

WOMB OF WISDOM

**A 10 DAY TRANSFORMATIVE RETREAT
FOR PHYSICAL HEALING, PERSONAL
GROWTH AND SPIRITUAL AWAKENING
BASED IN CURACAO**

INTRODUCTION

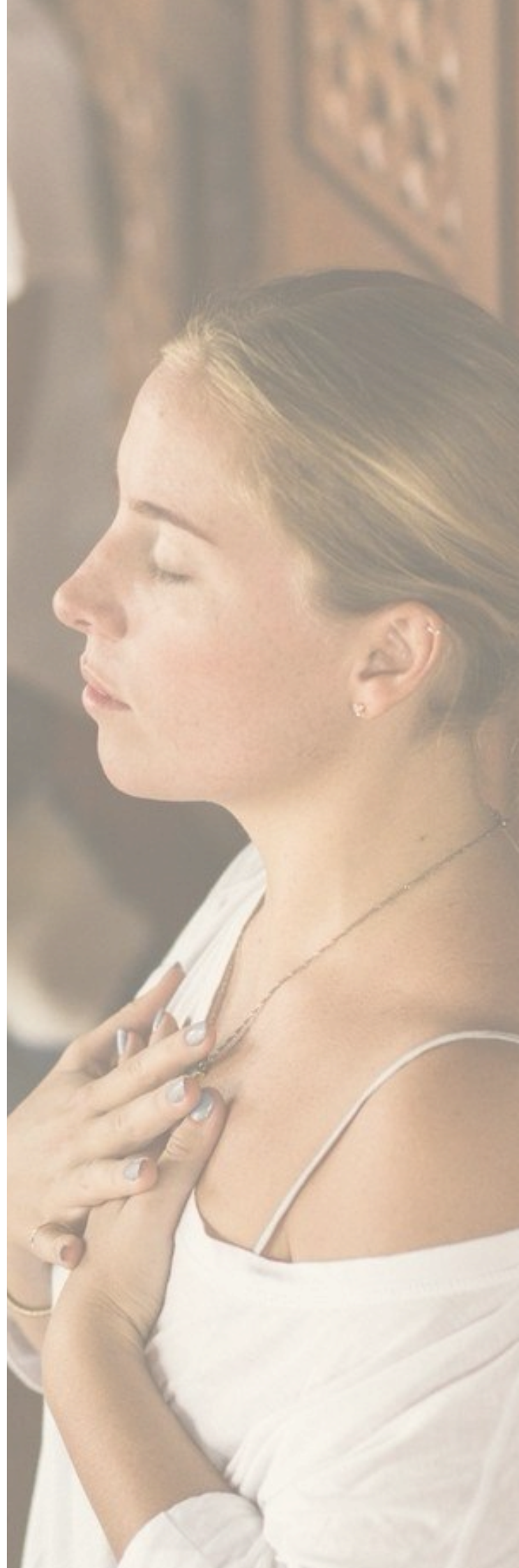
Because most big airlines only land at the end of the afternoon or in the evening, your first day is not included in the 10 day program.

After being picked up from the airport, guests are escorted to their designated residencies and rooms. Here they will can unpack their belongings and take a short rest.

The location where the retreat takes place lies within the same area of every guest their stay and is at a walking distance.

After every guest has arrived to their stay to drop off their baggage and belongings, we invite every one for a warm welcome with an evening buffet and an introduction meeting prior to our adventures the following days.

A welcome to our new tribe members, at the Womb of Wisdom



DAY 1 SCHEDULE

8:00 AM	Pilates by Layla
9:30 AM	Meditation by Stevie
10:00 AM	Breakfast + 1h Free Time
11:30 PM	Traditional Limpiesa > smoke bath, rapé & flower bath
12:30 PM	Shamanic Breathwork & Grounding Meditation
1:00 PM	Group Sinc : Eye gaze exercise + finish with Exercise Recap
2:00 PM	Lunch + 2h free time > every guest writes past stories privately during their free time.
4:30 PM	Sharing intentions pre ceremony Followed by Prayers of Fire
5:30 PM	Fire, Stars & Sacred Tobacco Ceremony with Cacao + Sacred Offering Ceremony
6:30 PM	Story Time : Group History, Akituwa Ancestry, The Retreat Program and Q&A's
8:00 PM	Small Diner / Evening Snack

