



AMAZON RETREAT
— THE WAY WITHIN —

ALTER DO CHÃO



BRAZILIAN AMAZON

Where jungle and river merge.
White sand beaches, warm waters,
and open skies invite you to slow down,
reconnect, and return to what matters.

10 DAYS OF TRANSFORMATION
DECEMBER 29 – JANUARY 7



LIMITED AVAILABILITY
BOOK BEFORE SEPTEMBER 1

SECURE YOUR SPOT AND
BEGIN YOUR RETURN TO BALANCE.

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10-DAY PROGRAM

THE SNAKE & THE JAGUAR



- 1 Arrival & Introduction**
Arrival, welcome circle & overview of the journey.
- 2 Amazon Boat Journey, Breathwork & Cacao**
Journey by boat, breathwork session & cacao ceremony.
- 3 Amazon Boat Journey, Vision Work & Meditation**
Boat journey, visioning exercises & meditation.
- 4 Boat Return & Rest**
Return by boat, free time & integration.
- 5 Ceremony I: Dying & Rebirth**
Letting go of what no longer serves.
- 6 Integration & Individual Sessions**
Personal integration time & individual work.
- 7 Shadow Work & Water Sessions**
Exploring the unconscious & water-based practices.
- 8 Ceremony II: Purpose & Aligned Action**
Clarifying purpose & taking aligned action.
- 9 Somatic & Nervous System Integration Work**
Body-based practices & nervous system regulation.
- 10 Final Reflections & Departure**
Closing circle, reflections & departure.



“This is not about becoming someone new.
It is about remembering who you are.”

INCLUDED



3-DAY BOAT JOURNEY
THROUGH THE AMAZON



RIVER & JUNGLE IMMERSIONS



CEREMONIES & ACTIVITIES



ACCOMMODATION



PRIVATE CHEF (DIETA MEALS)



INDIVIDUAL SESSIONS



GUIDANCE & INTEGRATION SUPPORT

PRACTICAL INFO



ALTER DO CHÃO, BRAZIL



CLOSEST AIRPORT: SANTARÉM (STM)



SMALL GROUP (MAX. 10 PARTICIPANTS)



1200 EUR FOR 10 DAYS



A JOURNEY BACK TO YOU

This retreat is an invitation to slow down, go within and reconnect with what truly matters. Through two archetypal paths — The Snake & The Jaguar — you will be guided back to balance, clarity and embodied wholeness.



TWO PATHS. ONE JOURNEY. RETURNING TO YOUR OWN BALANCE.



AMAZON RETREAT
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PROGRAM FLOW

THE SNAKE & THE JAGUAR



A 10-day immersion in two archetypal paths
that guide us back to balance,
truth and embodied wholeness.



THE SNAKE & THE FEMININE

The Snake represents surrender,
transformation, and the wisdom of the body.

The Snake teaches us:
*not how to control life —
but how to trust it.*

This first immersion focuses on:

- dying & rebirth
- emotional release
- shame & embodiment
- surrendering control
- facing emptiness
- reconnecting with essence
- Embodiment & nervous system regulation
- Emotional awareness & release
- Feminine intelligence
- Darkness as transformation
- Receiving & surrender
- Safety in feeling



THE JAGUAR & THE MASCULINE

The Jaguar represents grounded power,
direction, steadiness, and embodied action.

This second phase helps participants reconnect
with grounded strength and aligned movement in life.

The Jaguar teaches:
clarity, presence and aligned power.

