

# TOLTEC RECAPITULATION RETREAT

The   
Warrior's  
Path®



## DATE & TIME

***From March 7 at 9:00 am to March 17, 2024 at 4:00 pm***

## INTRODUCTION

**Do you feel stuck despite your efforts to live in the present? Are there aspects of your past that you still haven't been able to overcome? Harmful reactions or habits that persist in your life? Do you want to make a meaningful change in your life? Recapitulation, a deep and powerful process, helps us to recover the energy lost in past experiences and free ourselves from that energy that does not belong to us, affecting us negatively.**

**This technique is inspired by the recapitulation practices carried out by the Toltec ancestors, solving problems of the past to recover the necessary energy and embark on new paths.**

**Recapitulation, considered an ancient form of "psychoanalysis," differs markedly in that it focuses on internally reliving past experiences, not talking about them, for in the latter case, the mind tends to manipulate the memory, to judge it, and to omit very important details. Unlike modern approaches to psychology, recapitulation focuses on evoking entire scenes, capturing details to relive them and regain lost energy.**

**This method involves the simultaneous involvement of our physical body, our mind, and our energy body, working together to relive experiences and recover energy consciously and effectively.**

**Those of us who have recapitulated our lives can attest to a real change that determines a clear "before" and an "after" of the recapitulation.**



## PHASES OF RECAPITULATION

### PHASE 1. PREPARATION

The initial stage involves the detailed elaboration of a list that encompasses significant places, people, and events in our lives, from the present to early childhood. This "recapitulation list" is made before we get into the recapitulation process, being essential to stimulate memory and structure the process before it begins.

It also highlights the importance of building a wooden box that acts as the "cave" to carry out the recapitulation process. During the retreat, the necessary materials and assistance will be provided for the creation of such a box.

### PHASE 2. EXECUTION

Once the list is completed and the box is built, we prepare to start the recapitulation through special physical exercises and participation in a temazcal. Both contribute significantly to releasing memories and creating a state of consciousness conducive to recapitulation. Inside the wooden box, we adopt a specific body posture and a breathing technique that immerses us in a "special state of consciousness", facilitating remembrance, the experience of events and the recovery of lost energy.

Recapitulation sessions usually begin at sunset and last for several hours, generating a dreamlike state that fosters access to deep subconscious levels. Practice, far from exhausting, contributes to rest.

### PHASE 3. POST-RECAP – NON DOING ACTS

The impacts of recapitulation on our energy body, mind, and body usher in new and conscious behaviors. These behaviors need to be asserted initially through voluntary acts called "not-doings."

"Non Doings" are actions that we are not used to, but that will help us cultivate healthier behaviors and break down self-imposed limits of the ego. For example, if the recap addressed situations that easily provoked offense and a tendency to take everything personally, a "not-doing" might be laughing at oneself by making a mistake, whether voluntary or unintentional. This will help you feel lighter in the face of others' comments and forge a more assertive and liberating inner behavior, generating a renewed energetic boost by releasing energy trapped in a mechanism that you previously limited.

## RETREAT PROGRAM

During our retreat, we will consciously and appropriately immerse ourselves in all phases of the recapitulation, giving us the opportunity to experience each moment in depth.

On the first day, we will be dedicated to settling in, getting to know each other, and participating in an introductory talk that will set the tone for the rest of the retreat.

The second day will lead us to an great Ayahuasca ceremony, providing us with a significant boost to fully immerse ourselves in the experience of recapitulation.





During the mornings, we will be nourished by solar energy through Toltec practices and Chi kung. Throughout the day, we will participate in talks about the Toltec tradition of the way of the warrior, and we will carry out practices aimed at understanding and more effectively applying the fundamental tasks of the warrior:

- A) Eliminate self-importance.
- B) Take full responsibility for our actions.
- C) Embrace death as a counselor.

Additionally, four temazcales will be held, each one focused on one of the four Tezcatlipocas, which symbolize the archetypes of the human being in its different creative stages. These rituals will give us a deeper connection to our own existence and guide us towards a fuller understanding of our journey during the retreat.

**PROGRAM CONTENT**

1. Reception – introductory talks and practices.	March 7 from 9 am
2. Ayahuasca Ceremony	March 08, 6 pm
3. Four ceremonial temazcales (the four Texcatlipocas)	Throughout the retreat at key moments.
4. Recap Practices	Daily
5. Salutation and farewell to the sun	Daily
6. Práctica de Pung Chin Quan Ding Fa (Zhi Neng Chi Kung)	Daily
7. Physical Exercises to Awaken the Consciousness of the Nahual	Daily
8. Power Walks	Daily

**FOOD**

We provide healthy food that favors vitality and mental clarity in the retreat, The food is specially prepared based on fruits, vegetables, seeds and nuts, eggs, chicken meat and fish. We include tortillas, brown rice, and beans. All as organic as possible. We do not include red meat. Please let us know if you have any special requirements regarding the food.





