

Preliminary Program  
**PATH of the 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)

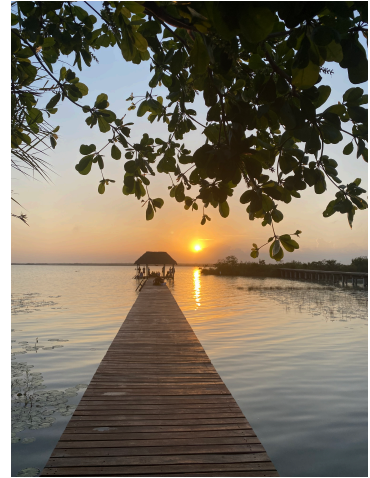
7:00 Morning Yoga Practice  
9:00 Breakfast  
10.30 Voice Activation and Breathwork  
2pm Lunch and Freetime  
4pm Fire ceremony- the power of transformation  
6pm closing circle of the day  
7.30 Dinner

### 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 MÍSTICA 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 Sweatlodge 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