



20 – 27 MAY 2025,
AKUMAL MEXICO

RETREATS
WITH SUNNI

A New You Retreat

Connect with you, renew & transform in a safely held space in the Mayan jungle.

This 8 day retreat combines powerful plant medicine with energy healings, release work, channelled guidance, Temazcal, Tabacco purge, Rapeh, 3 Aya ceremonies with Fia, an expert curandera from Peru and comprehensive integration support.

Are you ready to dive deeper into you?

retreatswithsunni.com



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A wholistic 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 prior to the retreat 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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Everything covered

Sunni provides you an unique healing and restorative experience through:

- Very small groups to get all the individual attention you need.
- 3 Ayahuasca ceremonies enables you to dive deep into a journey of healing throughout the week, opening up more layers & exploring more aspects of you in a cohesive and integrated way.
- Combined healing modalities of sound & energy healings, channelled guidance, meditation, yoga, body release, reflection exercises with the plant medicine work is powerful.
- Our retreat centre is simply magical. Relax by the cenote, sip tea & journal by the pool, be serenaded by birds & visited by the monkeys.
- You will be cared for in each moment with nourishing food, post ceremony & post retreat zoom integration calls.





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

12noon - Arrive to the Jungle
paradise and get settled

2pm - Welcome & introductions

3.30pm - Temascal

7pm - Dinner

8.30pm - Guided mediation &
journalling with intentions



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Day 2 - Cleaning your body & mind

9am - Gentle Yoga

11am - Brunch

1pm - 4.30pm - Intuitive messages (1
on 1)

7pm - Tabacco purge / Rapeh circle
with Fiammetta (expert Tobbacera
from Peru)



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Day 3 - First Aya Ceremony

9am - Gentle Yoga

11am - Brunch

2pm - Emotional release exercises

5pm - Meditation & intention setting

7pm - Fire release ceremony

8pm - 1st Aya ceremony with
Fiammetta (expert Curandera from
Peru)



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Day 4 - Go Deeper - Second Aya Ceremony

11am - Brunch & integration circle

5pm - Meditation & intention setting

7pm - Fire release ceremony

8pm - 2nd Aya ceremony with
Fiammetta (expert Curandera from
Peru)

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Day 5 - Integrate & Expand

11am - Brunch & Integration Circle

2 - 4.30pm - Intuitive messages (1 on 1)

Optional Water Therapy

6pm - Dinner

7pm - Guided Integration Journalling,
Sound & Energy Healings



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Day 6 - Deeper again- Third Aya Ceremony

9am – Gentle Yoga

11am – Brunch

2pm – Emotional release exercises &
group processing discussion

5pm – Meditation & intention setting

7pm – Fire release ceremony

8pm – 3rd Aya ceremony with
Fiammetta (expert Curandera from
Peru)





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Day 7 - Cacao, connection & song

11am - Brunch & Integration Circle

3pm - Restorative Yoga

6pm - Dinner

7pm - Cacao Ceremony, music & song



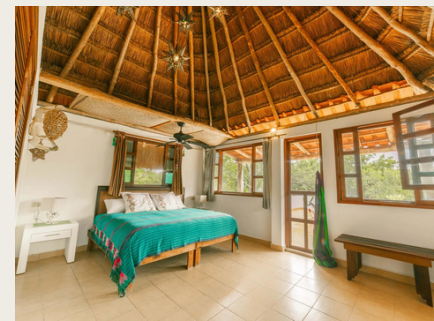
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Day 8 - Coming back to you

10am - Brunch & Closing Circle

1pm - Leave jungle paradise

There will be post retreat
integration online calls.



The Accommodation

ALL INCLUSIVE 8 DAY RETREAT:
\$4,444 KING ROOM WITH PRIVATE BATH -
COUPLE.
\$3,333 KING ROOM WITH SHARED BATH -
SINGLE.
\$2,222 SHARED ROOM

VERY LIMITED SPACES AVAILABLE, UNIQUE
SMALL GROUP EXPERIENCE.

Book by 21 February 2025 for 10% discount.

RETREATSWITHSUNNI.COM, WHATSAPP: +52 951 591 5914

