

Wellness Retreats by Nourished Minds

Escondido, Mexico



Thoughtfully crafted retreats.
Nourishing the body & mind.

Retreat Experiences by Tara-Lee

Wellness Retreats,
Nutritional Reset Programs &
Transformational Experiences



NOURISHEDMINDS.CA
FOOD | WELLNESS | CONNECTION

A Personal Note

I created this retreat as a space to slow down, reconnect, and step away from the demands of everyday life.

Through nourishing Food as Medicine meals, movement, rest, connection, and time to simply be present, my hope is that you leave feeling refreshed, inspired, and reconnected with yourself.

I would love to welcome you to Puerto Escondido.

Tara-Lee Corriveau

Founder of Nourished Minds



The Story Behind Nourished Minds



With over 18 years of experience in the mental health field, I understand the powerful connection between nutrition and well-being.

As a Food as Medicine Culinary Professional, I create thoughtfully curated menus that nourish the body, support meaningful connection, and elevate every retreat experience.

My goal is to create a retreat that leaves you feeling nourished, connected, and renewed.



Nourish



Restore



Reconnect

The Retreat Experience



SEVEN DAYS DESIGNED TO HELP YOU SLOW DOWN, NOURISH YOUR BODY, RESET AND RECONNECT.



INCLUDED

- ✓ Luxury accommodation in Puerto Escondido
- ✓ Three daily Food as Medicine meals
- ✓ Morning wellness rituals
- ✓ Guided meditation
- ✓ Yoga, mat Pilates & functional movement
- ✓ Breathwork & restorative practices
- ✓ Wellness workshops
- ✓ Temazcal cultural experience
- ✓ 30-minute massage



YOUR TIME, YOUR PACE

Each day blends thoughtfully planned experiences with time to rest, explore and simply be. Everything is designed to leave you feeling nourished, restored and renewed.

Your Retreat Investment

Your Retreat Investment

AN ALL-INCLUSIVE WELLNESS EXPERIENCE DESIGNED
TO HELP YOU REST, RESET AND RECONNECT.

\$3,500 CAD
PER GUEST

7 DAYS OF NOURISHMENT,
MOVEMENT & RENEWAL



NOURISH



RESTORE



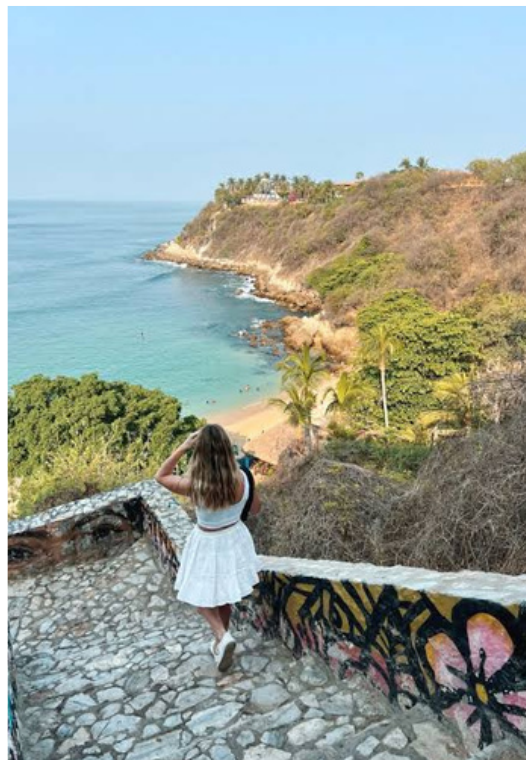
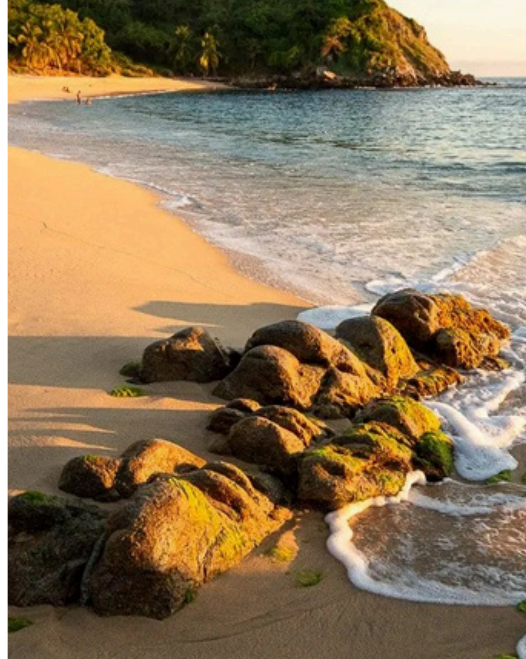
RECONNECT

Your retreat investment includes accommodations, daily Food as Medicine meals, wellness experiences, movement, workshops and more.

FLIGHTS ARE NOT INCLUDED. OPTIONAL EXCURSIONS MAY BE AVAILABLE AT AN ADDITIONAL COST.



NOURISHEDMINDS.CA
FOOD | WELLNESS | CONNECTION



Let's Create an Unforgettable Retreat Experience

Step away from the everyday and join us in Puerto Escondido for a week designed to nourish your body, calm your mind, and help you reconnect with yourself.

Through Food as Medicine, movement, wellness experiences, connection and time to simply rest, every part of the retreat has been thoughtfully created with your well-being in mind.

I can't wait to welcome you.

Let's Connect

TARA-LEE CORRIVEAU
FOUNDER, NOURISHED MINDS



taralee@nourishedminds.ca



+1 (416) 768-7445



nourishedminds.ca