

AKUMAL, MEXICO OR BY REQUEST

Best Version Retreat

This transformative 4 day retreat takes you on a journey through you to bring you to exactly who you are and where you want to be.

You will return clear, focussed & connected.

Contact: +52 951 591 5914

@sunnidawson



RETREATS
WITH SUNNI



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A holistic experience

Before coming on the retreat we will go through an interview process with you which will include finding out about your intentions, goals, whether you can meet the diet requirements, any medications and health issues.

Sunni will also tune in to give you individual exercises, suggestions and a meditation just for you to listen throughout the retreat and beyond.

The retreat is aimed to take you deep in a safe secure space and provide you with the support you need to do this before, during and after.



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Day 1 - Connect with you (& the jungle paradise)

11am - Pick up Playa Del Carmen

12noon - Arrive to the Jungle paradise and get settled

1pm - Welcome at the Cenote & introductions

3pm - Discussion, grounding & intention setting

6pm - Dinner

7.30pm - Cacao & sound healing ceremony



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Day 2 - Who you were

9am - Root Yoga

10am - Past selves session

12.30pm - Lunch

2pm - Temascal

6pm - Dinner

7.30pm - Past self release
Meditation & Energy Healing

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Day 3 - Dreams

9am - Crown Yoga

10am - Childhood dreams session

1pm - Lunch

2.30pm - Emotional release exercises

4.30pm - Authenticity session

6.30pm - Dinner

8pm - Journaling exercises & discussion





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Day 4 - Future Self

9am - Restorative Yoga

10am - Healing our connection

12.30pm - Lunch

2pm - Drop deeper session

7pm - Dinner

7.30pm - Cacao dance your future self now



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Day 5 - Completion & reflection

10am - Brunch

11am - Closing Circle

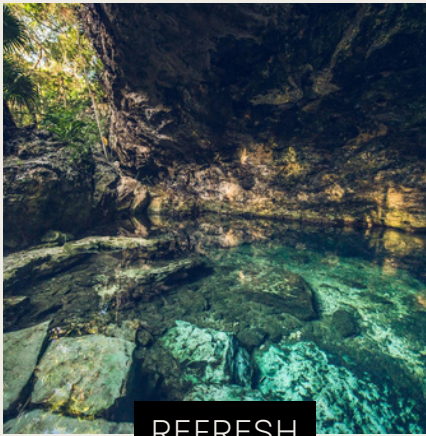
2pm - Leave Jungle Paradise to Playa Del Carmen

There will be a post retreat support zoom integration call.

All inclusive, private & shared rooms available

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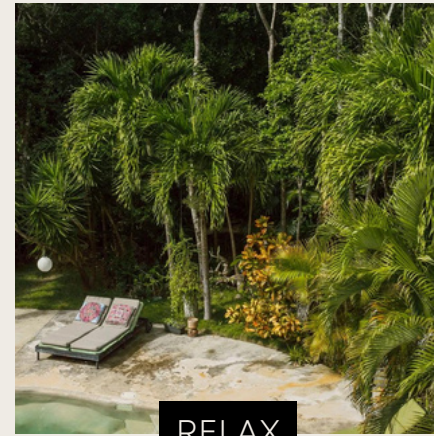
+52 951 591 5914 (WhatsApp)



REFRESH



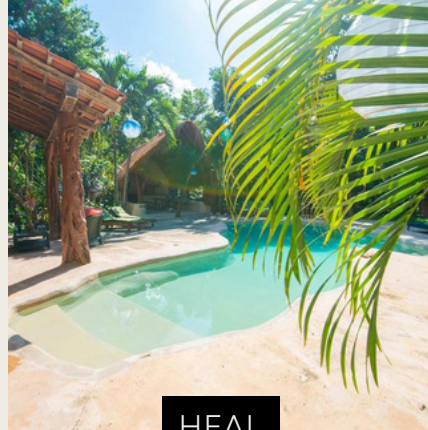
RENEW



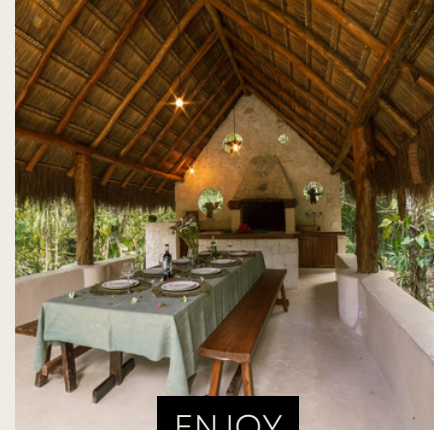
RELAX



CONNECT



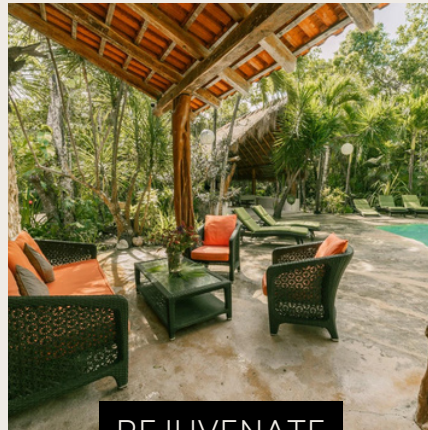
HEAL



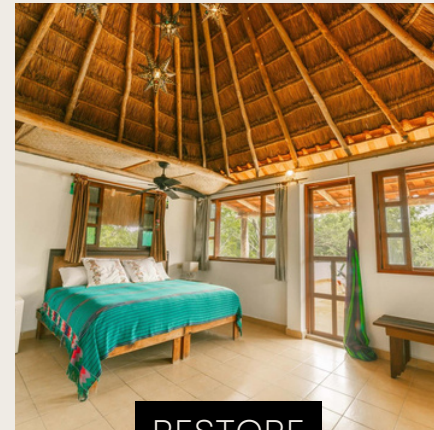
ENJOY



REST



REJUVENATE



RESTORE

The Accommodation

ALL INCLUSIVE 5 DAY RETREAT:
KING ROOM WITH OWN BATH: \$2333
KING ROOM (SHARED BATH): \$2111
SHARED ROOM: \$1777
**VERY LIMITED SPACES AVAILABLE, UNIQUE
SMALL GROUP EXPERIENCE,**