



MAY 2025, AKUMAL MEXICO

Change your world Retreat

Are you ready to transform everything?

Intensive 5 day retreat:

- 2 Aya Ceremonies
- Energy Healings
- Sound healings
- Water therapy
- Channeled healing guidance
- Therapeutic processes
- Yoga & Meditation
- Integration

Sunni will guide and walk with you every step of this powerful journey.

Are you ready to change your world?

A photograph of a man sitting on a log stool in a forest, preparing sticks for a fire. He is wearing a dark t-shirt and shorts. In the foreground, there is a large, circular stone fire pit with a fire burning inside. The background is filled with tall trees and a wooden structure. The scene is set in a natural, outdoor environment.

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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 to change everything, if you're ready!

5 days of this retreat is direct one on one work with Sunni, and 3 of the days includes small group retreat with Sunni.



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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 &
intentions & first release

2pm - Psychic reading & energy
cleanse & focus

6pm - Dinner

8pm - Energy healing / Parts Work
(tailored to your individual goals/
requirements)

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Day 2 - Dive Deeper with Aya

9am - Gentle Yoga

11am - Brunch

Contemplation & Cenote time

2pm - 4pm - Channelled healing guidance / parts work

5pm - Intention setting circle & meditation

6pm - Fire Ceremony - release what no longer serves you

7pm - 1st Aya Ceremony with Fiammetta (expert Curandera from Peru)





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Day 3 - Second Aya Ceremony

9am - Integration circle with group

11am - Brunch

2pm - Water therapy / Parts Work

5pm - Meditation & intention setting

6pm - Fire ceremony

7pm - 2nd Aya ceremony

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Day 4 - Integration

9am - Integration circle

11am - Brunch

3pm - Water therapy

5pm - Dinner

6pm - Energy healing & integration



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Day 5 - Coming back to you

9am - Gentle Yoga

10am - Brunch

12noon - Parts work & next steps

3pm - Leave jungle paradise

Option to stay extra days at centre for more jungle time and integration

There will be 2 post retreat integration calls with Sunni (Day after and 7 days after).