

# CASA OM

A BOUTIQUE YOGA RETREAT CENTER  
NEAR CANCUN, MEXICO

FEATURING A CURATED BALANCE OF GRACE, ELEGANCE  
AND STATE OF THE ART YOGA ROOMS.



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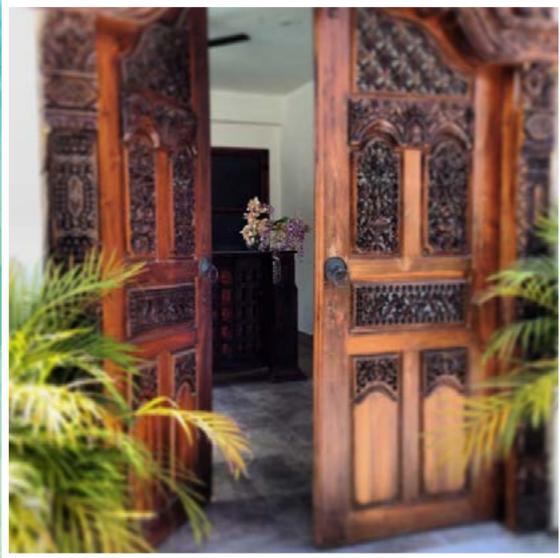
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# CASA OM



## WELCOME TO CASA OM!

Come visit our beachside locale, with world-class yoga, delicious gourmet food, rooftop sunsets and endless fun things to do. Get a treatment with Mayan healers, or indulge in a beachfront massage. Dip in our pool or explore the coral reef. When you need to get away but not too far, we are here.

Only 20 minutes from the Cancun Airport, you will return home nourished in body, mind and soul.



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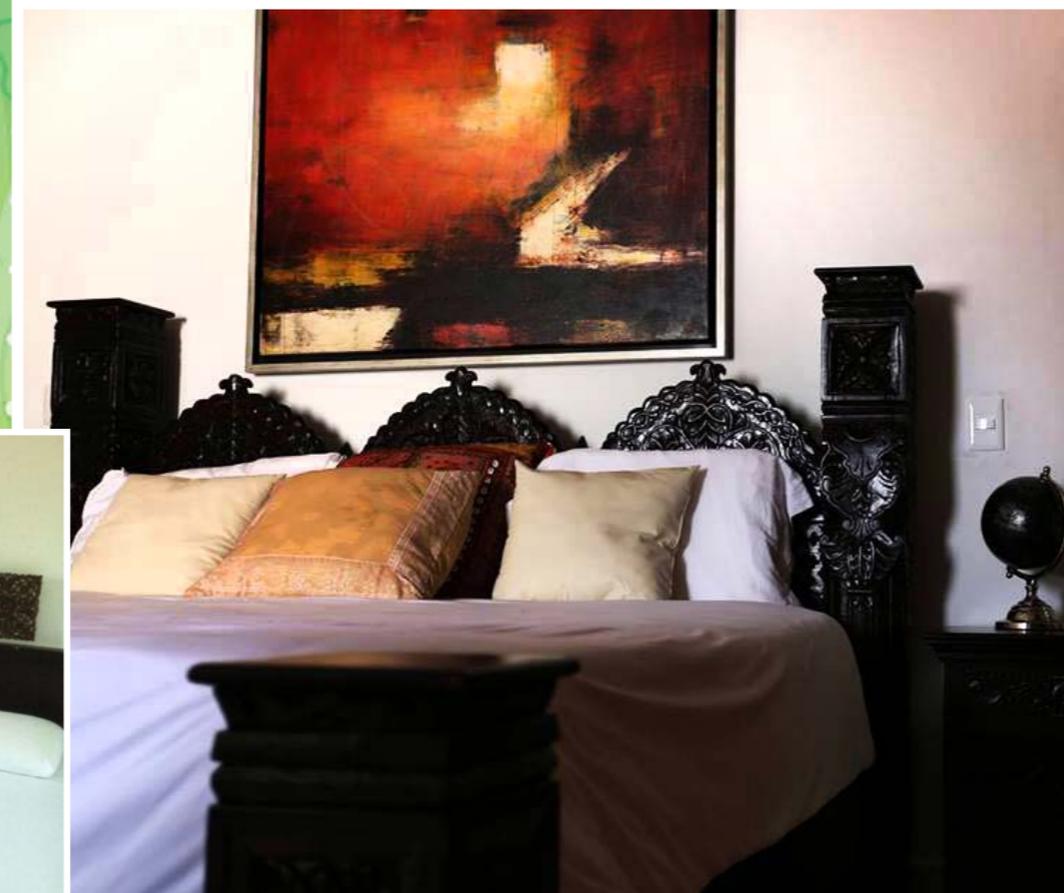
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## ACCOMMODATIONS

