




EXPERIENCE THE MAGIC OF A GREENLAND RETREAT AT THE ILULISSAT GUEST HOUSE IN THE GLACIAL TOWN OF ILULISSAT

THIS WOMEN-FOCUSED RETREAT IS AN INTIMATE OPPORTUNITY FOR SELF-CARE, CONNECTION, AND FUN.

- Stay in one of 5 double occupancy suites.
- Includes:
  - Airport Transfers from Ilulissat airport to guest house
  - 2 inspired daily yoga practices w/Kira Maar and Kira’s infamous oils
  - helicopter tour, kayaking aromatherapy, warmth, enjoyment, meditation and socializing.
  - 2 traditional Greenland meals daily
  - Breath Seminar

 **COST: \$1999**

PER PERSON

BASED ON DOUBLE OCCUPANCY FOR 5 NIGHTS.

A \$500 DEPOSIT IS REQUIRED TO SECURE YOUR SPOT.



HOSTED BY  
TAMARA HOLMES  
MELISSA CARR

RESERVE YOUR SPACE NOW!  
JOIN US FOR 6 UNFORGETTABLE DAYS IN GREENLAND  
EMAIL [HELLO@DIDIRETREATS.COM](mailto:HELLO@DIDIRETREATS.COM) OR 847.878.2134

# SAMPLE AGENDA

## DAY 1: ARRIVAL IN ILULISSAT

FLIGHT ARRIVAL INTO AFTERNOON: ARRIVE IN ILULISSAT AND CHECK INTO ILULISSAT GUEST HOUSE, LOCATED WITH STUNNING VIEWS OF DISKO BAY AND THE SURROUNDING ICEBERGS.

**EVENING YOGA:** AFTER SETTLING IN, ENJOY A GENTLE EVENING YOGA SESSION AT THE GUEST HOUSE OR A NEARBY STUDIO. THIS SESSION WILL FOCUS ON STRETCHING AND UNWINDING FROM YOUR TRAVELS, HELPING YOU ACCLIMATE TO THE ARCTIC SURROUNDINGS.

**EVENING: DINNER AT A LOCAL RESTAURANT,** SAMPLING GREENLANDIC CUISINE. TRY ARCTIC CHAR, MUSK OX, OR TRADITIONAL LAMB STEW. VEGGIE OPTIONS AVAILABLE.

## DAY 2: ICEFJORD HIKE & YOGA

**MORNING YOGA:** START YOUR DAY WITH A SUNRISE YOGA SESSION FOCUSED ON GROUNDING AND ENERGY. PRACTICE OUTSIDE IF POSSIBLE TO TAKE IN VIEWS OF DISKO BAY AND THE MORNING LIGHT ON THE ICEBERGS.

**BREAKFAST:** ENJOY A COZY BREAKFAST AT THE GUEST HOUSE WITH LOCAL FAVORITES LIKE BERRY PRESERVES, FISH, AND HEARTY BREADS.

**DAYTIME ACTIVITY: ICEFJORD HIKE** – TAKE A SCENIC HIKE ALONG THE ILULISSAT ICEFJORD, A UNESCO WORLD HERITAGE SITE. THE TRAIL IS ABOUT 4-5 KM (2-3 MILES) AND INCLUDES LOOKOUT POINTS WITH PANORAMIC VIEWS OF THE BAY, DOTTED WITH MASSIVE ICEBERGS.

**LUNCH: PACK A LUNCH** TO ENJOY ON THE TRAIL OR HEAD BACK TO TOWN.

**EVENING: DINNER IN TOWN,** THEN RELAX AT THE GUEST HOUSE.

## DAY 3: BOAT TOUR & KAYAKING

**MORNING YOGA:** BEGIN THE DAY WITH A STRENGTH-BASED VINYASA FLOW SESSION FOCUSING ON BALANCE AND RESILIENCE, A FITTING THEME FOR TODAY'S ADVENTURES.

**BREAKFAST:** BREAKFAST AT THE GUEST HOUSE.

**DAYTIME ACTIVITY: BOAT TOUR OF DISKO BAY** – TAKE A BOAT TRIP TO VIEW ICEBERGS UP CLOSE AND VISIT SOME OF THE SMALLER SETTLEMENTS IN THE BAY. LEARN ABOUT THE LOCAL HISTORY, WILDLIFE, AND GEOLOGY.



# SAMPLE AGENDA

## DAY 3: CONTINUED

**AFTERNOON ACTIVITY: KAYAKING EXPERIENCE** – AFTER THE BOAT TOUR, JOIN A GUIDED KAYAKING SESSION IN DISKO BAY. PADDLING AMONG THE ICEBERGS IS A PEACEFUL, MEMORABLE EXPERIENCE, IDEAL FOR TAKING IN THE PRISTINE LANDSCAPE.

