



AKUMAL, MEXICO OR BY REQUEST

Intuition Retreat

You know you're intuitive. You've had the insights and confirmations, but you continue to second guess yourself. This retreat is for you.

Return clear, connected and powerful.

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 & sound healing ceremony



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Day 2 - Gut Connection

9am - Solar Plexus Yoga

10am - Solar & Intuition

12.30pm - Lunch

2pm - Temascal

6pm - Dinner

7.30pm - Solar Plexus Meditation & Energy Healing

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Day 3 - Heart Connection

9am - Heart Yoga

10am - Heart & Intuition

1pm - Lunch

2.30pm - Heart Talk Exercises

6.30pm - Dinner

8pm - Heart Meditation & greater connection



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Day 4 - Head Connection

9am - Crown Opening Yoga

10am - Healing our connection

12.30pm - Lunch

2pm - Channelling

7pm - Dinner

7.30pm - Gut, Heart, Head Integration
with Cacao





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Day 5 - Completion & reflection

10am - Brunch

11am - Closing Circle

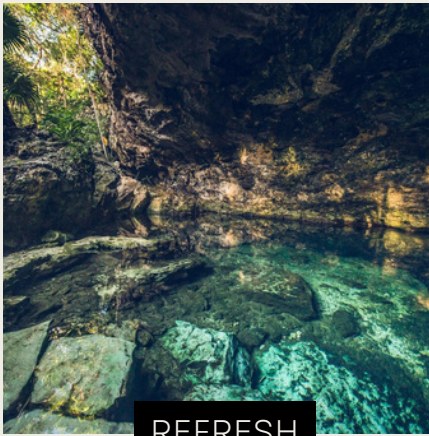
2pm - Leave Jungle Paradise to Playa Del Carmen

There will be a post retreat support zoom integration call.

All inclusive, private & shared rooms available

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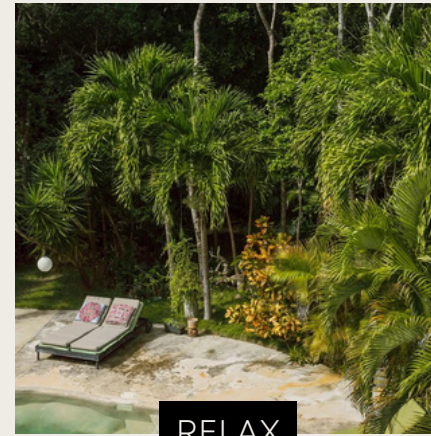
+52 951 591 5914 (WhatsApp)



REFRESH



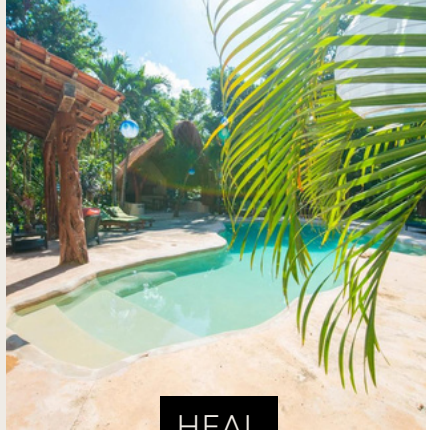
RENEW



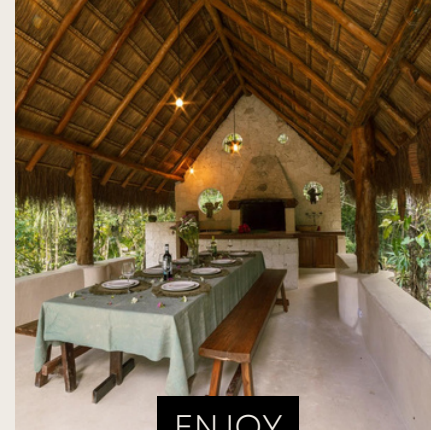
RELAX



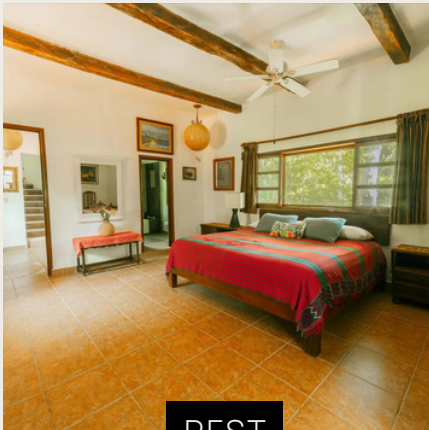
CONNECT



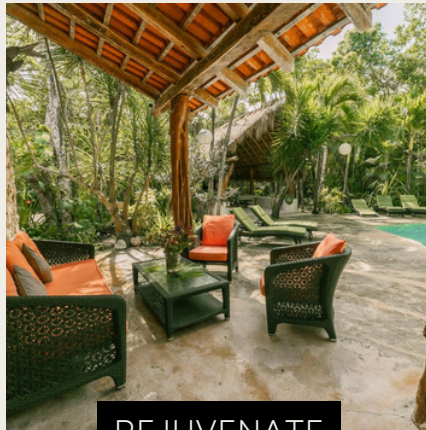
HEAL



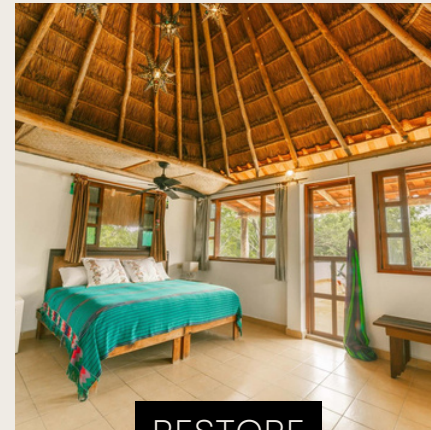
ENJOY



REST



REJUVENATE



RESTORE

The Accommodation

ALL INCLUSIVE 5 DAY RETREAT:
KING ROOM WITH OWN BATH: \$2555
KING ROOM (SHARED BATH): \$2222
SHARED ROOM: \$1999
**VERY LIMITED SPACES AVAILABLE, UNIQUE
SMALL GROUP EXPERIENCE,**