Featuring 9 bedrooms, Casa Om is perfect for retreats or trainings with needs of up to 18 people. For trainings up to 40 people, we work with our neighbors for extra accommodations. We have 5 rooms with double beds and private bathrooms. We have 2 rooms with double beds and shared bathrooms. We have 1 room with a queen bed and private bath. We have 1 room with a king bed and private bath.

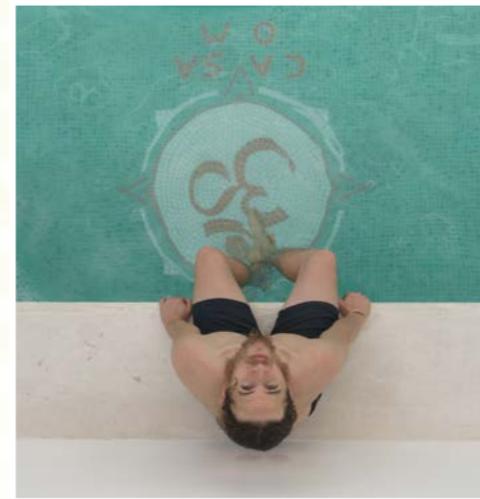
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# CASA OM

*“Casa Om is where yogini’s get  
princess beds.”*

*- Courtney*



After breakfast catch some sun while lounging by our pool.



# CASA OM



## YOGA

Our yoga room was designed with a multitude of yoga styles in mind. Features of the room include - mirrors, walls for back bending, heat for hot yoga, air conditioning for meditation, fans, nonslip, clean floors, expansive views, great air circulation, a sound system, mats, towels, and blocks. The room is 40' wide x 25' deep for a total of 1000 sq. feet. Not quite mat to mat, 40 people fit comfortably for yoga. We have hosted groups that practiced Kundalini, Bikram, Vinyasa, Hatha, and Iyengar yoga, meditation and more.

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# CASA OM

*"I love Casa Om. It's the best space I  
have ever used for a Jedi Fight Club.  
I can't wait to go back."*

*- Esak Garcia*





## DINING

At Casa Om we run a full gourmet vegetarian kitchen. We offer extensive Mexican, Thai, New American, and Lebanese food options. Visitors love our fresh juices and superfood smoothies. All dishes are prepared with a healthy yogic lifestyle in mind. We love to make gluten free and vegan meals as well. When you visit us, you can have all your meals at Casa Om or customize so you can explore restaurants in the area as well.

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# CASA OM



Our head chef, Eduardo, is a former restaurateur; he brings more than 10 years of professional cooking experience to Casa Om. He is passionate about food and his cooking classes are a favorite amongst our visitors. Those passionate about cuisine will find a like-minded soul.