DAY 2 SCHEDULE

8:00 AM	Yoga by Layla
9:00 AM	Breathwork by Jao & Meditation by Stevie
10:00 AM	Breakfast + 1h Free Time
11:30 PM	Traditional Nasal Cleanse & Herbal Medicine Ambil
12:00 PM	Sweat Lodge Ceremony & Ice Baths (ice bath individually done during sweatlodge ceremony)
2:30 PM	Lunch
4:30 PM	Beach Time at Santa Cruz > 2h freetime, Qigong & Flow Meditation & Sound Healing (Yidaki)
5:30 PM	Small dinner at the beach with sunset
6:30 PM	Fire, Stars & Sacred Tobacco Ceremony with Cacao, Ancestral Stories & Group Recap

DAY 3 SCHEDULE

7:30 AM	Qigong & Somatic Breathwork
9:00 AM	Meditation by Stevie
9:30 AM	Breakfast
10:30 PM	Beach Time at Porto Marie
2:00 PM	Lunch at Porto Marie & moment of journaling
4:00 PM	Return to the Womb Of Curacao
5:00 PM	Energy Cleanse prior to Ceremony > smoke bath, Rapé & Grounding Meditation
6:00 PM	Plantmedicine Ceremony "Love"

The Plantmedicine Ceremony will continue throughout the night in the sacred space of the Maloka. Everyone stays in the maloka till Sunrise, this means as the ceremony ends, we sleep as a group under the stars, on mats or hammocks.

DAY 4 SCHEDULE

After the ceremony we begin the day in silence. Another rule is that no one shares their personal experience until the evening during the fire ceremony.

7:00 AM	Energy cleanse with smoke bath & flower bath
7:30 AM	Breathwork & Grounding Meditation
8:30 AM	Breakfast
10:00 PM	Individual journaling & private consultations for Q&A
1:00 PM	Small Lunch
2:00 PM	Freedive at Lagun Beach
5:30 PM	Sunset Meditation by Stevie
6:00 PM	Return to the Womb of Curacao
7:00 PM	Diner Buffet
8:00 PM	Fire, Stars & Sacred Tobacco Ceremony with Cacao + Group Recap of the medicine ceremony

DAY 5 SCHEDULE

5:30 AM	Go to The Christoffel Mountain
6:00 AM	Begin the climb up the mountain
7:30 AM	Breathwork by Jao on the mountain & Meditation by Stevie
10:30 PM	Brunch at the Womb of Cura & Free time till 13:00
1:00 PM	Ancestral Secrets Workshop - Diet, lifestyle & well-being
4:00 PM	Moment for Snacks & drinks
5:00 PM	Sanango Ceremony - decalcification of the third eye
6:00 PM	Yin / Relaxing Yoga by Layla
7:00 PM	Barbeque Time

After the barbeque everyone is free to either sleep early or sit at the fire under the stars

DAY 6 SCHEDULE

8:00 AM	Pilates by Layla & Meditation by Stevie
9:30 AM	Breakfast
10:30 AM	Go dive at Blue Room, a magical turquoise underwater cave
1:30 PM	Lunch : Beach picknick
2:30 PM	Return to the Womb of Curacao
3:00 PM	Free time till 5:30 PM
5:30 PM	Nasal Mapacho Cleanse & Mapacho limpiaesa
6:00 PM	Plantmedicine Ceremony "Light"

The Plantmedicine Ceremony will continue throughout the night in the sacred space of the Maloka. Everyone stays in the maloka till Sunrise, this means as the ceremony ends, we sleep as a group under the stars, on mats or hammocks.

DAY 7 SCHEDULE

After the ceremony we begin the day in silence. Another rule is that no one shares their personal experience until the evening during the fire ceremony.

7:00 AM	Energy cleanse with smoke bath & flower bath
7:30 AM	Breathwork & Grounding Meditation
8:30 AM	Breakfast
10:00 PM	Individual journaling & private consultations for Q&A
1:00 PM	Lunch
2:00 PM	Relax at Grote Knip Beach
5:30 PM	Sunset Meditation by Stevie
6:00 PM	Return to the Womb of Curacao
7:00 PM	Diner Buffet
8:00 PM	Fire, Stars & Sacred Tobacco Ceremony with Cacao + Group Recap of the medicine ceremony

DAY 8 SCHEDULE

8:00 AM	Pilates by Layla & Meditation by Stevie
9:30 AM	Breakfast
10:30 AM	Turtle Spotting at Playa Piscado
1:30 PM	Stevie & Layla beach activity & then Lunch : Beach picknick
3:00 PM	Return to the Womb of Curacao
3:30 PM	Free time till 5:30 PM
5:30 PM	Rapé, Mapacho Smudge & Intention setting at the Fire
6:00 PM	Plantmedicine Ceremony "Wisdom"

The Plantmedicine Ceremony will continue throughout the night in the sacred space of the Maloka. Everyone stays in the maloka till Sunrise, this means as the ceremony ends, we sleep as a group under the stars, on mats or hammocks.

