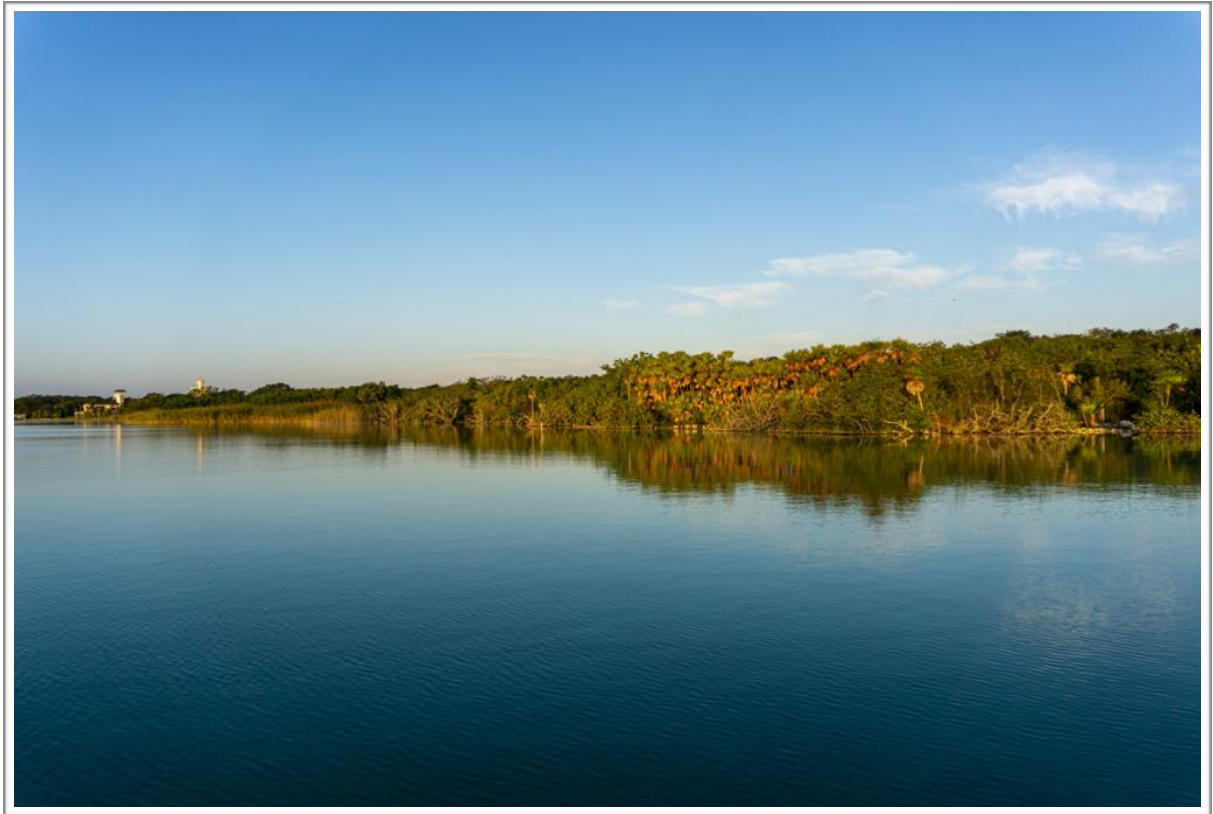


Sacred Waters

A Summer Solstice Experience



16-21 June 2021

Tulum, Mexico

Yoga, Sound Healing & Shamanism

Give yourself the gift of yoga, sound healing and shamanic ceremony, immersed in nature and in the mayan mysteries....

The Journey

Sacred Waters retreat is a journey of discovery, healing and energy uplift for your physical and spiritual wellbeing.

Guided by expert teachers Alessandra Montana and Cinzia Sarigu, you will practice Yoga, learn to do Ceremony for the Earth and lift your spirit with world class Sound Healing in places of outstanding natural beauty. You'll begin the retreat in Tulum, Caribbean destination for spiritual seekers, then move deeper into nature, to Xo Ki'in, eco-retreat centre inside the UNESCO site of Sian Ka'an Biosphere.

At Sacred Waters Retreat you will learn about Mayan Cosmology, yoga & sound for wellbeing, and shamanic practices for everyday life. Through vibrational and sensorial activities, you will learn tools for taking your spiritual practice to a new level. There will be talks, hands on sessions, shamanic dreaming, art, meditations and movement. There will be space for stillness and introspection, as well as fun activities in community.

