



METTÁ Healing Retreat:

*A Intimate Soulful Journey of Stillness,
Self-Compassion, and Soul Renewal*

Only 10 Spaces Available! Register Early.

Retreat Dates:

April 7-11, 2027

Location:

Cuernavaca, México



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Welcome Message

Beloved Sister,

Welcome to the METTÁ Healing Retreat, a sacred space for stillness, sisterhood, and soul restoration. Over the next five days, you are invited to release the weight of expectations, reconnect with your inner rhythm, and rediscover the divine peace that already resides within you.

This retreat honors the African principle of Ubuntu — “I am because we are.” Together, we will breathe, move, reflect, and rise as one community of healing.

As you step into this space, may you open your heart to gentleness, grace, and self-compassion.

“May you find stillness, compassion, and renewal within yourself.”



Much METTÁ,
Dr. Pamela Jenkins
Founder, PLM METTÁ Healing Oasis

PLM METTÁ Healing Oasis
 www.mettahealingoasis.com
 AskDrJ08@gmail.com

About the Facilitator

Dr. Pamela Jenkins is the visionary founder of PLM METTÁ Healing Oasis, a sacred space dedicated to holistic transformation, mindfulness, and soul restoration. Drawing upon her background in psychology, trauma-informed care, and African-centered healing traditions, Dr. Jenkins guides women in reconnecting with their inner wisdom and embracing their healing power within. Her approach integrates compassion, cultural resonance, and embodied mindfulness to help others experience balance, clarity, and renewal from the inside out.

Retreat Details

The METTÁ Healing Retreat is a five-day immersive experience designed to restore alignment, presence, and peace. Through guided meditations, sister circles, reflective journaling, and mindful movement, participants are supported in reconnecting with body, mind, and spirit.

This experience is for women who are ready to put down some of what they have been carrying and reconnect with themselves in a space created for restoration, reflection, healing, and wellbeing!



Each Day Focuses On A Central Theme

1. **Stillness** – Grounding and breath awareness
2. **Self-Compassion** – Embracing kindness toward self
3. **Release** – Letting go of burdens and limiting stories
4. **Renewal** – Inviting lightness and creativity
5. **Integration** – Carrying peace into daily life

Session Summaries & Practices

Each session invites you to experience mindfulness through stillness, awareness, and connection. You are encouraged to breathe deeply, journal freely, and share authentically.

- ◆ **Morning Mindfulness** – Grounding breathwork to open the day with calm presence.
- ◆ **Sisterhood Circles** – Safe, sacred space to share stories and wisdom.
- ◆ **Creative Expression** – Hands-on healing through art, sound, and movement.
- ◆ **Reflection & Renewal** – Guided journaling to process insights.
- ◆ **Evening Restorative Practice** – Gentle release and embodied rest.

Retreat Location

Nikan Ká | Cuernavaca, México

Inspired by Aztec/Mexica cosmology and nestled within the Magical Energy Triangle formed by Malinalco, Tepoztlán, and Xochicalco, Nikan Ká embraces the principles of movement, balance, nature, and renewal.

Set within a lush tropical landscape, Nikan Ká offers a space for connection, reflection, and well-being — honoring the ancient wisdom of the land while creating opportunities for transformation in the present.





Retreat Schedule

April 7 - 11, 2027

Day 1 — Stillness

“Be still, and know that you are enough.”

11:00 AM	Meet in Mexico City at the designated location	4:00 PM	Journaling Session: Listening Within and Setting Intentions
1:30 PM	Welcome Circle and Intentions	6:00 PM	Evening Reflection & Rest
2:00 PM	Lunch & Quiet Reflection	7:00 PM	Dinner prepared by a private chef

Day 2 — Self-Compassion

“May I be gentle with myself today.”

