



SPIRITUAL AWAKENING

— R E T R E A T —

EMBRACE CHANGE

Heal your Mind and body



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SPIRITUAL AWAKENING
RETREAT

DETERMINE YOUR DIRECTION

2020 has taken its toll on us all. Anxiety levels have never been higher than they are right now, during this pandemic.

Perhaps you are feeling overwhelmed and in desperate need of a change of scenery in a safe location, where you can unwind without the worries of the world getting you down. Perhaps you are feeling depleted as a consequence of the year we all have endured. Energetically, Emotionally, Mentally.

Well – that is all about to change. This retreat is the perfect opportunity for you to relax and unwind.



Heal and
Restore
Confidence and



Strengthen
Family
Relationships



Reduce
Social
Isolation



Improve Life
and Coping
Skills



Improve
Mental and
Physical Health

Holistic Massage

Sound Bowls and Gongs – Meditation – Yoga

OCT – 26 – 31



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In a world that has glorified and collectively subscribed to the idea that only a busy life is a worth while or meaningful one, it is easy to get caught up in the game of, “Do more, be more, have more!”. But is this really making us happy? Is this really what we want for ourselves, and are the health consequences worth it?

The moment you give your tired, busy mind some time to rest, you make space for the creative mind to flow, to feel rejuvenated and **inspired**, which is exactly what this time in Paradise will offer. A chance to **re-connect** repurpose and perhaps even re-design your life.



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MÓNICA CARREÑO VILLEGAS

Passionate about inner knowledge & purpose, expression as self discovery, connection and healing/liberation. Mónica has led transformational processes around self-discovery, leadership and storytelling tedx style with different groups like Santander Bank, CFE, Kellogg Foundation, UNICEF, Universidad Panamericana, UMA, Chicoloapan Government, Creative Mornings, etc. From accompanying youth in high schools & universities, to leadership journeys of managers, and vulnerable communities of women, she has worked in Mexico, USA, Guatemala and Egypt.

With studies on International relations, logotherapy, restorative yoga, and Narrative practices. She practices authentic movement and tools to work with group's collective intelligence (theory of U, Appreciative Enquiry, Chaordic space, etc) She belongs to 2 global movements: she is guardian of the Art of Hosting practices in Mexico and she is part of the North America Jam team and Mexico Jam team from Yes Organization, based in Berkley, California. She had the opportunity to live in Chicago, Australia and Nigeria.

Mónica focuses on the integration of breathing, art and body movement as languages and doors to access the essence, wisdom and inner compass within each person. Mónica works in a self-discovery journey towards more fulfilling lives for people and a journey with organizations and youth towards the search of meaning.



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DAY 1: ARRIVING INTO THE SPACE

We'll take the time to be fully welcomed as we arrive in the space & into the group, we'll spend proper time to unwind, to feel nature and the ground we are stepping into as we set the intentions that will guide us in the beginning of this 5 day journey! A cozy welcome, some grounding experiences and a collective altar are in line with this marvelous opening.

DAY 2: WHERE AM I STANDING, LOOKING AT MY STORY

On this second day, inviting spaciousness, we'll introduce some breathing exercises as we slowdown to reconnect with our body, with art and flow wisdom to look at our story, to see what's been happening and ¿what am I needing in this moment of my life? some group share, narrative practices and visual language explorations are in place.

DAY 3: WHERE IS MY FOCUS? WHAT DO I NEED TO RELEASE?

On this day we'll go deeper in the process of connecting the dots of our needs, our desires and the actual focus of our energy on a day to day basis, we'll gently explore through somatic and body wisdom what is no longer needed to end our day with sharing and inhabiting lighter selves as we release any heaviness that is not at the service of our lives, some fire and ritual will be a sparkly and supportive companion on this day.

DAY 4: CONNECTING WITH LIFE AND EARTH

We'll spend some more time getting to connect with each other, and nourish/replenish ourselves through deep presence, through play and meaningful conversations..to notice life is always talking to me through senses and experiences through genuine curiosity and deep listening. Meditations and a beautiful CENOTE are part of this magical day!

DAY 5: HARVESTING, GRATITUDE AND MOVING FORWARD

On our last day of this experience, we'll reflect about the lessons and discoveries during our time together, we'll allow ourselves to be enriched and nourished by the insights and stories of each one of us. Some individual reflection, collective wisdom and gratitude community ritual will be part of our final day, as we transition from the closure of this journey and go out there into the world with hopefully more clarity, joy and new connections with sacred Tulum and the beautiful souls that came along our/this journey.



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