

# MAYAN ODYSSEY TRAVEL GUIDE



Jean Sheean and Dr Niikee are thrilled that you will be joining us in Mexico!  
We are teaming up again in the Jungles of just outside of Cancun, Quintana Roo Estado,  
surrounded by the beautiful Caribbean Sea...

April 11 - 20, 2025

Mayan Mexico Odyssey





# OUTLINE

- 
- > Welcome to Mayan Mexico
  - > Guide Team
  - > Packing List
  - > Visa's - T & C's
  - > Retreat Itinerary
  - > Contacts





# WELCOME TO

# MAYAN MEXICO

Upon your arrival, you will be met by the driver you have arranged to bring you to 'La Hacienda Cancun' Retreat Center, which is approximately 30 minutes from the International Airport in Cancun.

It is nestled in the Jungle yet still close to many fantastic sightseeing attractions around the region. Tradition and service combine in an architecture that combines native materials, colonial elements, modern facilities and Mayan sensibility.



Retreat Facilities: - Private swimming pool - Jungle walks - Traditional Temazcal - Fire Circle - Yoga Shala - On site massage, Biomagnetism and Feldenkrais Method practitioners available on request. There will be time to book these in spaces between our other activities... do let us know if this is of interest to you.

Over time together, we have curated visits to local attractions that encompass the potency of the natural elements that abound in the region. These include the majestic Caribbean Sea, local Cenotes and the famous Chitzen Itza and Coba complexes, all of which complement the program of magic and mystery being prepared for you.

Our days will be a combination of teaching and experiential learning, dotted with time for both sharing and introspection. We will be well nourished with local, freshly produced vegetarian cuisine, lovingly prepared by the Retreat Centre cooks.

The weather in this region in April is generally warm and pleasant, before the summer heat, with top temperatures of 30 and minimum of 22 degrees in the early hours of the morning. Rooms are airconditioned and we have a private swimming pool to laze around during our breaks when we aren't around exploring the region... hats and sunscreen are a must during our excursions.



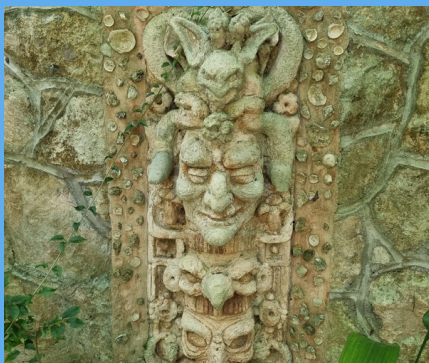
# GUIDE TEAM



■ Jean Sheenan



■ Dr Niikee



■ Mayan Ancestors



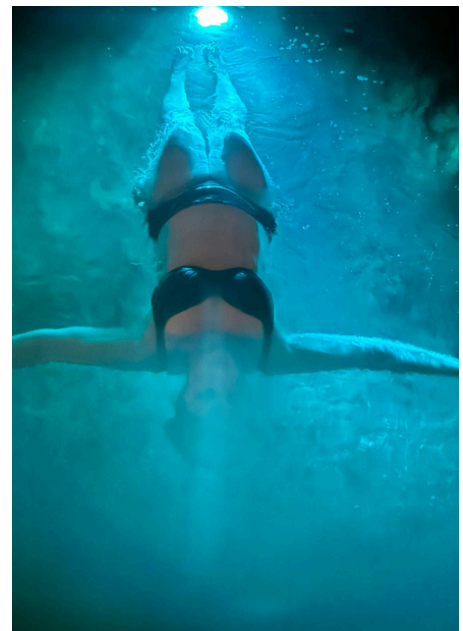
■ Nature Elementals



# MAYAN MEXICO

# PACKING LIST

- Plenty of cool, comfortable clothes for practicing yoga, sitting in workshops, and going outside
- Good walking shoes for our outings
- Personal Toiletries (toothbrush, toothpaste, etc.)
- Hat + sunglasses + sunscreen + swim towel
- Natural Insect Repellant
- Swimwear for swimming in the pool, beach and stunning cenotes, sarong or light cover for the sweat lodge
- Your own swimming towel
- Earplugs if sensitive to other's noise when sleeping
- Water bottle to refill
- Snacks, specialty teas, other individual things you love
- Journal and pens, colouring pencils, sharpener etc.
- Any crystals or other objects sacred to you that you feel to bring on your journey



Please treat this journey as something Sacred as it will best support you to make the most of the experience.

