

UNPLUG&UNBOUND
program

Hello!



I'm Milena - the founder of Unhustle.

I'm a rebel entrepreneur, future of work visionary, and thought leader on a mission to dismantle the pervasive and damaging Hustle Culture that dominates our work and personal lives. I'm leading a revolution to redefine the way we live and work, empowering millions to reclaim their lives from the relentless 'always-on' work culture. My vision is to inspire and equip high achievers to foster sustainable success that doesn't demand sacrifices but nurtures well-being, fulfillment, and meaningful impact. I can't wait to give you a hug in Baja.

unhustle.com

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La Ventana, Baja California Sur
April 13 - April 18, 2024

The gathering for life-centered rebels who want to do well, feel well, and do great things in the world.

(A digital detox experience)



Day Zero

APRIL 13, 2024 SATURDAY:
EXHALE. YOU'VE ARRIVED.



- Doors open at Casa Tara 2pm.
- Group transport from Cabo San Lucas Airport. Arrive at the airport by 3pm to catch the group shuttle. We can assist in booking it. Meet your new friends as you let the stress dissipate in the free Baja air. Enjoy the expansive views and the conversation while you sip on a cold drink, letting your phone sit on airplane mode at the bottom of your bag - the only thing that matters in the next few days will be YOU.
- 5:30 pm – 6:30 pm Welcome and Meet & Greet. Enjoy a cocktail or a mocktail on the outside terrace overlooking the Sea of Cortez and meet like-minded people on your adventure of a lifetime.
- 6:30pm - 8pm - Dinner
- 8:30pm - 9:30pm Meet & Greet
- 9:30pm - Hang out by the bonfire, pool, relax, talk, stargaze.
Smile, you've arrived. Bed.



Day One

APRIL 14, 2024 SUNDAY



Mindfulness and presence enhance our clarity, focus, and fulfillment. Learn to cultivate awareness in our actions, embracing each moment with intention and gratitude. Honor rest and rejuvenation as essential components of success.

- 7:00 am - 9:00 am - The Unhustle Morning Rituals.
- 9:15am Healthy Breakfast
- 10:30 am - 1pm: WORKSHOP: Finding Balance In a World of Constant Demands
- 1:30pm – 2:30pm Lunch
- 3:00pm - 5:00pm WORKSHOP: Reclaim Freedom in a World of Endless Demands. You must learn a new way to think before you can master a new way to be.
- 5:00pm - 6pm White Space, Introspection, and Self-Care Practices
- 6:30pm - 7:30pm Dinner
- 8pm - 9pm Bonfire with Soul Session with speakers **Matt Cone**, Everything Works Out Perfectly and how to turn scarcity into abundance mindset and **Steve Nichols**, What happens when you connect the mind and the body



Day Two

APRIL 15, 2024 MONDAY



Reject the glorification of busyness and hustle culture. Self-worth is not defined by the number of hours I work or the items I check off my to-do lists. Rebel for your worth.

- 7:00 am - 9:00 am - The Unhustle Morning Rituals.
- 9:15am Healthy Breakfast
- 10:00am - 1pm: WORKSHOP Radical self care starts with self love and self acceptance. Recognize inner saboteurs and how to overcome them.
- 1pm - 2pm Lunch
- 3:00pm - 5pm: WORKSHOP Work should enrich our lives, not consume them. Embrace creativity as a cornerstone of life. Creativity fuels innovation, problem-solving, and fulfillment. Nurture creativity through exploration, experimentation, and curiosity.
- 5pm - 6pm Sustainable Self-Care Practices
- 6:30pm - 7:30pm Dinner
- 8pm - 9pm - Bonfire with Soul Session with speakers **Alenka Vrechek** on radical self acceptance and self love and **Kari Castle** on trusting your own wings

Day Three

APRIL 16, 2024 TUESDAY

Infuse the spirit of play into work and daily lives. Playfulness sparks joy, reduces stress, and fosters collaboration. Approach challenges with a sense of curiosity and playfulness, turning work into a joyful endeavor.

- 7:00 am - 9:00 am - The Unhustle Morning Rituals
- 9:15am Healthy Breakfast
- 10am-1pm WORKSHOP
Finding ways to incorporate more play into our personal and professional lives. Deep play and flow can contribute to increased wellbeing and fulfillment.
- 1pm – 2pm Lunch



- 3pm - 5:00pm: WORKSHOP
Celebrate progress over perfection. Perfectionism stifles creativity and progress. Embrace imperfection, view failures as opportunities for growth, and celebrate the journey.
- White Space, reflection, radical self-care practices
- 6:00 pm - 7pm: Dinner
- 8pm - 9pm - Bonfire with Soul Session with speakers: **Marcela Ley** will talk about a journey of soul discovery; **Peter Aschwanden** on fulfillment through purpose and contribution and **Milena Regos** from burnout to balance

Day Four

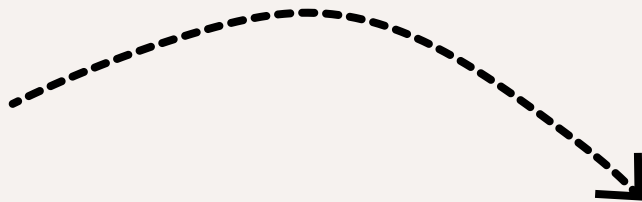
APRIL 17, 2024 WEDNESDAY



Cultivate meaningful connections and relationships. Community and collaboration enrich our lives and amplify my impact. Prioritize authentic connections, empathy, and support.

- 7:00 am - 9:00 am - Finding flow yoga and meditation.
- 9:15am Healthy Breakfast
- 10:00am - 1pm: WORKSHOP True wealth lies in the richness of my experiences, not the accumulation of material possessions. Savor moments of joy, adventure, and connection.
- 1pm – 2pm Lunch

- 3pm - 5:00pm: WORKSHOP Sustainability and mindful consumption. My actions have an impact on the planet and future generations. Strive for sustainability, conscious consumption, and ethical practices in our personal and professional lives.
- White Space, reflection, radical self-care practices
- 6:00pm- 9pm Celebration Ceremony & Dinner



Day Five

APRIL 18, 2024 THURSDAY

INTEGRATE

It's time to go home refreshed, with a refreshed mindset and new tools. A lot happened over the past few days, so you'll need a safe and supportive community to continue your journey. Upon graduation from the retreat, you'll be invited to continue your Unhustle Journey with our digital ecosystem - Harmonia. A place where you will continue to learn, grow, share your wisdom, be held in a safe space, and get the support you need.

- 7:30 - 8:30am Breakfast
- 9 am – 10 am Depart for the airport. The shuttle will arrive at the airport around 1 pm, so ensure your flight leaves afterward.
- Fly Home and journal about your experience on the plane ride home while you're still basking in the afterglow of your Baja experience
- Eagerly await an email from us with the next steps for our next meeting with your new friends.

Client Testimonials




"I've been able to see things from a different perspective. I slept better, really enjoyed giving up technology, being in nature, and the activities planned. Having a very special group dynamic with an intimate group of people eager to embrace these teachings was very powerful. The course organizers were fantastic, genuine, and caring, and they designed the program to fit our needs. I can't recommend this enough! Your days can be so much more rich and fulfilling"

Shelley
Leader



"I work in front of my computer 24/7 before coming to this retreat. I used to think I was so connected before coming here. It was so refreshing to give up technology and reconnect with myself. I see how powerful this experience is. Thank you for learning all these new tools and putting them into practice to find time for myself, reconnect, and make the changes I want to make in the world."

Tom
Executive



“You must learn a new way
to think before you can
master a new way to be.”
Marianne Williamson