

Camp Joy Retreats Zihuatanejo 2026

Agenda Overview

Below is a look at our Zihuatanejo itinerary! We're always fine-tuning a few details, but any changes we make will only be to make things even better. 😊

We've taken past camper feedback to heart and are aiming for the perfect blend of shared experiences and unstructured time to soak up the villa and truly unwind.

And as always at Camp Joy, everything is optional, and there's never any pressure to do it all.

Daily | Yoga & Meditation (starting Sunday)

Breakfast available from 7 a.m. to 9 a.m. Come when you want

Morning Joy Ritual (starting Sunday)

Inner Joy Corner

Relax by the pool or in the luxurious poolside canopy

Lunch, dinner, all drinks

Special activities and ceremonies scattered throughout!

Saturday | Arrivals

Snack and drinks available

Orientation

Restorative yoga

Hora Feliz

Dinner

Sunday | Beach yoga and meditation

Inner Joy session 1

Optional shuttle to beach

Optional walking tour of town

Massages by upper pool (sign up on-site)

Hora Feliz

Dinner at Mar Y Cielo, at Casa Que Canta

Optional trip into town

Monday | Yoga and meditation

Inner Joy session 2

Trip to Playa La Ropa

Lunch at La Perla

Beach chairs and relax or return to Villa

Hora Feliz

Dinner at Villa

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Tuesday | Yoga and meditation
Shuttle to town
Walking / shopping tour of town
Lunch in town
Tequila tasting in town
Hora Feliz
Dinner at Villa

Wednesday | Yoga and meditation
Inner Joy session 3
Optional shuttle to town
Massages by upper pool (sign up on-site)
Mini-joy meditation
Hora Feliz and sunset at Playa La Ropa
Dinner at Villa

Thursday | Beach yoga and meditation
Inner Joy session 4
Optional archaeology museum
Massages by upper pool (sign up on-site)
Mini-joy meditation
Hora Feliz
Dinner at Villa

Friday | Camp Joy ends at 11 a.m. with shuttle to Zihuatanejo airport or drop to local hotel if within Zihuatanejo