In preparation, try to refrain from being intoxicated or eating unclean food too much before your arrival.

Clean energy will allow you to best integrate the experiences with clarity and surety to return home with your highest calibration frequencies...





# MEXICAN

# VISAS

A Tourist Card on Arrival (rather than a visa) is standard for arrival into any Mexican Port. In order to be automatically processed, you are required to register your visit online and complete their Multiple Immigration Form (FMM) to receive a QR code, before departure.

You will need this and a valid passport to enter the country. The address where you will be staying is - La Hacienda Cancun - Carr. Cancun-Merida Km 302, Calle Jacaranda 18, 77500 Cancun

You can apply here - <https://www.mexicotouristcard.com/>

A Visitax is now also required for Quintana Roo, the region we are visiting. You can complete this here - <https://www.visitax.gob.mx/sitio/> \*If you do this part first, you are issued with a code to enter on your tourist card application.

Double check you also have any transit visas pre-arranged for countries you are passing through, both ways!

## > TERMS AND CONDITIONS

Please be aware that it is your responsibility to ensure that you have adequate travel insurance coverage for the duration of the retreat and your entire time away from home.

You are required to sign a waiver that you understand that Millennium Education and Dr Niikee Energy Medicine will not be held liable for any issues that arise during your travels or our retreat.

It is your responsibility to advise us of any medical conditions and if you are limited in your capacity to participate in any of our excursions.

Also, please make sure you bring along anything additional that you require, outside of the catering available for the duration of the retreat. It is not as simple as popping down to the store if you forget something.

Tipping is also a MUST in Mexican Culture, so please have an additional 100USD we will put together and distribute to the retreat staff at the end, as well as our drivers and day trip guides.

Please reach out to us if you have any concerns, as we are here to support you as best we can in the lead-up to our epic journey together.

We are also dedicated to ensuring you have a wonderful, enlightening experience during our time together.







# MAYAN ODYSSEY

# ITINERARY

- Fri 11th April - Arrival from the airport - arrange own transfer to venue anytime from 2pm onwards, settle in and land into the space until 4pm for our pre dinner, introduction to the magic.
- Sat 12th - Earth elemental deepening - local Jungle experience, connecting with nature and deep listening, welcome Ceremony with sound healing and cacao.
- Sun 13th - Water elemental connection - cleansing and clearing practices, Ancient Mayan Wisdom and a wonderful Caribbean Beach tour to soak it all in.
- Mon 14th - Early morning departure to Chitzen Itza and nearby Cenote explore, swim and ceremony... full day tour
- Tues 15th - Fire elementals potency and potential - Past lives in ancient civilizations, traditional Temazcal sweat lodge
- Wed 16th - Early morning departure for full day tour... Coba Mayan Ruins and visits to local Cenotes
- Thurs 17th - Air elemental harmony - Connecting with your spirit guidance team and inner wisdom, soul retrieval
- Friday 18th - Integration day, silent reflection, group circle
- Sat 19th - Celebration Day, New Earth dynamics, multi-dimensional exploration, Surprise Outing
- Sun 20th - Breakfast and arrange own transport out before midday.

Morning yoga and meditation, breakfast, lunch and dinner, filtered water and herbal teas provided when not out on our excursions.

\*program subject to change







**CONTACT**

**DETAILS**

Please provide your flight details to us when you have them so we can await your arrival from Cancun International Airport. Dr Niikee will have her mobile with her, if you run into any hold ups or can't find where you are going. The arrival part isn't very large and after you collect your luggage, you can make your way through immigration and exit the airport. Your pre-arranged driver will meet you there :)



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# GET READY TO BE IMMERSED IN A CULTURE LIKE NO OTHER..



Love the life you live... you are only ever limited by  
your beliefs



*Magical Adventures Await*