**EVENING: REST AND UNWIND WITH A DINNER** AT ONE OF ILULISSAT’S CHARMING LOCAL SPOTS, SUCH AS CAFÉ ILULIAQ.

## DAY 4: HELICOPTER GLACIER TOUR

**MORNING YOGA:** GENTLE STRETCHING AND RELAXATION SESSION TO PREPARE FOR THE DAY'S EXCITEMENT.

**BREAKFAST: BREAKFAST AT THE GUEST HOUSE.**

DAYTIME ACTIVITY: HELICOPTER GLACIER TOUR – TAKE A HELICOPTER RIDE OVER THE BREATHTAKING GLACIERS. THIS UNFORGETTABLE EXPERIENCE OFFERS AERIAL VIEWS OF THE DRAMATIC ICE FORMATIONS AND THE SWEEPING LANDSCAPE BELOW.

**LUNCH: RETURN TO ILULISSAT FOR LUNCH AT A CAFÉ** OR ENJOY A PACKED LUNCH OUTDOORS.

**EVENING ACTIVITY: ARCTIC TWILIGHT WALK** IF CONDITIONS ALLOW. ENJOY THE QUIET BEAUTY OF ILULISSAT UNDER THE ARCTIC SKY.

## DAY 5: CULTURAL TOUR & FAREWELL YOGA

**MORNING YOGA:** A FINAL GENTLE FLOW, FOCUSING ON GRATITUDE AND REFLECTION.

**BREAKFAST: BREAKFAST AT THE GUEST HOUSE.**

**DAYTIME ACTIVITY: CULTURAL TOUR** – TAKE A GUIDED WALK THROUGH ILULISSAT, VISITING THE HISTORIC SITES, LOCAL MUSEUM, AND ARTISANAL SHOPS. LEARN ABOUT GREENLANDIC HISTORY, INUIT CULTURE, AND HOW THE LOCALS LIVE AND WORK IN THIS REMOTE, ICY ENVIRONMENT.

LUNCH: ENJOY A LAST MEAL IN TOWN, SAMPLING GREENLANDIC FARE.

**AFTERNOON ACTIVITY: FREE TIME** TO WANDER AROUND TOWN, PICK UP SOUVENIRS, OR ENJOY A FINAL MOMENT BY THE WATERFRONT.

**DEPARTURE: CHECK OUT** OF ILULISSAT GUEST HOUSE AND TRANSFER TO THE AIRPORT.

THIS ITINERARY COMBINES GREENLAND’S NATURAL WONDERS WITH MINDFUL, REJUVENATING ACTIVITIES, PROVIDING A BALANCED ADVENTURE WITH TIME FOR RELAXATION, CULTURAL IMMERSION, AND STUNNING SCENERY.

**DEPARTURE:** TRANSPORT TO AIRPORT

# CONNECT

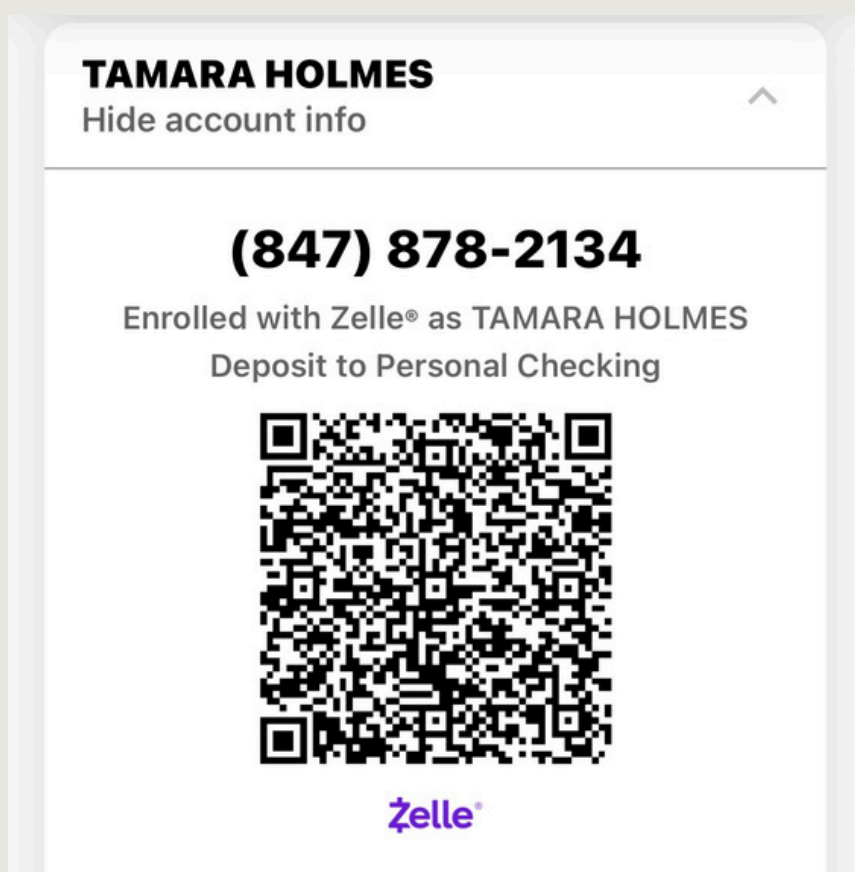


RESERVE YOUR SPACE NOW!  
JOIN US FOR 5 UNFORGETTABLE DAYS IN  
PARADISE.

