



THE 7TH ANNUAL REBIRTH & RENEWAL RETREAT

# ISLAND RESET

JULY 5TH - 9TH IN HOLBOX, MÉXICO

BE A #CHANGEMAKER

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## RE-INVENT YOUR LIFE

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Take time out for deep reflection &  
self-care

## TURN PAIN INTO POWER

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Learn new tools for transmuting your  
pain into power.

## AIM HIGHER

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Focus on your goals and how to  
become the best version of you





CALLING FORTH THE

# CHANGE-MAKERS

During these changing times, we're being pressurized to birth something new and bring our unique solutions to the world. But we can't do it alone, it takes a small collective to support our visions and birth them into grounded manifestations.

- Some will collapse from the pressure
- Some will wait for others to tell them what to do
- But a few will actually get off the couch and take action

If you're ready to shake off the sludge of the lockdown and up-level your life and bring YOUR dreams into manifestation you're invited to join me this July 5th - 9th in Holbox, Mexico for my 7th Annual Rebirth & Renewal Retreat for an Island Reset.

To your liberation,

*Amelia*



"SOMETIMES YOU HAVE  
TO KIND OF DIE INSIDE IN  
ORDER TO RISE FROM  
YOUR OWN ASHES AND  
BELIEVE IN YOURSELF  
AND LOVE YOURSELF TO  
BECOME A NEW PERSON."

- Gerard Way







# AMELÍA AEON KARRIS

Retreat Facilitator  
Author, Business Consultant,  
Podcaster, Master Mystic + Creator  
of Unwind

Amelía Aeon Karris, author of *Synchronicity, Unlock Your Divine Destiny*, mentors truth-seekers and entrepreneurs to ground their unique gifts and find their calling.

For the last 25 years, she has been a way-seer and business consultant helping visionaries craft impactful businesses and design artistic lifestyles in alignment with their revolutionary spirit.

She offers online courses in Self Mastery and excels in mentoring those who've had spiritual awakenings and are ready to ground their expanded worldview and unique abilities into their business or special project.

On her podcast, *Love, Sex & the Hidden Agenda* Amelía and Satya Ra explore love and the misuse of power on the planet in the hope to shed light on this sticky energy.

Amelía has led over 40 retreats & workshops since 2003. She is a native of San Francisco, California but has been residing in México for the last 3 years.

During the retreat, Amelía will be sharing her Unwind Body Activation Practice in the morning and leading rich discussions in the evening to help you ground your power in your body and align to your life purpose.

Photo: Martina Campolo

# THE UNWIND BODY ACTIVATION PRACTICE

Back in 2005, while in deep meditation, Amelía discovered a powerful healing modality. She felt a body double (which she later learned was her shadow body) split away from her physical form. It showed her all the places she held onto past hurts, traumas, and emotional wounds.

She began to unwind her body double through conscious movement, breath, and deep meditation. What happened was extraordinary.

It unlocked all kinds of hidden memory and she later discovered this was an ancient Egyptian practice. She has since developed this into a group practice and ended up writing her college thesis on the topic. She's been teaching it in her retreats ever since.

This energetic moving meditation is a combination of ancient Egyptian, Shamanic, and Tantric healing modalities mixed with Quantum Physics, Modern Dance, and Guided Meditation to help you embody your soul and clear blockages in your body.

It is done blindfolded or with eyes closed on a yoga mat to music. [You can awaken your own DMT experience in your body without taking substances.](#)

Amelía will share her powerful practice with you so you can make more space for your soul essence to land.

You'll discover new movements, find your source of power, and create more flow in your body and in your life.

Photos: Julia Lehman & Martina Campolo







GORGEOUS SUNSETS

# EVENING ENCOUNTERS

Each night we will gather for guided meditations, sound baths, interactive games, kinesthetic activities, and facilitated discussions to unlock your potential, uncover unique solutions that you carry, and to support the vision you have for your life.



Photos: Julia Lehman & Martina Campolo



# DAILY ACTIVITIES

## Monday:

Afternoon Arrival & Check-in  
Evening gathering at the Villa  
Mayan Ceremony  
Orientation & Intention Setting

## Tuesday:

UNWIND Body Activation  
Explore the Island\*  
Intro to Culture  
Sunset Gathering  
Evening Circle Discussion

## Wednesday:

Whale Shark Tour / Island Exploration\*  
Dance Class  
Sunset Gathering  
Evening Circle Discussion

