall 2019 and Winter 2020.
How many of us get to come?	15 to 35
What's in it for me?	\$4500 to \$10,000+



#### Quick View - Bocas del Toro, Panama

Where is this?	Panama is an incredible location for untouched beaches and lush jungles. Located on the Caribbean coast of northern Panama, Bocas del Toro boasts a tropical climate, complete with beautiful rain forests and crystal clear Caribbean water, perfect for snorkeling and scuba diving. A familiar stop on the "Central American Backpackers Trail", Bocas also offers vibrant shopping and nightlife!  Our retreat center is set upon a near private beach, and has a
	working fruit / vegetable farm, and animals like sloths, monkeys and sea turtles in and around the property!
What will my people pay?	\$2050 to \$2400 per person + Airfare to Panama City (PTY)
When can we go?	Winter (Jan - March) is the best season for sunshine, Christmas Holidays and Easter can be tricky for retreat reservations. Now booking Winter 2020.
How many of us get to come?	8 to 17
What's in it for me?	\$2000 to \$8,000+



# Quick View - Colombia (Cartagena, Rosario Islands, Parque Tayrona)

Where is this?	Colombia is an incredible location that truly has it all! We offer personalized itineraries that include time spent in the beautiful coastal city of Cartagena, which features a colorful and cultural walled city, amazing dining and nightlife (all the salsa you can handle!). We also can also include time spent on the Rosario Islands, complete with picture perfect white sand beaches and clear blue waters, located 1 hour off the coast of Cartagena. Or perhaps you desire to venture to Gitana del Mar, our retreat center partners located in the heart of Parque Tayrona, a gorgeous national park with adventure activities galore. Hiking, river tubing, waterfall swimming, wild beaches and more await you in this nature lovers paradise where the Sierra Nevada de Santa Marta mountains meet the sea.
What will my people pay?	\$1975 to \$2375 per person + Airfare to Cartagena
When can we go?	Winter and early Spring (Jan - April) is the best season for sunshine. Now booking dates in Winter 2020.
How many of us get to come?	10 to 21+
What's in it for me?	\$4000 to \$9,000+



# Quick View - Granada, Spain

Where is this?	Granada is a beautiful city located smack dab in the middle of the sunshine soaked Andalusia region of Spain. What's more, is Granada is nestled into the foothills of the Sierra Nevada mountains, so retreats here can include amazing hikes along side incredible food, stunning historical sights (el Alhambra!), and live Flamenco!
What will my people pay?	€1295 to €1595 per person + Airfare to Malaga for a 5 night / 6 day trip
When can we go?	Spring 2020
How many of us get to come?	8 to 24+
What's in it for me?	\$2000 to \$10,000+