DAY 9 SCHEDULE

After the ceremony we begin the day in silence. Another rule is that no one shares their personal experience until the evening during the fire ceremony.

7:00 AM	Energy cleanse with smoke bath
7:30 AM	Breathwork & Grounding Meditation
8:30 AM	Breakfast
10:00 PM	Individual journaling & private consultations for Q&A
1:00 PM	Lunch
2:00 PM	Traditional Nasal Cleanse & Ambil Medicine
2:15 PM	Sweat Lodge Ceremony & Ice Baths (ice bath individually done during sweatlodge ceremony)
5:00 PM	Ancestral Dance Workshop by Vali Leonora, a 75 year old herbalist.
7:30 PM	Diner Buffet
9: PM	Fire, Stars & Sacred Tobacco Ceremony with Cacao + Group Recap of the last medicine ceremony, sacred sweatlodge and all other activities (storytime)

DAY 10 SCHEDULE

- 8:00 AM Yoga by Layla
- 9:00 AM Breathwork by Jao & Meditation by Stevie
- 10:00 AM Breakfast
- 11:00 PM Florada de luz, a special flower bath, after > Group Sinc : Eye gaze exercise
- 12:00 PM Circle of Wisdom , Respects & Gratitude + Sealing Icaro
- 1:00 PM Individual interviews > how was the experience for you? (review)