Day 1: “ Coming Home”

Opening Ceremony

Yoga and Gong Bath

Shamanic Workshop : Transmutation with Water

Day 2: “ The Great Ahau”

Excursion to a private cave in the jungle

Sound healing

Sacred Water Ceremony

Mayan Ahau Blessing
Day 3: “ Sacred Waters”

Free morning

Lagoon crossing to Xo Ki'in retreat centre in the Biosphere

Welcome Ceremony

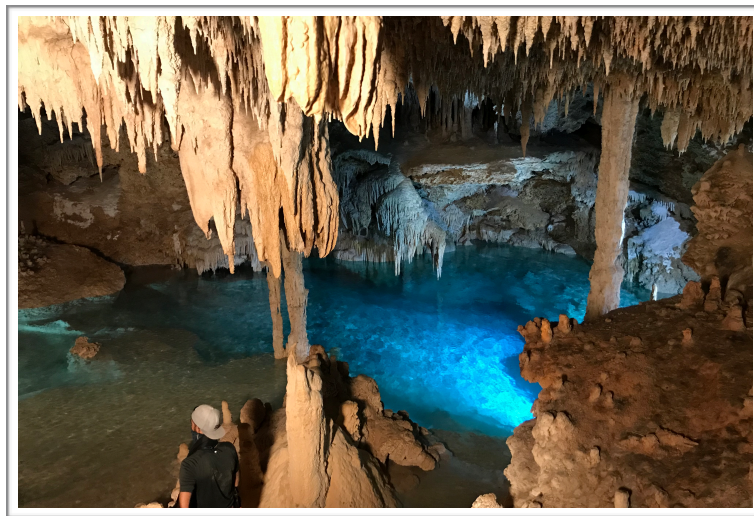
Day 4: “ The Winds of Change”

Morning Yoga

Shamanic Talk: Energetics of our time, a Mayan perspective

Sound Healing

Shamanic Dreaming (bedtime practices for dreaming)



Day 5: " Rebirth ”

Morning Yoga

Shamanic Meditation : Channelling & the wild energies

Sound Meditation

Day 6: " The Rise of Quetzalcoatl ”
Summer Solstice Sunrise Ceremony
Closure & Departures

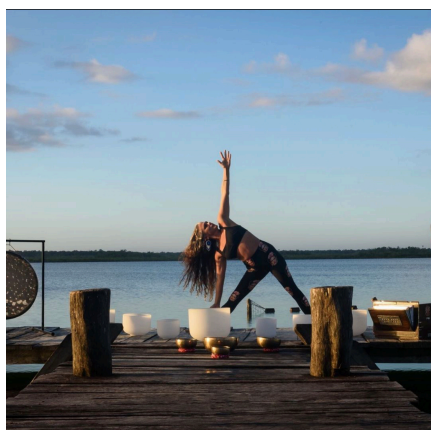


The Teachers

Our host, Anna Wood is the founder of Xo Ki'in Eco-Retreat Centre, located inside the Sian Ka'an Biosphere, near Tulum.

Gifted artist and activist, Anna has been working tirelessly to protect the biosphere and the local mayan community, and over the last 30 years she organised many initiatives to raise awareness of social and environmental issues. Anna is a lifelong practicing Buddhist and hosts spiritual retreats with teachers from all over the world.

Alessandra Montana is a Sound Keeper ,Yoga teacher and Reiki master, deeply connected with the Energy of Mother Earth, she has a soulful interest for indigenous traditions, old times fairy tales and angels. Born in Italy, Alessandra spent the past 27 years living between Paris, London, Los Angeles and Mexico. After 18 years in the fashion business, in 2008 she decided to quit her comfortable - but very empty - fashion director position to follow her dreams. She certified in Bhakti and Hatha Yoga (Shiva Rea and Saul David Raye) and Yoga and Kirtan were her doorway into the magic Universe of Sound and Vibrations. After her training in Bhakti and Hatha, Alessandra studied with pioneers in sound experiences. Initiated to the magic of the Gong by Don Conreaux (Gong Grand Master) who became her mentor, she continued her studies with Philippe Garnier and Richard Rubis, amongst others. Alessandra developed her Gong practice under the guidance of the Grand Gong Master Don Conreaux , and started sharing the wisdom & Gong legacy from Baba, by offering Sound Healing and Gong Training to others.



Nowadays Alessandra works in Mexico, Los Angeles and Europe. Her work has been mentioned in Yoga Journal USA, 66 minutes (M6- French television), NewYork Times, Vogue Uomo (Italy) to mention a few and she was chosen as sound therapist for Grateful Dead , Matthews Band and the Phish.



Cinzia Sarigu, Founder of Ixchel Healing Arts, is a medicine woman and shamanic teacher with over 20 years experience. A natural born dreamer, from an early age she's been speaking to the ones in spirit, and helps others to connect to extra sensorial dimensions. Cinzia is also a permaculture designer and teacher and, over the years, has founded many community projects and regenerative initiatives in the UK, Italy, Mexico and Guatemala. A background in social and environmental activism led her to live and work with Mayan communities, where she was initiated as a Day Keeper; over the years she also trained with Toltec wisdom keepers. Cinzia specialises in dream work, ceremonial arts, Mexican shamanic healing, earth based spirituality, psychic channelling and Mayan Mysteries. Cinzia helps people find their path through life and develop their own gifts. The foundation of her work comes from a lifelong deep connection to nature and to the spirit world. Cinzia teaches internationally and leads mystical retreats in Avalon, Mexico and the Mediterranean.

Fee

6 days Sacred Waters Retreat

EARLY BIRD (ends May 15) USD\$ 1400

USD\$1650 afterwards

50% deposit required to reserve your place

Balance to settle by June 1st

Includes

Accommodation and meals at Xo Ki'in Retreat Centre

Yoga classes

Sound Healing

Ceremonies

Mayan Teachings

Excursions

Shamanic workshops

Transport during the retreat

Materials

Not included: air travel, airport transfers and anything else not specified above.

For bookings and inquiries

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