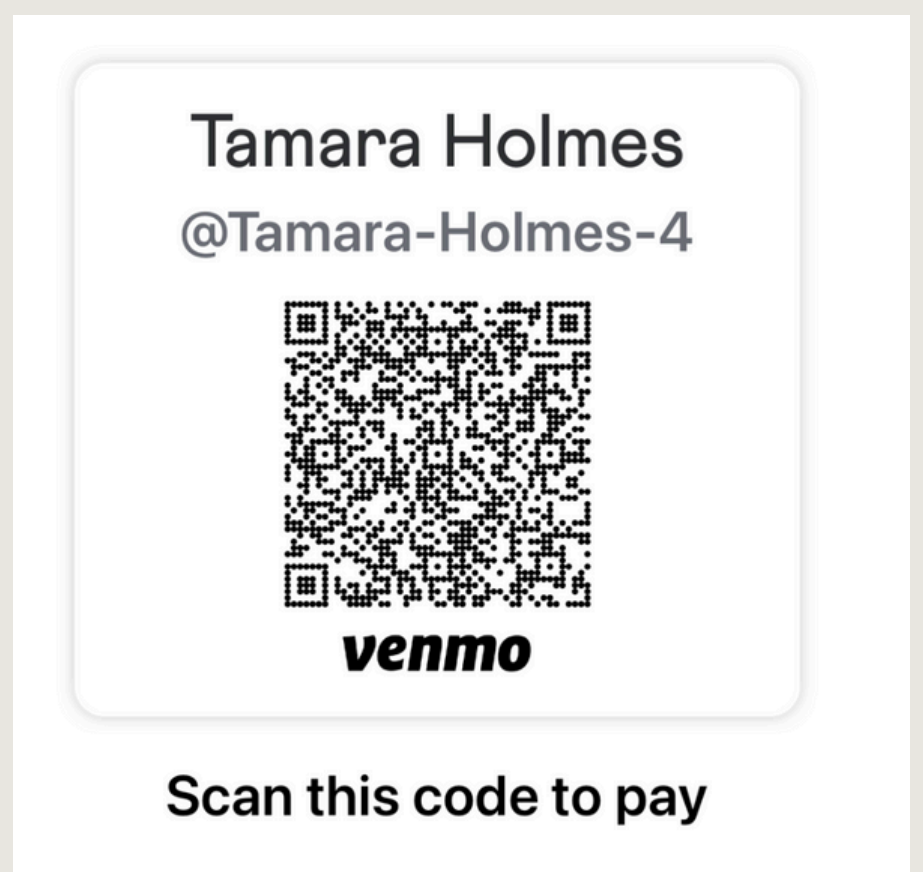
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CALL 847.878.2134

SCAN CODE TO PAY  
\$500 DEPOSIT  
\$1999 DOUBLE OCCUPANCY

ZELLE



VENMO



# DIDI MANTRA



COME AS YOU ARE, LEAVE AS YOU CHOOSE,  
LET GO OF THE DAY-TO-DAY BLUES.

HERE, WE'LL BREATHE, STRETCH, AND UNWIND,  
WITH YOGA FOR BODY AND PEACE OF MIND.

AN AGENDA OF JOY, NO RIGID PLANS,  
JUST ROLLING MATS AND BAREFOOT SANDS.

HIKING TRAILS THAT CALL US TO ROAM,  
EACH STEP A JOURNEY, YET FEELS LIKE HOME

“NO SHOULDs, JUST SUGGESTIONS,” LET’S LIVE BY THIS WAY,  
NAP, STRETCH, OR WANDER—JUST GO WHERE YOU MAY.

EMBRACE THE FINE ART OF LOUNGING AROUND,  
OR SEEK OUT ADVENTURE ON UNTRODDEN GROUND.

SAY YES TO DESSERT, OR SKIP IT, WHO CARES?  
EACH CHOICE A FREEDOM THAT JOYFULLY DARES.

UNPLUG FROM THE WORLD, THOUGH CAPTURE THE SCENE,  
REAL LIFE IS HERE, VIBRANT AND GREEN.

NEW FRIENDS TO MAKE, OLD BONDS TO KEEP,  
STORIES TO SHARE AS WE LAUGH AND LEAP.

TIME ALONE OR TOGETHER, JUST LISTEN WITHIN,  
IN THIS SACRED SPACE, LET YOUR JOURNEY BEGIN.

BELLY LAUGHS ARE A RULE, SO LOOSEN THAT SMILE,  
LIFE’S WAY TOO SHORT NOT TO LAUGH FOR A WHILE.

WHEN YOU LEAVE, TAKE MEMORIES, LEAVE ONLY YOUR CARES,  
CARRY THE LOVE AND THE PEACE THAT WE SHARE.

TOGETHER WE’RE STRONGER, EACH SPIRIT A LIGHT,  
IN THE CIRCLE OF DIDIS, EVERYTHING FEELS RIGHT. ✨