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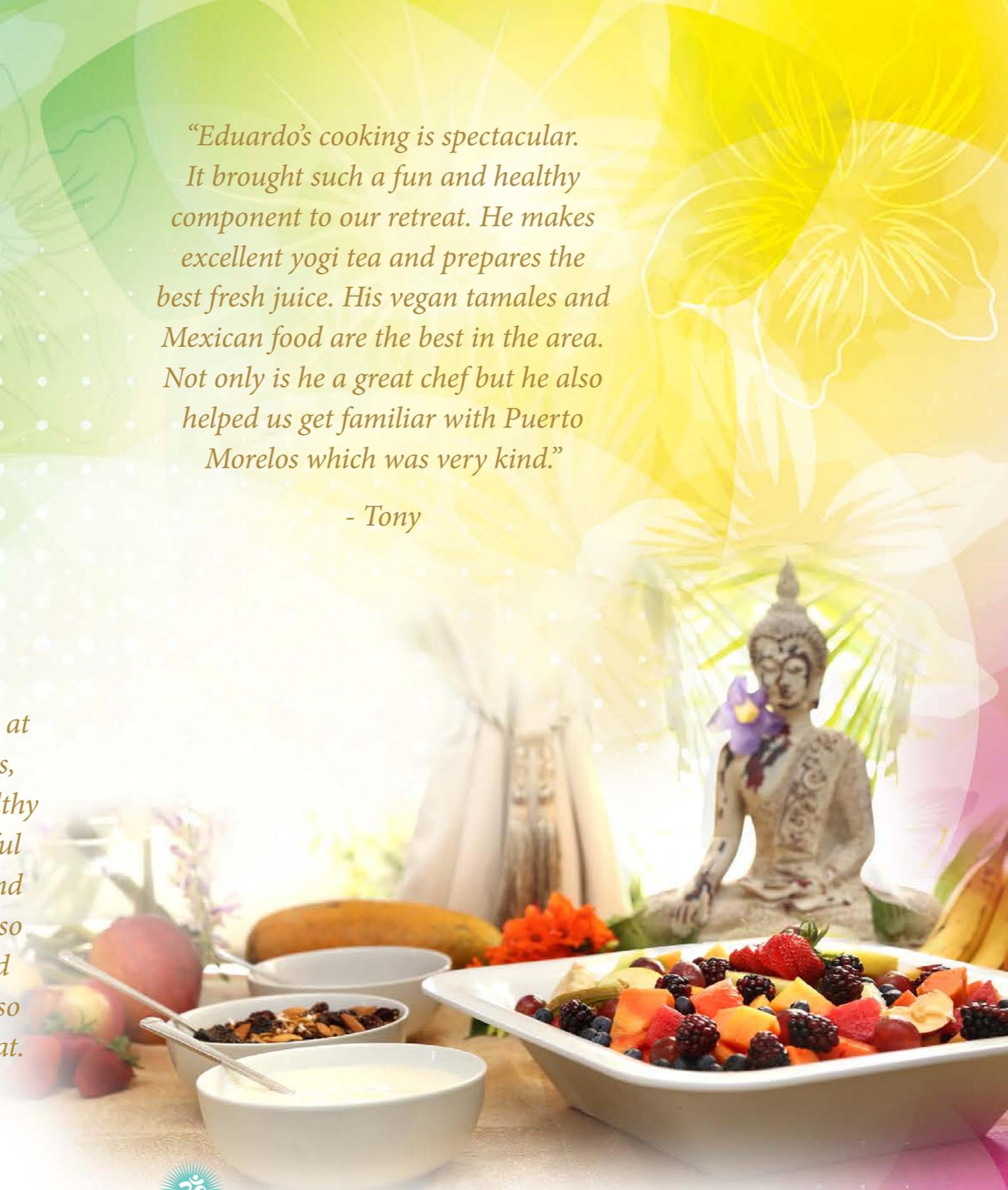
*“Eduardo’s cooking is spectacular. It brought such a fun and healthy component to our retreat. He makes excellent yogi tea and prepares the best fresh juice. His vegan tamales and Mexican food are the best in the area. Not only is he a great chef but he also helped us get familiar with Puerto Morelos which was very kind.”*

