



23 MAY – 1 JUNE 2025,  
IQUITOS, PERU

# A New You Retreat

Transform everything in a safely held space in the Peruvian jungle. This 10 day retreat combines powerful plant medicine with energy healings, somatic release, channelled guidance, 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](http://retreatswithsunni.com)



A group of people are relaxing by a swimming pool in a tropical setting. The pool is surrounded by lush green trees and foliage. Several people are sitting on the edge of the pool, while others are in the water. A large, ornate, golden sunburst or mandala-like decoration is visible in the upper left corner of the image. The overall atmosphere is peaceful and serene.

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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, somatic release, reflection exercises with the plant medicine work is powerful.
- Our retreat centre is simply magical. Relax in the jacuzzi, 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.
- Experience the powerful Amazon river & the unique town of Iquitos.







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## Day 1 - Arrive to the jungle paradise

2pm – Arrive to the Jungle paradise  
and get settled

2pm 4pm– Welcome &  
introductions at the pool

7pm – Dinner

8.30pm – Fire Ceremony with  
guided mediation & journalling with  
intentions





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## Day 2 - Amazon River Day Trip

8am - Gentle Yoga

9am - Incredible day trip up the Amazon River, understand indigenous cultures living along the river, visit a monkey sanctuary and see pink dolphins jump as we travel along the river!

7pm - Dinner







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## Day 3 - Direct & Clear

9am – Gentle Yoga

11am – Brunch

1pm – 4.30pm – Intuitive messages (1  
on 1 with Sunni)

Pool / Hammock / Journalling time

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





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## Day 4 - First Aya Ceremony

9am – Gentle Yoga

11am – Brunch

2pm – Emotional release exercises

5pm – Meditation & intention setting

7pm – 1st Aya ceremony with  
Fiammetta (expert Curandera from  
Peru)



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## Day 5 - Integrate & Expand

9am – Brunch & Integration Circle

2 – 4.30pm – 1 on 1 time with Sunni  
Intuitive messages, talk or water  
therapy options

Enjoy time in our Jacuzzi & Sauna

6pm – Dinner

7pm – Guided Integration Journalling,  
Sound & Energy Healings







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## Day 6 - Second Aya Ceremony

9am – Restorative Yoga

11am – Brunch

Pool / Hammock / Journalling time

4pm – One on one check-ins

5.30pm – Meditation & intention setting

7pm – 2nd Aya ceremony with Fiammetta (expert Curandera from Peru)





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## Day 7 - Integrate & Expand further

9am – Brunch & Integration Circle

2 – 4.30pm – 1 on 1 time with Sunni  
Intuitive messages, talk or water  
therapy options

Enjoy time in our Jacuzzi & Sauna

6pm – Dinner

7pm – Guided Integration Practice,  
Somatic Release & Meditation





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## Day 8 - Deeper again- Third Aya Ceremony

9am – Gentle Yoga

11am – Brunch

2pm – Emotional release exercises &  
group processing discussion

5pm – Meditation & intention setting

7pm – 3rd Aya ceremony with  
Fiammetta (expert Curandera from  
Peru)





A group of people are sitting in a circle on a sandy ground at night. They are illuminated by several small candles placed around them. A large, intricate yellow mandala is projected onto the sand in the center of the circle. The scene is set outdoors, with some plants visible in the background.

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## Day 9 - Cacao, connection & song

9am – Brunch & Integration Circle

2pm – Optional activities:

- Markets in Iquitos
- Massage
- Jacuzzi, Sauna, Pool

6pm – Dinner

7pm – Cacao Ceremony, music & song



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## Day 10 – Coming back to you

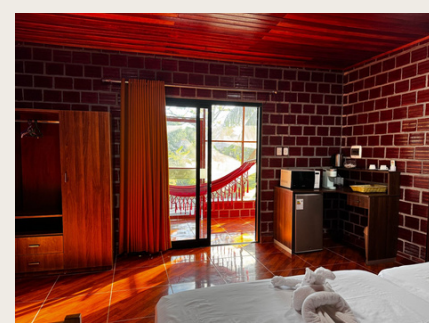
10am – Brunch & Closing Circle

1pm – Leave jungle paradise to  
enjoy Iquitos more or further travel

There will be post retreat  
integration online calls.







# The Accommodation

ALL INCLUSIVE 10 DAY RETREAT:

\$2,777 SHARED ROOM WITH PRIVATE BATH

\$3,333 SINGLE ROOM WITH PRIVATE BATH

\$5,444 COUPLE ROOM WITH PRIVATE BATH

VERY LIMITED SPACES AVAILABLE, UNIQUE  
SMALL GROUP EXPERIENCE.

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