

AKUMAL, MEXICO OR BY REQUEST

Transformational Retreat

Get ready to dive deep with
our profound Parts Work
retreat.
It's deep. It's transformative.

Are you ready to see You from
multiple perspectives?

Contact: +52 951 591 5914
@sunnidawson





AKUMAL, MEXICO OR BY REQUEST

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.



AKUMAL, MEXICO OR BY REQUEST

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 about Parts Work & intro to Parks Work

6pm - Dinner

7.30pm - Cacao & sound healing ceremony

AKUMAL, MEXICO OR BY REQUEST



Day 2 - Parts Work 1 & 2

9am - Heart Opening Yoga

10am - Parts Work Session 1

1pm - Lunch

2pm - Parts work Session 2

6pm - Dinner

7.30pm - Meditation, Energy Healing
& Restorative Movements

AKUMAL, MEXICO OR BY REQUEST



Day 3 - Expand

9am - Emotional release exercises

10am - Group Parts Work Meditation

1pm - Lunch

3pm - Temascal

6.30pm - Dinner

8pm - Journalling prompt exercises & discussion

AKUMAL, MEXICO OR BY REQUEST

Day 4 - Dive deeper

9am - Voice Opening Yoga

10am - Parts Work Session 3

1pm - Lunch

2pm - Parts work Session 4

6pm - Dinner

7.30pm - Emotional Release exercises



AKUMAL, MEXICO OR BY REQUEST

Day 5 - & Deeper Again

9am - Crown Opening Yoga

10am - Parts Work Session 5

1pm - Lunch

2pm - Parts work Session 6

6pm - Dinner

7.30pm - Meditation





AKUMAL, MEXICO OR BY REQUEST

Day 6 - Wholeness

9am - Restorative yoga

12noon - Lunch

2pm - Parts work session 7

6pm - Dinner

7.30pm - Cacao ceremony & dance



AKUMAL, MEXICO OR BY REQUEST

Day 7 - Completion & reflection

10am - Brunch

11am - Closing Circle

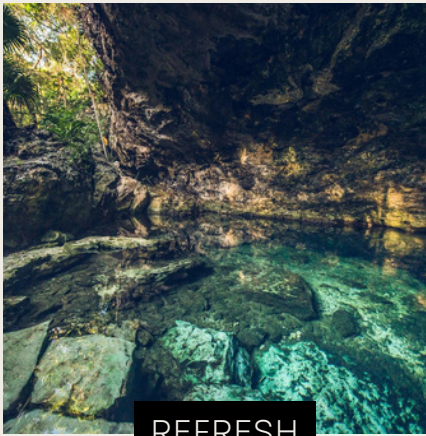
2pm - Leave Jungle Paradise to Playa Del Carmen

There will be a post retreat support zoom integration call.

All inclusive, private & shared rooms available

Contact: @sunnidawson

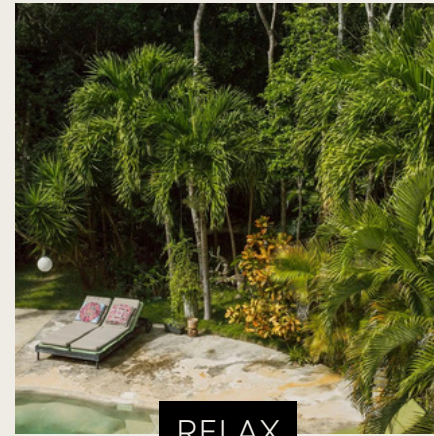
+52 951 591 5914 (WhatsApp)



REFRESH



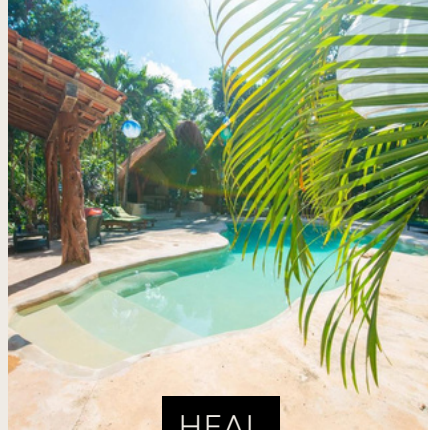
RENEW



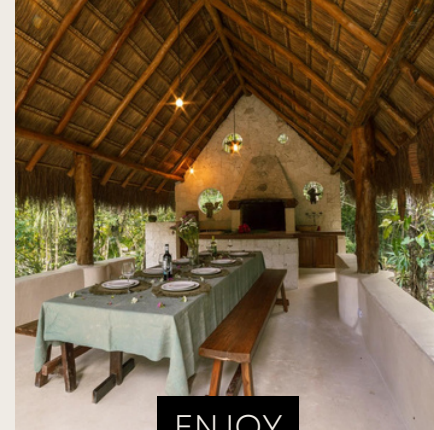
RELAX



CONNECT



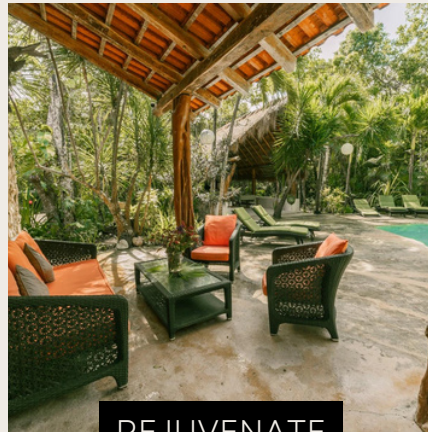
HEAL



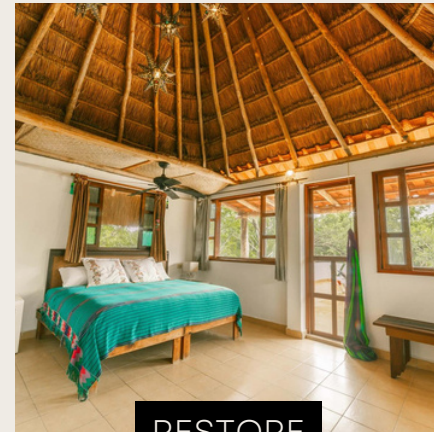
ENJOY



REST



REJUVENATE



RESTORE

The Accommodation

ALL INCLUSIVE 7 DAY RETREAT:
KING ROOM WITH OWN BATH: \$2999
KING ROOM (SHARED BATH): \$2555
SHARED ROOM: \$2222
**VERY LIMITED SPACES AVAILABLE, UNIQUE
SMALL GROUP EXPERIENCE,**