*- Tony*

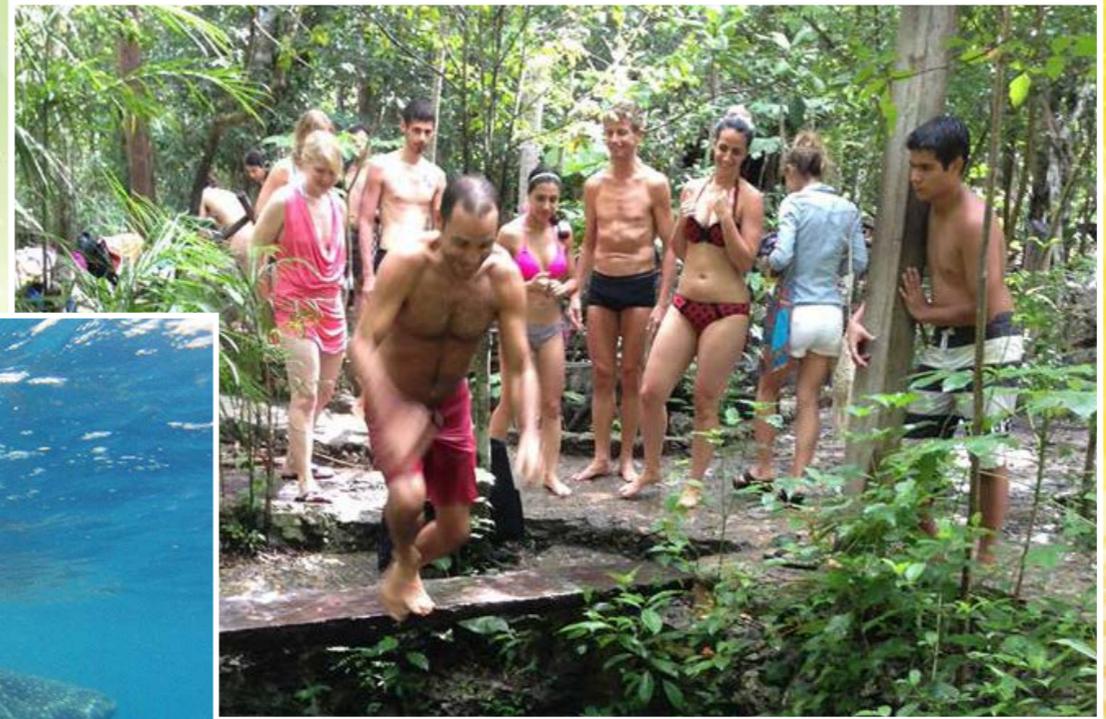
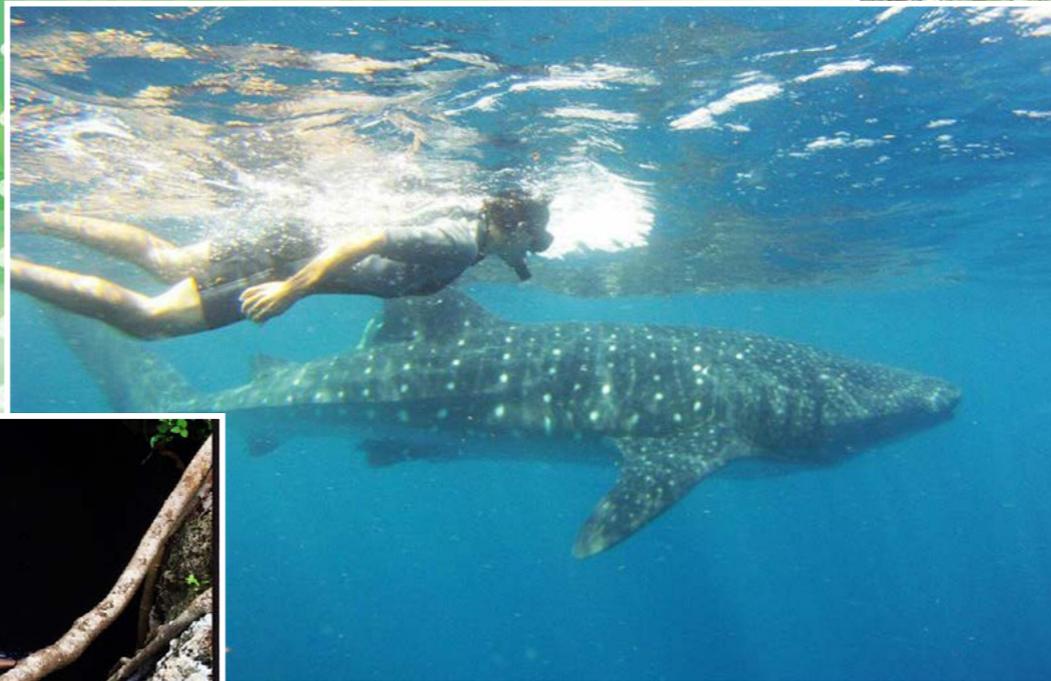
*“Eduardo is such a big part of the success of our retreats at Casa Om. He makes delicious fresh juices and yogi teas, prepares the best Mexican food in town, and creates healthy yogic menus that make everyone feel bountiful, beautiful and blissful! He and his staff are so kind and helpful, and working with him was so easy! In fact, his cooking was so amazing that on our first retreat, our guests demanded he give them a cooking class, and his presentation was so delightful that many called it the high point of the retreat.*

*I couldn’t imagine a better chef at Casa Om.”*

*- Ramdesh*



# CASA OM



## THINGS TO DO

*When it comes to fun, Casa Om is in the best location. Puerto Morelos is a small seaside fishing village 30 minutes from both Cancun and Playa Del Carmen. We have great proximity to big cities but enjoy a small-town vibe.*