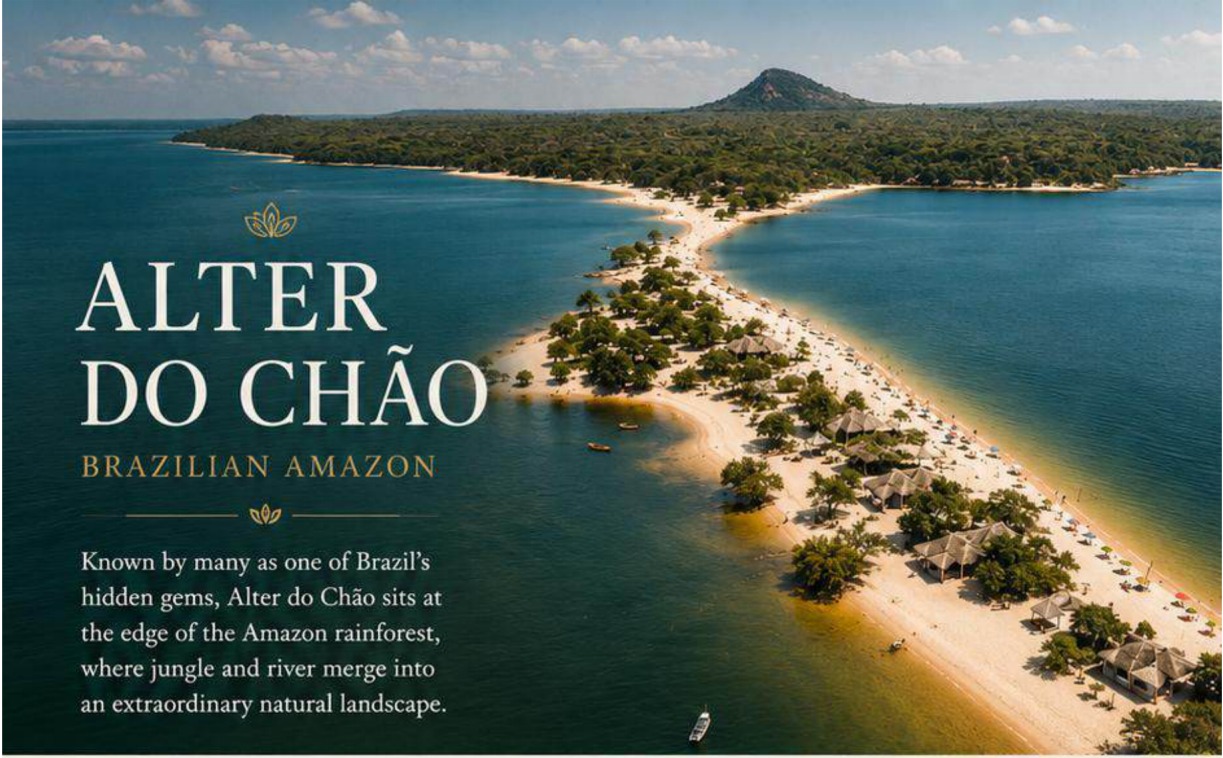
This immersion focuses on:

- aligned purpose
- empowerment
- clarity & direction
- silence & steadiness
- masculine embodiment
- transforming guilt & rejection
- Purpose & direction
- Boundaries & inner authority
- Action without force
- Leadership from presence
- Stability & holding
- Embodied confidence



TWO PATHS. ONE JOURNEY.
RETURNING TO YOUR OWN BALANCE.





ALTER DO CHÃO

BRAZILIAN AMAZON

Known by many as one of Brazil's hidden gems, Alter do Chão sits at the edge of the Amazon rainforest, where jungle and river merge into an extraordinary natural landscape.

Here, life moves to the rhythm of water.

White sand river beaches emerge with the seasons. Warm freshwater currents carve their way through dense forest. Ancient trees rise above the canopy, while vast skies open space for stillness and reflection.

Far from the noise of everyday life, the Amazon invites a different way of being: slower, quieter, and deeply connected to the living world.

Our retreat unfolds across this landscape through boat journeys, river immersions, jungle walks and moments of rest beneath the forest canopy. The land itself becomes part of the experience: a teacher of presence, simplicity and listening.

Alter do Chão is more than a destination. It is a place where many remember what it feels like to belong to nature. And perhaps, to themselves.



WHITE SAND
BEACHES



WARM FRESHWATER
LAGOONS



DENSE TROPICAL
FOREST



AMAZON BOAT
JOURNEYS



SUNRISE & SUNSET
RITUALS



SILENCE, STARS &
VAST OPEN SKIES



GETTING THERE

The Amazon reveals itself gradually.

From Belém, a short flight carries you deeper into the rainforest to Santarém. From there, the road follows the river toward Alter do Chão, where white sand beaches meet ancient forest. Sometimes, the journey begins long before we arrive.



BELÉM (BEL)
International
Flight



SANTARÉM (STM)
Approx. 1 hour
Flight



ALTER DO CHÃO
Approx. 35 min
Transfer

Nestled on the banks of the Tapajós River, Alter do Chão remains relatively untouched by mass tourism, preserving its unique blend of forest, river and local culture.



For participants joining the retreat, detailed travel guidance and support will be provided upon registration.



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MEET YOUR GUIDE



Sufy Nola

MEDICINE WOMAN & THERAPIST

My name is Sufy Nola, and my path has been one of deep transformation: a journey that began in the Amazon rainforest, where I first encountered the healing medicines and traditions that would profoundly shape my life.

What began as a personal search gradually evolved into a lifelong commitment to learning, healing and service. Over the years, I have immersed myself in both ancestral practices and modern approaches to personal growth, exploring the meeting point between spirituality, psychology and embodied experience.

That journey taught me that true healing is rarely about quick solutions or escaping discomfort. Rather, it asks for **courage**, **patience** and a willingness to listen to the deeper intelligence of life.

Today, I dedicate my work to guiding others through their own process of transformation: creating spaces where people can reconnect with their **inner truth**, release what no longer serves them, and remember the strength and **wisdom** that already live within.

My role is not to fix or change anyone, but to walk beside those who feel called to explore their own path with curiosity, **presence** and care.

“

Healing is not about becoming someone new. It is about remembering who we have always been.

