



AKUMAL, MEXICO OR BY REQUEST

Women's Retreat

Be supported in a safely held women's space to dive deep and transform masculine & feminine wounding.

Temascal, Yoga, Therapeutic processes, Emotional Release work, Water Therapy and more.

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 - Feminine Heart

9am - Heart Opening Yoga

10am - Heart Releasing exercises

1pm - Lunch

2pm - Heart Transformation Group

6pm - Dinner

7.30pm - Heart Meditation, Energy
Healing & Restorative Movements

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Day 3 - Womb connection

9am - Womb Yoga

10am - Working with our Wombs

1pm - Lunch

3pm - Temascal

6.30pm - Dinner

8pm - Journalling prompt exercises & discussion





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Day 4 - Wombs & Hearts

9am - Voice Opening Yoga

10am - Healing our connection

12.30pm - Lunch

2pm - Water Therapy

7pm - Dinner

7.30pm - Womb & Heart Meditation



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Day 5 - Women's intuition

9am - Crown Opening Yoga

10am - Developing your intuition Pt 1

1pm - Lunch

2pm - Developing your intuition Pt 2

6pm - Dinner

7.30pm - Cacao dance



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Day 6 - Completion & reflection

10am - Brunch

11am - Closing Circle

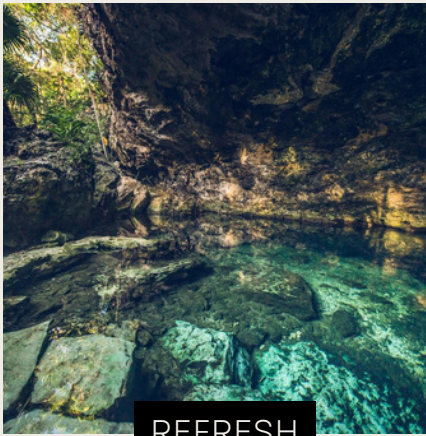
2pm - Leave Jungle Paradise to Playa Del Carmen

There will be a post retreat support zoom integration call.

All inclusive, private & shared rooms available

Contact: @sunnidawson

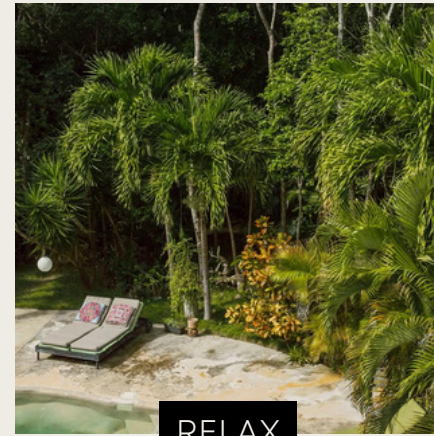
+52 951 591 5914 (WhatsApp)



REFRESH



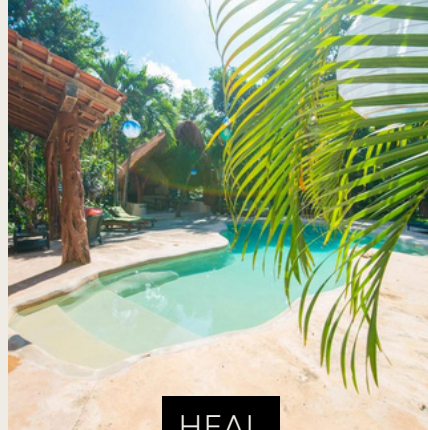
RENEW



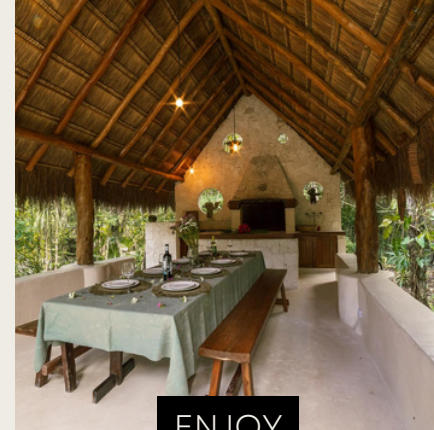
RELAX



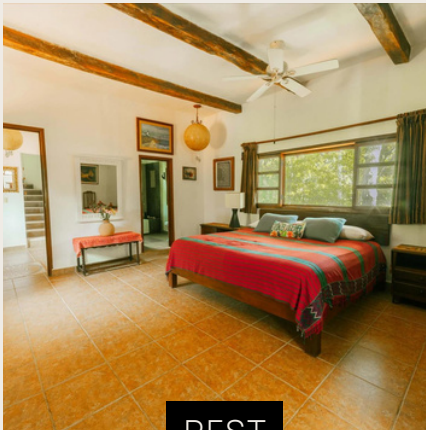
CONNECT



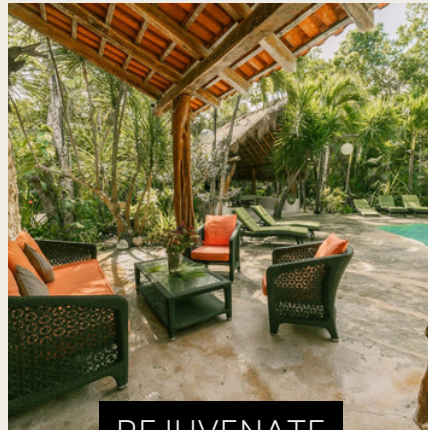
HEAL



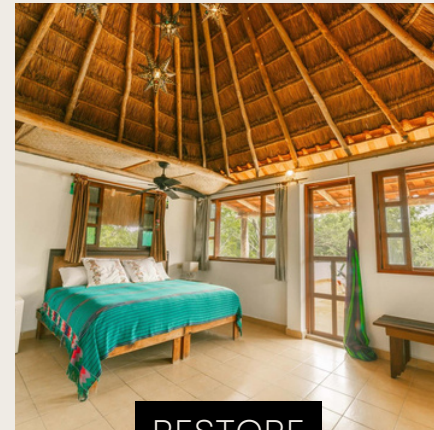
ENJOY



REST



REJUVENATE



RESTORE

The Accommodation

ALL INCLUSIVE 6 DAY RETREAT:
KING ROOM WITH OWN BATH: \$2555
KING ROOM (SHARED BATH): \$2222
SHARED ROOM: \$1999
**VERY LIMITED SPACES AVAILABLE, UNIQUE
SMALL GROUP EXPERIENCE,**