

St. Maarten **ITINERARY**



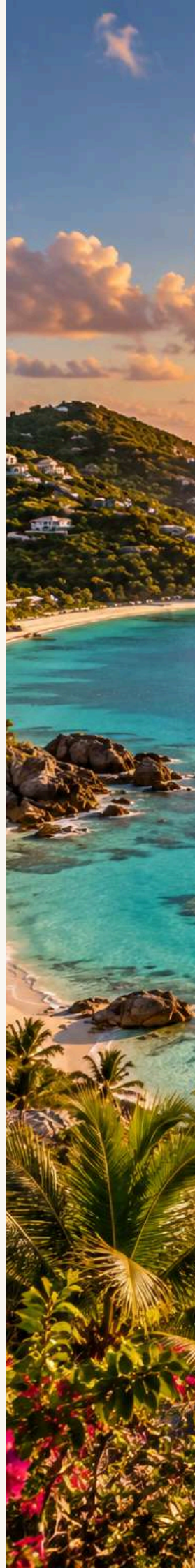
THE WATERS OF BECOMING

A Caribbean Journey of Release,
Remembrance & Creation

Welcome to The Waters of Becoming.

For five beautiful days, we invite you to
step away from the rhythms of everyday
life and enter the warmth, beauty, and
waters of St. Maarten.

This journey has been intentionally
created to offer space for connection,
adventure, reflection, sacred ceremony,
laughter, rest, and renewal.



MEET YOUR GUIDE

Evelyn Viviana



Evelyn Viviana is a life coach, healer, and spiritual light energy worker whose path has been shaped by a singular calling: the awakening of the human spirit. Her life's work is rooted in a deep personal commitment to her own expansion and an equally powerful devotion to helping others remember the wisdom, power, and divine light that already lives within them.

A certified teacher of The Awakening The Illuminated Heart, trained directly under Drunvalo Melchizedek, Evelyn carries a rare lineage of mystical education. She has completed dozens of Vision Quests alongside guardians of Indigenous knowledge, walking the path of a devoted seeker and student of spiritual truths for healing and psychic transformation. These experiences have shaped her into a guide who leads not from theory, but from deep, lived initiation.

Evelyn is recognized as a leader in the transmission of shamanic wisdom and esoteric knowledge. She has spent years teaching and facilitating retreats, meditations, women's empowerment workshops, shamanic breathwork ceremonies, and spiritual pilgrimages to sacred sites across the globe. Her teaching is an invitation into direct experience, a remembering of what the soul has always known.

Her greatest joy is witnessing the moment a student awakens to who they truly are, when the layers fall away and what remains is the radiant, undeniable truth of their own divinity. For Evelyn, this work is not a profession. It is a sacred offering, a life devoted to the rapture found in Spirit, Life, and Love.





FEBRUARY 17

ARRIVE • OPEN • INTEND

Welcome to St. Maarten. Arrive at our beautiful villa, settle into your space, unpack, breathe, and give yourself permission to simply arrive. There is nowhere else you need to be.

As evening approaches, we will gather for our Opening Circle, meet our retreat family, and intentionally open the space for the journey ahead.

What am I ready to release?

What am I ready to receive?

What is asking to be born through me?

We will enjoy our first beautiful dinner together before entering an intimate Cacao Ceremony and Evening Meditation to open the heart and welcome the journey ahead.

Our Day

- Arrival & settling into the villa
- Welcome & connection
- Opening Circle
- Intention setting & journaling
- Welcome dinner
- Cacao Ceremony
- Evening meditation

INTENTION

I ARRIVE. I SOFTEN. I OPEN.



FEBRUARY 18

GROUND • EXPLORE • CONNECT

We begin our first full day with a peaceful morning meditation, followed by breakfast together. Then adventure calls.

We journey to Guana Bay, where we begin a beautiful coastal hike through the wild landscape of St. Maarten. Our trail leads us toward one of the island's hidden treasures, Devil's Cupper Natural Pool, surrounded by rock and the powerful waters of the Atlantic.

Here we pause. We breathe. We connect with the Earth beneath us and the water surrounding us through a gentle Earth & Water Meditation.

There will be time to enjoy the natural pool when ocean conditions allow before continuing our journey toward Point Blanche.

Our transportation will meet us there and take us into Philipsburg for a beautiful waterfront lunch overlooking Great Bay. Afterward, enjoy some spacious island time: swim, walk along the beach, explore, laugh, or simply find a beautiful place to do absolutely nothing.

We return to our villa for rest, journaling, and dinner.

BLUE LOTUS TEA CEREMONY

As evening settles over the island, we gather again for a gentle Blue Lotus Tea Ceremony. After a day spent connecting with Earth and water, this evening invites us inward. Through tea, meditation, intention, and quiet reflection, we create space to soften, listen, and deepen our connection with the heart.