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*In addition to yoga, here are some of the many things to do:*

- 1) Coral Reef snorkeling and scuba diving.
- 2) Cenote swimming (underwater caves)
- 3) Beach volleyball
- 4) Enjoy live music in town
- 5) Shopping in town, Playa Del Carmen and Cancun
- 6) Visit Mayan ruins
- 7) Climb a pyramid in Coba
- 8) Visit Chichen Itza
- 9) Zipline, atv and swim at Xplor
- 10) Enjoy world-class shows at Xcaret
- 11) Take a boat to Isla Mujeres
- 12) Visit turtle reserves in Akumal
- 13) See crocodiles at Crococun
- 14) Cliff jump at Kin Ha
- 15) Beachside massage
- 16) Basketball and soccer fields
- 17) Spanish language immersions
- 18) Cooking classes

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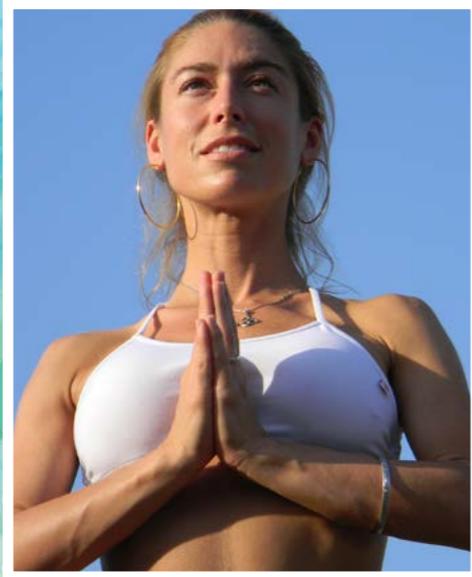


## MASSAGE & HEALING

*From massage and ayurveda to traditional Mayan healing, we work with some of the best healers in the world at Casa Om. Whether you seek a relaxing massage or deep transformation body work, we have the healer for you. Inquire for details.*



# CASA OM



## SIRI OM KHALSA

Siri Om personally designed every element of Casa Om. This extraordinary retreat center is the manifestation of her vision. Casa Om is the culmination of her two passions - yoga and design.

Siri Om studied with Bikram Choudhury extensively since 1995 in Los Angeles at the Yoga College of India. In 2000 she moved to an ashram in New Mexico and studied with the late Yogi Bhan where she completed Kundalini yoga teacher training.

As a child growing up in Detroit, Siri Om was surrounded by family, including an aunt who was an interior designer and her grandfather, a custom furniture maker. She began practicing yoga at the age of two. Fusing her talents, Casa Om is her vision for a “yoga hotel”—a magical space in which to engage deeply in the spiritual and physical aspects of yoga.

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## HARGOBIND KHALSA

Hargobind is an entrepreneur specializing in yoga and healthy living.

A believer in business as a force for betterment, he has spent his career developing companies that would have a positive impact on society. His ventures include a stake in SpiritVoyage.com, Casa Om and the forthcoming Pure 1 Juice. He is also the founder of Sat Nam Fest.

From India to Costa Rica, from California to Pennsylvania, Hargobind has planned numerous retreats and festivals across the world. He is excited to help you plan your event at Casa Om.

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## IGOR JOLY

Casa Om Manager Igor is a man of many talents; a gifted documentary photographer; he has traveled extensively throughout the world and speaks fluent Spanish, French and English. Born in Mexico, Igor studied at Miri Piri Academy in Amritsar, India, where he also completed training to become a certified Kundalini yoga teacher. While he was in India his passion for photography was sparked when his father gave him a camera, and he began developing his own perspective and photographic style. His documentary and personal photos capture his surroundings and the people he encounters in vibrant color and detail, revealing his zest for life.

As Manager of Casa Om, Igor ensures that the hotel runs smoothly and efficiently. His staff members say they love the family atmosphere Igor encourages through trust and communication. Igor's devotion to his work is reflected in the care he takes to help make Casa Om such a remarkable place.

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## EDUARDO GOMEZ

Eduardo Gomez, is a former restaurateur and he brings over 10 years of professional cooking experience to Casa Om. Fluent in English and Spanish he is also a great resource for visitors. He is passionate about food and his cooking classes are a favorite amongst our visitors. For those passionate about cuisine, they will find a like-minded soul.



# CASA OM

## CONTACT

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