



REWILD & RENEW: A sublime/life Retreat

HOSTED BY DR. KATHRYN DUNDAS, MD CCFP

sublime/life

BY DR. DUNDAS

November 26 — 30, 2026

Estancia Vik, José Ignacio, Uruguay

*Your body is calling you back. Back to nature.
Back to rhythm. Back to the part of you that
hasn't forgotten how to feel fully alive...*



ROOTED IN Nature & Science

Designed for those ready to *slow down* and come home to themselves. A rare blend of *equine connection, longevity medicine, and sacred stillness* in Uruguay's wild beauty.



Equine Excursions



Picnic by the river

- * *Restore your nervous system*
- * *Reconnect to your vitality*
- * *Reinhabit your body*

WHAT'S INCLUDED: Daily Activities

Five-Day Immersive Retreat

- Curated somatic programming led by Dr. Kathryn Dundas, MD, CCFP
- Daily group equine-assisted sessions with the herd
- 1 private equine experiential session with Dr. Dundas
- 1 individual longevity consult with Dr. Dundas
- Daily longevity medicine circles
- Restorative rituals: yoga, sound healing, and guided reflection
- Forest walks, nature immersion, and morning herd connection

Accommodations & Nourishment

- 4 nights at Estancia Vik, José Ignacio
- Daily breakfast and lunch featuring fresh, seasonal Uruguayan cuisine
- Nightly signature dinners, including:
 - An opening night traditional Uruguayan asado under the stars
 - A vibrant beachside dinner at Playa Vik
 - A special Saturday evening at La Huella, the iconic restaurant of José Ignacio
 - Closing dinner at Cruz del Sur to end the journey in celebration



Equine Experiences

- Daily group equine sessions with the herd
- 1 private equine session with Dr. Dundas
- Guided group horseback ride
- Swimming with horses on Sunday

Wellness & Exploration

- Use of paddle boards, kayaks, and bicycles
- Guided forest walks and access to natural pools
- Private sunset excursion to the Skyspace Ta Khut by James Turrell
- Optional excursions (wine tasting, artwalks, birdwatching) – can be arranged in advance

Optional Add-Ons

(Available by advance booking; additional costs may apply)

- Massage
- Energy work
- Kite surfing lesson

Daily Touchpoints

- Morning ritual with the herd
- Mini circle-ups and evening reflections
- Nightly turndown gift to end each day with intention
- Exclusive Pre-Retreat Welcome Box (For those registered by September 30, a beautifully curated, travel-ready box of Sublime Life essentials will arrive at your door – designed to ground, prepare, and delight.)

Bonus Integration Support

- One-hour virtual health consultation with Dr. Dundas before the retreat, plus a follow up virtual check-in session post retreat.
- Includes a 3-month membership to Circle Up, the private Sublime Life community

*Please note: all outdoor and equine activities are weather dependent and may be modified accordingly. Alcoholic beverages are not included and will be available à la carte.

SAMPLE daily rhythm

1

Morning

Breakfast + Herd
encounter & yoga

2

Midday

Longevity
masterclass,
group equine
experience & rest

3

Afternoon

Lunch + Individual
sessions or excursions

4

Circle up

5

Sunset

Excursions
or nature ritual

6

Evening

Local dinners at the
3 Vik resorts

Opening night:
an outdoor asado

Saturday dinner at
the iconic La Huella



Your Sanctuary in URUGUAY

Tucked away in the peaceful countryside of Uruguay, our retreat offers more than just a getaway — it's *a sanctuary* for your mind, body, and spirit.

Surrounded by rolling green hills, wide open skies, and the gentle presence of horses, this is a place where *healing begins* and *clarity unfolds*.

Whether you're seeking personal transformation, emotional healing, or simply time to reconnect with yourself, our retreat provides a safe, nurturing space.

Every element — from the calm energy of the horses to the tranquil rhythm of daily life here — is designed to help you slow down, breathe deeply, and rediscover your inner balance.



*This is your space to rest,
release, and renew.*

Accommodation & PRICING

DATES

November 26 — 30, 2026

LOCATION

Estancia Vik, José Ignacio, Uruguay

Investment

- Single Occupancy: \$6,000 USD
- Double Occupancy: \$5,000 USD per person

Share a suite and save \$1,000 USD per guest

Deposit & Payment Schedule

- Deposit: \$1,200 USD per person (non-refundable)
- Final Payment Due: September 15, 2026

Cancellation & Refund Policy

If you need to cancel:

- By September 27, 2026 (60+ days before)
→ 50% refund of total amount paid (excluding deposit)
- After September 27:
→ No refunds available

Deposit is non-refundable at any time

Transfer Policy

You may transfer your booking to another guest or a future *Sublime Life* retreat before October 27, 2026. All transfers are subject to Sublime Life's discretion and approval.

CONTACT US

Contact hello@asublimelife.ca
to secure your spot or for further
information.*

*Limited to 10-12 participants.



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