

AKUMAL, MEXICO OR BY REQUEST



Evolve Retreat

A stunning jungle location, a Temascal, Yoga, Sound healing, therapeutic work is just the beginning of this transformative 4 day retreat.

Are you ready to Evolve?

Contact: +52 951 591 5914
@sunnidawson



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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 ceremony & Sound Healing



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Day 2 - Centre in on you

9am - Heart Opening Yoga

11am - Brunch

2pm - Temascal

6pm - Dinner

7.30pm - Journal prompts, discussion, then meditation



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Day 3 - Expand

9am - Crown opening Yoga

10am - Therapeutic Group Work Pt 1

1pm - Lunch

3pm - Therapeutic Group Work Pt 2

6.30pm - Dinner

8pm - Cacao Dance



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Day 4 - 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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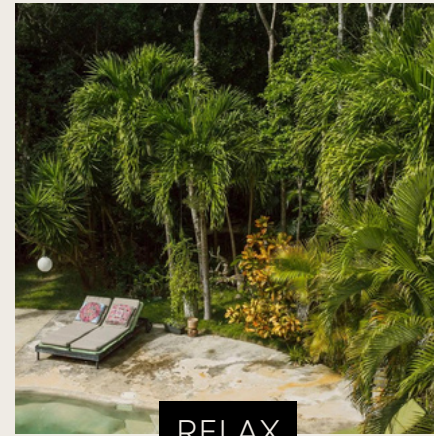
+52 951 591 5914 (WhatsApp)



REFRESH



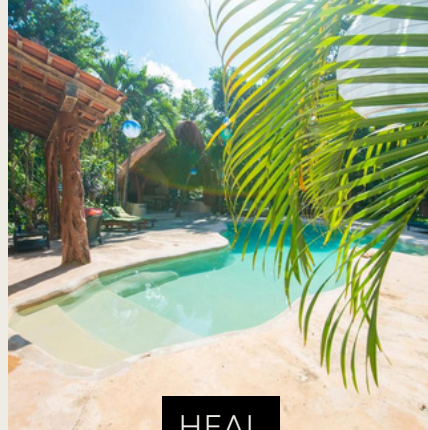
RENEW



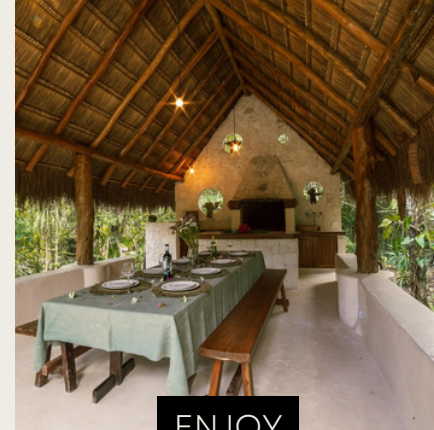
RELAX



CONNECT



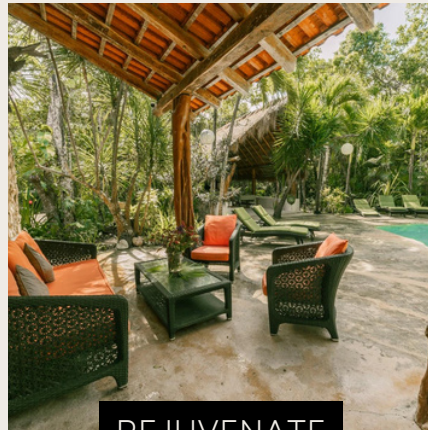
HEAL



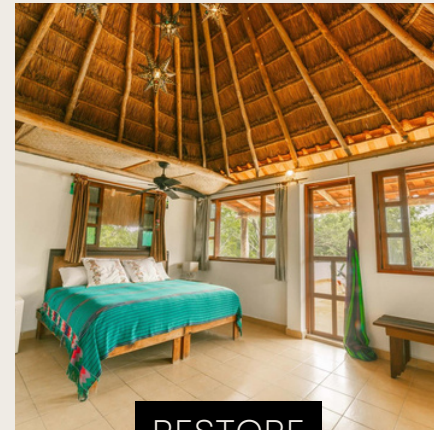
ENJOY



REST



REJUVENATE



RESTORE

The Accommodation

ALL INCLUSIVE 4 DAY RETREAT:
KING ROOM WITH OWN BATH: \$1555
KING ROOM (SHARED BATH): \$1333
SHARED ROOM: \$1222
**VERY LIMITED SPACES AVAILABLE, UNIQUE
SMALL GROUP EXPERIENCE,**