8:00 AM	Guided Meditation: Loving-Kindness Toward Self	3:00 PM	Creative Expression Workshop: Affirmation Art
9:00 AM	Breakfast	4:00 PM	Mindful Journaling: The Inner Voice of Grace
10:30 AM	Healing Circle: Stories of Resilience	6:00 PM	Restorative Yoga & Evening Gratitude
12:00 PM	Lunch & Quiet Reflection	7:00 PM	Dinner prepared by a private chef
1:00 PM - 3:00 PM	Personal Care Time and/or Your 1:1 Time with Dr. J.		



Day 3 — Release

"I release what no longer serves my spirit."

8:00 AM	Morning Meditation: Breath as Cleansing	3:00 PM	Sound Bath & Stillness
9:00 AM	Breakfast	4:00 PM	Reflective Writing: Finding Freedom on the Page
10:30 AM	Healing Discussion: Honoring Loss and Letting Go	6:00 PM	Ritual of Release: Water or Fire Ceremony
12:00 PM	Lunch & Nature Integration	7:00 PM	Dinner prepared by a private chef
1:00 PM - 3:00 PM	Personal Care Time and/or Your 1:1 Time with Dr. J.		

Day 4 — Renewal

"I rise with new energy and light."

8:00 AM	Temazcal Renewal led by a local shaman. A temazcal is an ancient, dome-shaped traditional Mesoamerican sweat lodge used for physical and spiritual purification.	12:00 PM	Visit <u>Xochicalco Pyramids and Temple</u> . Guided meditation at this nearby Sacred Site of the Aztecs
10:00 AM	Breakfast & Time to Reflect	2:00 PM	Lunch
		3:00 PM	Free time to Relax, Reflect, and Enjoy Nature
		7:00 PM	Dinner prepared by a private chef

Day 5 — Integration

"I am whole, I am seen, I am healed."

8:00 AM	Closing Meditation: The Power Within	10:00 AM	Farewell: Gratitude and Affirmations of Renewal
9:00 AM	Breakfast & Reflections	12:00 PM	Depart back to Mexico City. To-go lunch will be provided.

Retreat Costs & Registration

Retreat Cost Per Person

\$2,800

Included Amenities

- Accommodations - Single and Double Occupancy Rooms Depending on Preference and Availability.
- Private transportation in-country to the site and back
- All site entry fees to the Temple and Aguas Azules
- Three meals per day cooked by a local private chef
- One-hour massage on site
- One-hour private session with Dr. Pamela Jenkins
- Retreat content by Dr. Pamela Jenkins

Not Included

- Flights to and from the USA
- Any alcohol or additional meals
- Any activities not listed on the itinerary

Payment Plan

1. Space is Limited to 10 Participants.
2. Register and pay a \$500 non-refundable deposit by December 5, 2026.
3. **Register and Make All Payments Here**
4. The balance and total due is required by March 7, 2027.

Registration Contact

tours@global-academics.org

www.global-academics.org

510-649-5664

*May you continue to move through
the world with grace, compassion, and light.*





Global Academics

DR. SIRI BROWN, PH.D., CEO AND FOUNDER

For Questions Please Contact Dr. Siri Brown at tours@global-academics.org or (510) 649-5664



Global Academics is owned and operated by Dr. Siri Brown, a long-time educator in the Bay Area. Dr. Siri Brown is a two-time Fulbright scholar for abroad projects in both Brazil (2012) and South Africa (2019). The mission of Global Academics is to provide the most in-depth cultural immersion tour related services to fulfill your organizations objectives in adding Black World travel to your community work. The most unique aspect of our service is that we have years of experience in the countries and local communities you will visit. This depth of experience has resulted in relationships with internationally known Black artists, academics, intellectuals, and community leaders who you will meet, learn from, and enjoy during your time abroad with Global Academics.

Dr. Brown has over 20 years of teaching experience as a tenured faculty member in African American Studies at Merritt College, and part time in Ethnic Studies at UC Berkeley. She recently served as the Vice Chancellor of Academic Affairs & Student Support Services at Peralta Community College District and was the chair of the Ethnic Studies & Social Sciences department for over 10 years. Dr. Brown holds an M.A. in African American Studies and a Ph.D. in U.S. History with an emphasis in Early American, African American, and U.S. Women's History from The Ohio State University.

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