
Awakening the Inner Sun

Step Out of Your Life—and Back Into Yourself

Hosted by Susan the Sage

Phase I — The Descent

The Root & The Release

Chakaruna 11:11 Retreat Center | Bucay, Ecuador

Slow down. Soften. Shed what you've been carrying.

Tuesday, June 16 | The Descent into Stillness

- Arrival: Private transfer from GYE to Chakaruna
- Welcome: Traditional tea upon entering the sanctuary

6:00 PM | Opening Circle (Maloca)

We set the container for the journey.

Through guided breathwork, you begin to shed the “metropolitan skin” and reconnect with your body, the land, and your deeper self.

Sound supports the transition inward.

8:00 PM | Welcome Dinner

A grounding, farm-to-table meal designed to nourish the body and settle the nervous system.

Wednesday, June 17 | The Inner Alchemist

Activate what already lives within you.

9:00 AM | Activation & Integration

A guided experience weaving Kundalini yoga, breathwork, sound, and ritual journaling. This is not about learning techniques—it's about awakening your own internal tools for awareness, regulation, and transformation.

11:00 AM | Dance Activation

Somatic movement to release stagnant energy and open the body.

12:30 PM | Conscious Luncheon

Light, vibrant, nourishing fare.

Afternoon | Sacred Reciprocity (Ayni)

Time for rest, reflection, or optional participation in supporting the land—an act of giving back in sacred balance.

5:00 PM | Ritual Release Bath

Infused with local medicinal plants to cleanse and prepare the body.

Evening | Optional Guided Ceremony

A supported inward journey for those who feel called to explore more deeply.

Thursday, June 18 | The Way of Water

Let go. Allow movement. Trust the flow.

Morning | Breakfast**10:30 AM | Cloud Forest Waterfalls Immersion**

A journey into Ecuador's lush cloud forest—moving through waterfalls and natural pathways designed for connection, reflection, and release.

Water becomes the teacher, guiding you to soften, cleanse, and let go of what is ready to move.

Evening | Dinner, Tea Ceremony & Fire Integration

A shared meal followed by tea, reflection, and connection under the night sky.

Phase II — The Ascent***The Solar Activation*****Quito/The Equator & The Andes Mountains**

Expand. Elevate. Step into clarity and energy.

Friday, June 19 | Crossing the Threshold

- Morning breakfast at Chakaruna
- Private transfer to GYE Airport
- Flight: Guayaquil → Quito (not included)

Arrival | Transfer to El Cráter Hotel

Perched on the edge of the Pululahua volcanic crater, offering expansive, breathtaking views.

Afternoon | Horseback Trek into the Crater

A guided journey into the crater itself—experiencing the landscape from within.

Evening | Dinner at El Cráter Hotel

Saturday, June 20 | The Weaver & The Vision

See clearly. Choose intentionally.

8:00 AM | Kundalini Activation & Alignment

Preparing the body and energy system for clarity, altitude, and expansion.

Late Morning | Otavalo Market Experience

Visit one of South America's most vibrant indigenous markets.

Explore Andean textiles, handmade crafts, and meaningful objects.

Optional: Find attire for the Inti Raymi celebration.

Sunday, June 21 | Inti Raymi — The Sun Festival

Celebrate. Embody. Radiate.

Morning | Breakfast

Pre-Festival Gathering | Awakening the Inner Sun

A guided Solstice activation to ground, center, and connect to your inner radiance.

Full Day | Inti Raymi Immersion

Experience the Andean Festival of the Sun alongside local communities.

Through music, ritual, and celebration, we honor Inti (the Sun) and Pachamama (Mother Earth).

This is not something you simply witness—
it is something you feel, move with, and become part of.

Phase III — Integration & Embodiment

Returning—Grounded, Clear, and Fully Yourself

Integrate. Restore. Carry the shift into your life.

Monday, June 22 | Integration & Sensory Restoration

8:00 AM | Breakfast

Morning | Temple of the Sun

A private visit to this powerful sacred site—inviting reflection and perspective.

Mid-Morning | Sensory Healing Experience

Aromatherapy and sound to ground insights and restore balance.

1:00 PM | Lunch overlooking Mitad del Mundo

3:00 PM | Intiñan Museum — The Equator Line

Stand at the center of the world—exploring balance both physically and symbolically.

Evening | Closing Dinner at Quna Bistro

A curated tasting experience with Chef Daniel Guzmán, celebrating modern Andean cuisine.

Tuesday, June 23 | Departure

Morning | Final Breakfast

Transfers to UIO Airport for international departures.

For later flights, enjoy time to rest or explore.

You don't move through this journey to become someone new.

You move through it to remember who you are—
and return to your life with clarity, energy, and alignment.