Our Day

- Morning meditation
- Breakfast
- Guana Bay coastal hike
- Devil's Cupper Natural Pool
- Earth & Water Meditation
- Swimming, conditions permitting
- Waterfront lunch
- Beach & free time
- Return to villa
- Rest & journaling
- Dinner
- Blue Lotus Tea Ceremony
- Evening meditation & reflection

INTENTION

**I GROUND INTO THE PRESENT MOMENT. I SOFTEN,
LISTEN, AND OPEN MYSELF TO THE WISDOM WITHIN.**





FEBRUARY 19

RELEASE • SURRENDER • TRANSFORM

Today, we belong to the sea. After morning meditation and breakfast, we embark on a beautiful catamaran journey through the Caribbean waters. There will be time for snorkeling, swimming, sunshine, music, laughter, connection, and pure enjoyment.

During our journey, we will pause for a special Offering to the Ocean, honoring the waters and surrendering what we are ready to leave behind. And then we celebrate, because release isn't only about letting go. It is also about becoming lighter.

After returning to the villa, there will be time to shower, rest, journal, and integrate before dinner.

FIRE RELEASE CEREMONY

As night falls, we gather around the fire. Water has carried us. Now fire invites transformation. Through intention, reflection, prayer, and ceremony, we honor what has been and create space for what is becoming.

What has been carried long enough can be surrendered. What has completed its purpose can be released. And what remains is space for something new.

Our Day

- Morning meditation
- Breakfast
- Catamaran journey
- Snorkeling & swimming
- Offering to the Ocean
- Music, laughter & connection
- Return to villa & rest
- Journaling & integration
- Dinner
- Fire Release Ceremony
- Evening meditation

INTENTION

I OPEN MY HEART TO RECEIVE. I GIVE MYSELF
PERMISSION TO BECOME.



FEBRUARY 20

RECEIVE • EMBODY • CELEBRATE

Today begins gently. Our morning practice invites us toward a new question: Now that I have created space, what am I ready to receive? We begin with a beautiful heart-opening morning meditation, gentle breathwork, and movement, followed by breakfast.

The rest of our day is intentionally spacious. Explore another beautiful part of St. Maarten, swim in turquoise waters, relax on the beach, journal, shop, enjoy a leisurely lunch, laugh with new friends, or simply rest. Today isn't about doing more. It's about allowing yourself to receive.

We will also share a special intention practice devoted to what you are choosing to call forward into the next chapter of your life. And as evening arrives, it's time to get beautiful. Join us for a special farewell dinner, our gift to you, as we celebrate life, friendship, abundance, transformation, and the journey we have shared.

Our Day

- Heart-opening morning meditation
- Gentle breathwork & movement
- Breakfast
- Island adventure & exploration
- Beach & free time
- Receiving intention practice
- Rest & reflection
- Special farewell dinner
- Celebration

INTENTION

**I GROUND INTO THE PRESENT MOMENT. I SOFTEN,
LISTEN, AND OPEN MYSELF TO THE WISDOM WITHIN.**





FEBRUARY 21

INTEGRATE • BLESS • RETURN

Our final morning together. We gather one last time for meditation and breakfast before entering our Closing Circle.

Together, we reflect:

What did I release?
What did I remember?
What am I ready to receive?
Who am I becoming?
What will I carry home with me?

We close our journey with gratitude, intention, and a final blessing before beginning our journeys home. You may be leaving St. Maarten, but perhaps you return home carrying something different within you: a little more space, a little more freedom, a little more trust, a little more you.



Our Day

- Final morning meditation
- Breakfast
- Integration practice
- Closing Circle
- Final blessing
- Gratitude
- Departures

INTENTION

I CARRY WHAT I HAVE REMEMBERED INTO THE LIFE
THAT AWAITS ME.



WHAT'S INCLUDED

YOUR WATERS OF BECOMING RETREAT EXPERIENCE HAS BEEN THOUGHTFULLY CURATED SO YOU CAN ARRIVE, SETTLE IN, AND ALLOW YOURSELF TO BE HELD THROUGHOUT THE JOURNEY.

- 4 nights / 5 days accommodations in our beautiful St. Maarten retreat villa
- Daily breakfast
- Retreat transportation for all scheduled group activities and excursions
- All scheduled excursions and experiences included in the retreat itinerary
- Spiritual guidance and facilitation throughout the retreat
- Shamanic Breathwork Journey
- Rapéh Ceremony
- Cacao Ceremony
- Blue Lotus Tea Ceremony
- Fire Release Ceremony
- Ocean Offering & sacred water practices
- Private Cardology Destiny Reading
- Daily meditation, intention setting, journaling & integration practices
- Opening & Closing Ceremonies • Special Farewell Dinner



NOT INCLUDED

- International airfare to and from St. Maarten
- Accommodations before February 17 or after February 21, 2027
- Lunches and dinners unless specifically noted in the itinerary
- Travel insurance

WE STRONGLY RECOMMEND PURCHASING COMPREHENSIVE
TRAVEL INSURANCE FOR YOUR JOURNEY.





ENERGY EXCHANGE • \$3500

SPACES ARE LIMITED. IF YOU FEEL THE CALL IN YOUR HEART, JOIN US.
SHOULD YOU HAVE ANY QUESTIONS, PLEASE CONTACT US:

WWW.INONEHEART.COM
917.306.2323