PLACE – INDICATIONS



How to get to Eco Aldea Tonanzin. If you're coming from San Miguel de Allende, head towards Celaya by following the directions on Google Maps. The specific location in Google maps is [20°40'07.0"N 100°47'22.2"W](#)

If you are coming from elsewhere, one option is to pick you up at the AJO NEGRO Store, located on the road to Celaya at coordinates in Google maps are [20°38'17.0"N 100°46'39.3"W](#). From there, we'll take you to Eco Aldea Tonanzin. Please let us know if you prefer this option.

Share with us what your travel plan is, so we can provide options for picking you up at the most suitable location.

Nearby airports: Querétaro Airport, Silao Airport, Guanajuato.

WHAT TO BRING

- Wear comfortable clothes and shoes suitable for outdoor exercises, including mountains. Keep in mind that during the day it is hot and at night it is cold. Your clothes will be washed and delivered every third day.
- Appropriate clothing to enter the temazcal (men: shorts, women: bathing suit or skirt), sandals, towel, scarf or headband.
- Personal hygiene items, such as shampoo, toothpaste, brush, soap, mosquito repellent, sunscreen cream, medications, etc.
- If you have one, bring your own instruments for the temazcal, such as drums or rattles.
- A small amount of money in case you want to buy something before the Ayahuasca ceremony. Usually, we invite some artisans to offer their handicrafts.



## SAFETY OF YOUR BELONGINGS

- When you arrive at the retreat, we will take care of receiving and identifying your valuables, which will be safely safeguarded in a safe box. You will be able to deposit your wallet, cell phone and jewelry, thus avoiding possible loss.
- You'll have access to your safe-guarded belongings anytime you need it, giving you peace of mind knowing they're available when you need them.
- At the end of the retreat, we will return all your protected belongings and you will have the opportunity to capture the group photos you want.
- It is relevant to note that throughout the retreat the use of the cell phone will be avoided in order to achieve a proper focus. Only in situations of real need will we agree to return your cell phone to you temporarily.

## CAMP

- The retreat takes place in a camping setting within the gardens of Eco Aldea Tonanzin, surrounded by the wildlife of the countryside.
- During the retreat, participants will camp in the designated area of Tonanzin Eco Village.
- Please bring your own tent and the necessary accessories to camp in comfort.
- We have dry toilets and showers.
- We have appropriate areas to carry out all activities and enjoy meals.
- A first aid kit is available, and we are just minutes from clinics in case of emergency.
- We also have staff who collaborate in surveillance and cleaning tasks to ensure a safe and orderly environment.

## PREVENTION LETTER AND DISCLAIMER

- The Ayahuasca ceremony, the temazcal and the exercises to be performed represent mental and physical challenges suitable for a healthy person. Those with heart problems, hypertension, epilepsy, or critical mental disorders or addictions should refrain from engaging in these practices.
- The participant must inform the guide in advance of any risk conditions, diseases or medications they are taking.
- The participant must also have medical insurance to anticipate any eventuality.



- The participant will provide the contact information of a family member or friend who will need to be notified if necessary.
- The participant will sign a letter providing the information described above, declaring that he/she is in perfect mental and physical health to participate in the retreat, accepting its conditions and exempting the guide from any incident or accident that may occur due to his/her physical or mental condition.

## GUIDE

Yei Malinali, with the support of other traditional guides and grandparents.  
I made his first retreat of Recapitulation with Víctor Sánchez in 2009. I recapitulate during one year, for many nights in my wooden box. My life changed for ever, and you will see.

LANGUAGE: Spanish and English.

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## INVESTMENT

- \$18,000 Mexican pesos. If you require an invoice, it is more VAT.
- Book with \$5,000 by February 20, 2024
- Pay the rest when you arrive at the Retreat.
- Includes fees, ayahuasca ceremony, temazcals, recapitulation box, camp, meals and laundry.
- Tell us if you have any special transportation needs, so we can pick you up at the most appropriate place.

## LIMITED SPACE

- Due to the nature of the retreat, we are only able to accommodate 12 attendees.

## REFERENCES

- The Toltec Path of Recapitulation. Víctor Sánchez. 2003. Edit. (you can buy it in Amazon)

## Whatsapp contact:

Yei Malinali

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