End of retreat





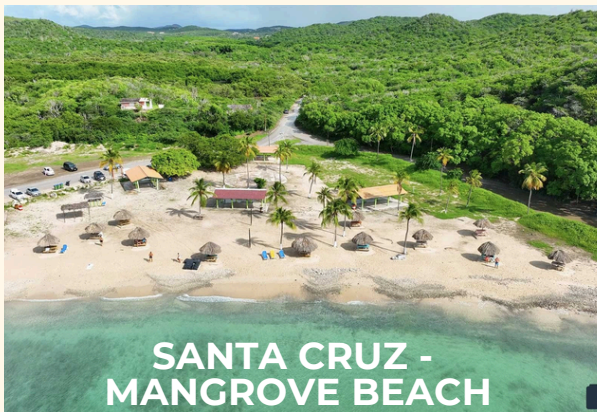
EXTRA INFO

- **PLANTMEDICINE CEREMONIES** : During our 10 day retreat we offer 3 sacred and ancestral ceremonies with plant medicine. The plant medicines used can range from Ayahuasca, Wachuma or Yoko, to have profound spiritual healing and awakening experiences. However, unlike other retreat centers we do not have a standard offer. We are in service of the Mother Earth and so, we ask her which plants are most fitting to be administered to the group, since every group is different and has different requirements for optimal spiritual evolution. As many know, plant medicines have the potential to change one's life drastically, allowing for one's own hidden potential and purpose to awaken. All medicines are grown and or made by ourselves.
- **GROUP SINC** : We use a very simple yet ancient technique to sync a group of individuals into one harmonious team, called eye gaze exercise. Our eye gazing exercises are different as to what you find online and tend to allow for emotional release, mental openness and a greater understand of what this retreat offers. With the eye gazing exercise we open a 10 day cycle for growth, healing and higher awareness. After these 10 days, this cycle will be closed with the same exercise.
- **SWEATLODGE CEREMONIES** : Our Sweatlodge Ceremonies, which some know as Temazcal, are done with special garden herbs, the drum of spirit, and our ancestral songs of the dreamtime (ancestral prayers). Over the course of 3 to 4 hours we will dive into a physical, mental and physical detox using heat, fire, smoke, water, ice, sound and breath. Together with special plants taken before the ceremony, which allow us to access our sub-conscious and go into a higher state of consciousness, the warrior trancestate. This is an intense but unforgettable, and priceless experience.
- **FIRE, STARS & SACRED TOBACCO CEREMONY** : Fire, stars and sacred Tobacco all relate to the spirit of Fire. They represent different manifestations of power, drive, transformation, wisdom and light. This ceremony is done almost every night to end the day with prayer, gratitude, the sharing of stories, wisdom, experiences and lots of love. This ceremony is done with Cacao to help us to be honest about what we experienced that day and share our truth of our struggles, emotions and victories. The fire ceremony is where our hearts strengthen and we become like family, a community, a tribe.
- **SACRED OFFERING TO MOTHER EARTH** : In a day and age where we only take from the mother, this ceremony helps us to reflect on all that is given and how we can give in return. We pay our respects to the mother earth and make an offering to show our gratitude. This simple yet sacred act, has been done by our ancestors for thousands upon thousands of years, until humans lost their way and began to see themselves separate from nature. By giving, we open ourselves to receive more blessings from our beloved and great mother.
- **FLOWER BATH** : Also known as a washing, florada, wassi or wassing. This ritual is done with water, salt, herbs of various kinds, tree's and flowers to raise our frequency, open new cycles of healing, and invite good energy into your lives. Besides these motives; a traditional flower bath strengthens your immune system, your energy field and has grounding effects on the body. It sharpens the senses, centers the mind and attunes your energy to that of the forest, mountains and the land. Outside of spiritual ceremony, this was also used by hunters to connect deeper with animals and nature spirits, by children to awaken spiritual gifts and by women to promote fertility and abundance. All the plants come from our own garden or island.
- **MAPACHO** : We use this sacred masterplant in many different ways, combined with many different plants, for many different purposes. Also known as Grandfather Tobacco, we use its smoke for prayer, to clean energies, protect energies or grounding. As well as make medicines that cure different physical ailments. Liquids may cure cancer, PDS, ulcers, nasal infections, inflammation, pain, migraines, ear infections and much more. The powder, or rapé, may be used for the same purposes and much more. We use even more potent Mapacho medicines (Ambil, Tigre & Choma) that can heal trauma, PTSD, burnouts, fear disorders, depression and much more. During your stay at our retreat you will experience all these different varieties prior to ceremonies or during ritual activities. All the plants come from our own garden or island.
- **MORNING MEDICINE** : At our retreats we offer morning medicines from our garden that are meant to be taken after waking on an empty stomach. This allows for an intense physical and mental detox during our retreats. As well as daily microdosed sanango drops, to decalcify the third eye. For the brave ones among the group, there will be one strong ceremony during the retreat. These plants are also meant to ground your energy and fight inflammation. During your stay at our retreats we will teach you and the group many things about healing body, mind and spirit using plants, ceremonies and lifestyle.
- **FOOD** : The food provided at our retreats is as local as possible and meat free. Chicken and fish is served on days that do not have a plant medicine ceremony. Overall the food provided exists mostly of fresh, healthy and colorful foods that do not disrupt the powerful process of healing, awakening and personal growth of the ceremonies. This allows for a maximized experience, sharpness of mind and a smooth shift in consciousness. During your stay you will learn ancestral secrets (workshop) that we use to heal patients using food, lifestyle and ancestral spirituality.

MISSION

Our mission to get people out of their heads, and back into their hearts. Our retreats have the power to push you beyond your fears, beliefs and trauma's, allowing for a forever and life-changing transformation that allows you to walk the path of your innate potential. In our retreats you re-learn what it means to truly be yourself, a human being, and a tribe member. In this retreat you WILL meet your ancestors and their wisdom that lies hidden within you. This retreat WILL reconnect you with the heart, voice and love of Mother Nature. And lastly, this will retreat WILL give a new family, new memories and new perspectives that you will never forget and forever change the way you look at life. For that, we are grateful and already welcoming you to the Womb of Wisdom, home of the Akituwa Tribe.

OUTER ACTIVITIES



RETREAT ACTIVITIES



SACRED FIRE, STARS & TOBACCO



SMOKE BATHS



FLORADAS / WASSI



**TEMAZCAL
SWEATLODGE & ICEBATHS**



**PLANTMEDICINE
CEREMONIES**



**DANCE WORKSHOPS, LECTURES,
ETC, ALL IN OUR SACRED MALOCA**



**RAPÉ, MAPACHO &
AMBIL CEREMONIES**



**GROUP YOGA, QIGONG,
BREATHWORK,
MEDITATIONS & MUCH MORE**

AND MUCH MORE...