## Thursday:

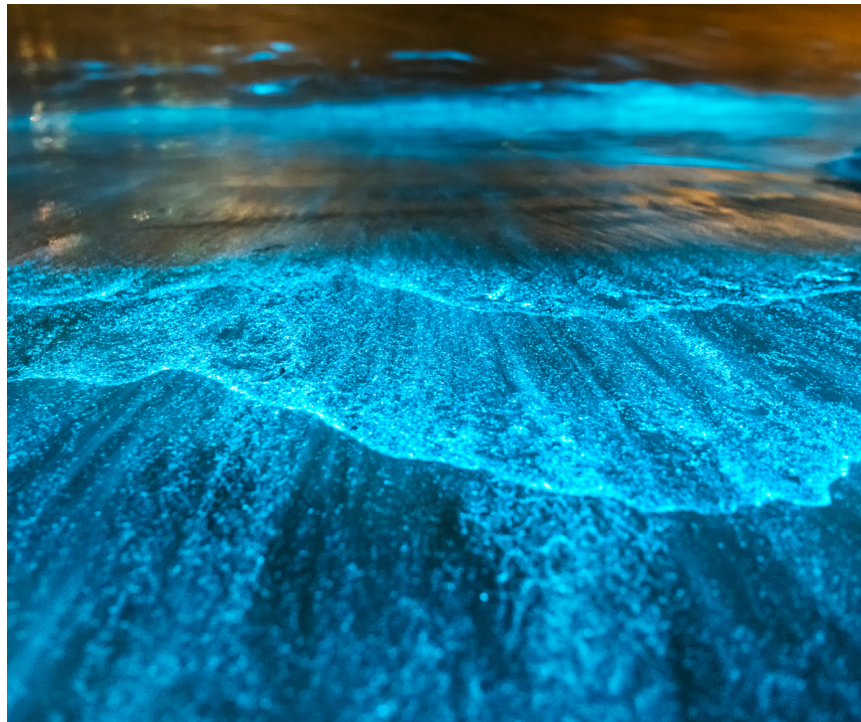
UNWIND Body Activation  
Cooking Class & Group Dinner  
Bioluminescence Tour\*  
Evening Celebration

## Friday:

Group Breakfast  
Closing Discussion  
Check out @ noon

Explore the Island\*: Bike ride, Rent a golf cart, Kite Surfing, 3-Island Boat Tour, Shopping, Fine Dining, Live music, Workout, Food trucks, and much more.

\*Extra cost







# NAHU SALGADO

Co-Facilitator

Financial + Tax Consultant

Nahu is the founder of Asesores Pro Business where he and his team of professionals work with entrepreneurs and corporations, designing and developing strategies to help them make smart decisions to achieve their financial goals. Before launching his own firm, Nahu was a financial auditor with Ernst & Young and co-CFO at Diamonds International.

Nahu is a native of Cuernavaca, México but has resided in the Mayan Riviera for the last 36 years.

During the retreat, Nahu will be sharing his knowledge of his rich culture with us through the history, language, food, and dance.

# STEFANIA CILIA

Medicine Woman & Ceremonialist  
Massage, Cranio Sacral, Reiki & Tarot

Stefania's mission in life is to guide people on their own personal path of growth. She is from Italy and currently resides in Playa del Carmen, México.

She will be assisting Amelia in the UNWIND Body Activations and offering her healing sessions for those who would like personalized support.







# SPECIAL EVENTS

## Mayan Ceremony

Louis Bicho Quintal has been sharing Mayan culture through dance, música, and art for 25 years. He will be opening our retreat and blessing you all with a special Mayan Ceremony.



## Sound Baths

Satya Ra is a sound healer specializing in lush soundscapes and vibrational frequencies with her soothing voice, singing bowl, and angel chimes to deepen your journey back to the source.

Photo: Julia Lehman



## Dance Class

Nahu has been dancing all his life and been taking workshops and studying dance for the last 16 years. He will be sharing with us dance moves that make up the Latin rhythms from Salsa, Cumbia, Merengue, ChaChaCha, Bachata, and Reggaeton for a fun presentation and body activation.



# RESERVE YOUR SPOT

Limited Spaces Available

THE SPECIAL COST: \$500 USD

HOW TO RESERVE YOUR SPOT:

1. [CLICK HERE TO FILL OUT AN APPLICATION.](#)
2. YOU WILL BE INVOICED VIA EMAIL
3. YOUR PAYMENT RESERVES YOUR SPOT

## INCLUDES:

Morning Activations  
Evening Practices  
Mayan Ceremony  
Cooking Class  
Dance Class  
Concierge

## \*EXTRA:

Transportation to and from Holbox Island  
Food  
Accommodations  
Whale Shark Tour  
Bioluminescence Tour  
1-1 Therapies  
Explore the Island Activities



OR SCAN THIS CODE

TO RESERVE YOUR SEAT & CHAT DIRECTLY WITH US.

#CHANGEMAKER



# PREVIOUS RETREAT GOERS

“ I loved the synergy, the awakening sessions, the energy and all the love i felt. Amelía is an enlightened soul, a very advanced spiritual guide and human being. She can help you expand your conscious mind and bring out your true soul! ”



Adriana

Former Int'l VP Marketing (Brazil)



## "R&R Changed My Life!"

In this short video Amelía explains the origins of Rebirth & Renewal and chats with Nina. Listen in to hear how doing R&R radically changed her life. She went from slogging away in a corporate job dealing with massive heartbreak to creating her dream life! She's manifested the man of her dreams and launched a lucrative business she loves!



*"What I loved most was the depth of heart and intention for the space to be held for my soul to reconnect and re-attune for healing myself and the collective. Amelía is a true light worker. Pure in her heart, knowledge, and intentions. She is authentic, kind and no fluff, just heart mastery and presence."*

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**Chella**  
Therapist



*"I felt a huge clearing and a deeper connection to my spirit and more awareness of my purpose. My heart was opened up even more. So grateful! Working with Amelía will assist you in finding a deeper connection and awareness of yourself. Also with the tools you learn it will open you up, heal and remove blocks, and shift you and awaken deeper parts of yourself that you didn't know existed."*

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**Julia**  
Photographer