



BANYAN TREE
MAYAKOBA

WOMEN'S RETREAT

OPEN FORUM
SATURDAY, OCTOBER 10
9:00 a.m. - 4:30 p.m.

ROOTED
IN FLOW

#WomensRetreat2026 #BanyanTreeMayakoba

WOMEN'S RETREAT OPEN FORUM

Returns to Banyan Tree Mayakoba, bringing together an inspiring community of exceptional women leaders.

CONFERENCE PROGRAM

REGISTRATION

Welcome Reception & Coffee

08:45 – 09:30

WELCOME: INTRODUCTION TO "ROOTED IN FLOW"

Susana Retana | Wellness Experience Facilitator

Brief Presence Practice, Collective Intention & Forum Introduction

09:30 – 09:45

WHAT REMAINS WHEN THE NOISE FADES

Roberta Woodworth | Writer, Speaker & Host of Libre&Loca

Through an honest conversation, she will invite guests to look inward and reconnect with what remains true when the noise fade.

09:45 – 10:45

THE RIGHT TO CHANGE COURSE

Fernanda Martín | Broadcaster, Digital Creator & Podcaster

From a warm and honest perspective, Fernanda will reflect on reinvention and the courage to allow yourself to change course.

11:00 – 12:00

BREAK II | COFFEE BREAK

12:00 – 12:15

FROM ROOT TO MOVEMENT

Susana Retana | Wellness Experience Facilitator

12:15 – 12:30

THE TASTE OF CHANGE

María Forcada | Journalist & Editorial Director of Food & Wine in Spanish

A conversation about how change transforms the way we see, choose, and live. María Forcada explores how to evolve with intention, while staying connected to what grounds us and defines who we are.

12:30 – 13:30

NETWORKING LUNCH

13:30 – 14:45

RETURN TO INTENTION

Susana Retana | Wellness Experience Facilitator

14:45 – 15:00

AMBITION WITHOUT A BORROWED SCRIPT

Jimena Gómez | CMO at Another; Co-Founder of RAW Talent and Adulging

Drawing from her experience in leadership, entrepreneurship, and creative businesses, Jimena will explore what ambition means on her own terms, challenging preconceived notions of success and growth.

15:00 – 16:00

CLOSE

Susana Retana | Wellness Experience Facilitator

16:00 – 16:30

LEARN MORE

[Event Brite](#)

Phone: 984 138 0041

WOMEN'S RETREAT OPEN FORUM

ROBERTA WOODWORTH

Writer, speaker and host of Libre&Loca

Roberta Woodworth is a writer, speaker, creator and host of Libre&Loca, a podcast devoted to what she calls “universal intimate experiences”, the things many of us feel, yet do not always know how to name. Her work explores introspection, authenticity, self-worth and the social expectations that shape our identity. Through honest storytelling and long-form conversations, she invites us to look inward without turning self-discovery into yet another expectation to fulfill.

At Rooted in Flow, Roberta will open the day with a conversation about what keeps us from living a life we can truly call our own.



FERNANDA MARTIN

Radio host, digital creator and podcaster

Fernanda Martin is a radio host and digital creator whose career spans radio, social media and podcasting. She is part of Seis de Copas, a podcast and live format centered on friendship and the realities of being a woman today, and is also associated with Xtralindas.

Her candid, conversational way of sharing personal experiences has fostered a close connection with her community.

At Rooted in Flow, Fernanda will reflect on reinvention and giving ourselves permission to change direction.



MARIA FORCADA

Journalist & Editorial Director of Food & Wine in Spanish

María Forcada is a journalist specializing in gastronomy, travel, and luxury, and the Editorial Director of Food & Wine in Spanish. With more than 20 years of experience in media, communications, and content, she served as Director of Content, Communications, and PR at Millesime for over a decade. Based in Mexico since 2013, she has collaborated with leading national and international media outlets and high-profile gastronomy and luxury projects.



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JIMENA GOMEZ ALARCON

CMO at Another; Co-founder of RAW Talent and Adulting.

Jimena Gómez Alarcón is a creative and digital marketing leader with expertise across integrated strategy, social media, performance and influencer marketing. As Chief Marketing Officer at another, she leads a regional team of more than 200 specialists working with global brands.

She is also Co-founder and CEO of RAW Talent, focused on Gen Z creators across Latin America, and Co-founder of Adulting. Her experience at the intersection of corporate leadership and entrepreneurship brings a distinct perspective on ambition, growth and defining success beyond a single title.



SUSANA RETANA

Yoga teacher and facilitator of wellbeing experiences for women

With 18 years of personal practice and 16 years of teaching experience, Susana Retana has founded and led yoga studios, wellness spaces, retreats, workshops and community gatherings in Mexico and abroad. Her approach weaves together yoga, ancestral wisdom, ritual, feminine cycles and mindful reflection.

Throughout her career, she has collaborated with renowned teachers and leading yoga platforms in Mexico, including Wanderlust and Encuentro Nacional de Yoga. She has also facilitated international retreats and appeared alongside Xuan Lan in the documentary Reset

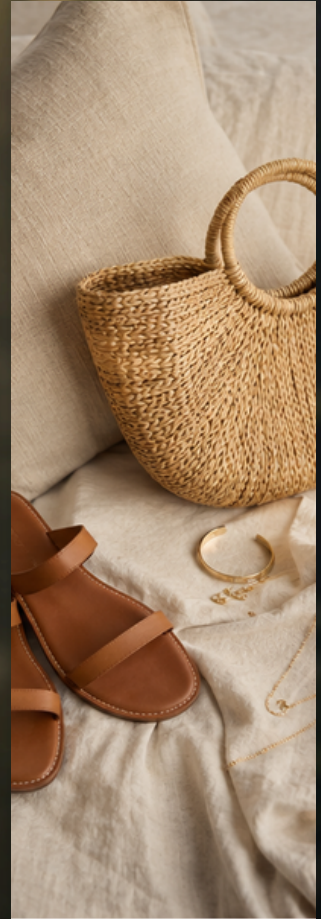


WOMEN'S RETREAT DRESS CODE

ROOTED RESORT CHIC

An Invitation to Feel Comfortable and Free

Lightweight, flowing pieces in white, ivory, and earthy tones. Coordinated sets, wide-leg trousers, jumpsuits, or relaxed-fit midi or maxi dresses; flat sandals or comfortable footwear.



SUGGESTED COLOR PALETTE



IVORY



SAND



CAMEL



CLAY



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RAICES EN MOVIMIENTO

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