

Preliminary Program

PATH to your INNER WISDOM RETREAT

4. - 9. Februar 2025 / Bacalar - Mexico

Day 1 Choosing the seed

Arrival in Bacalar

Check in 3pm

18.00 Uhr Opening Ceremony to create an Intention

20.00 Uhr Dinner

Day 2 Air Element „Expand the intention“ (Wednesday)

7:00 Morning Yoga Practice

9:00 Breakfast

10.30 BREATHWORK cleaning the inner space

2pm Lunch and Freetime

4pm Water or sound session

6pm Sound bath in the temple

7.30 Dinner

Day 3 Water Element „let go and flow“ (Thursday)

7:00 Morning Yoga Practice

9:00 Breakfast

10.30 Breathwork and Eyegazing the power of feeling

2pm Lunch and Freetime

4pm Temazcal connecting to your sound

6pm closing circle of the day,

7.30 Dinner

Day 4 Fire Element „Transformation and Vision“ (Friday)

7:00 Morning Yoga Practice

9:00 Breakfast

10.30 Voice Activation and Breathwork

2pm Lunch and Freetime

4pm Fire ceremony- the power of transformation

6pm closing circle of the day

7.30 Dinner

Day 5 Earth Element „ROOTS and BLESSINGS“ (Saturday)

7:00 Morning Yoga Practice

9:00 Breakfast

10.30 Breathwork with Dolphin dance

2pm Lunch and Freetime

4pm Cacao Experience and Music

6pm closing circle of the day,

7.30 Dinner

Day 6 Ether Element (Sunday)

7am Yoga/Closing Circle. Rain of visions and blessings

9.00 Breakfast / Check Out 11am



Description of :

Sound water therapy

Water therapy with sound, also known as aquatic sound therapy, combines the therapeutic benefits of water immersion with the healing properties of sound vibrations. This holistic approach involves submerging the body in water while listening to soothing sounds, such as music, singing bowls, or natural aquatic noises. The water enhances the sound waves' transmission, allowing them to penetrate deeper into the body, promoting relaxation, reducing stress, and improving mental clarity. The combination of water's buoyancy and sound's vibrational energy helps to alleviate physical tension, enhance mood, and support overall well-being.

Cacao ceremony

A Cacao ceremony is a transformative and sacred ritual that invites participants to journey into their hearts through the ceremonial drinking of cacao, a revered plant medicine. Rooted in ancient Mayan and Aztec traditions, this ceremony serves as a powerful tool for spiritual awakening and deep inner connection. As participants gather in a circle, the rich, velvety cacao drink is shared, accompanied by meditation, chanting, or shamanic journeying, guided by a skilled facilitator. The cacao, in its raw and purest form, opens the heart, heightens intuition, and fosters a profound sense of joy and interconnectedness. This sacred space offers an opportunity to release emotional blockages, gain clarity, and experience the boundless love and unity that resides within us all.

Session of medicine music with MISTICA TRIBU

In a session of medicine music guided by Mística Tribu during our retreat, participants are enveloped in a serene and sacred atmosphere where healing and transformation are the focus. The session begins as the ethereal and soul-stirring music of Mística Tribu fills the space, guiding participants through a journey of self-discovery and emotional release. The harmonious blend of traditional instruments, chants, and rhythms acts as a conduit, allowing the music to resonate with each person's innermost being. This sacred experience fosters a profound sense of unity, love, and connection, leaving participants with a rejuvenated spirit and a heightened sense of inner peace.

Temazcal

a type of sweat lodge, which originated with pre-Hispanic indigenous people in Mesoamerica. The term temazcal comes from the Nahuatl language, either from the words teme (to bathe) and calli (house), or from the word temāzcalli [tema:s'kal:i] (house of heat).

Temazcal is a spiritual experience everyone should try at least once in their lifetime