



AWAKEN YOUR SACRED SELF

a transformative 6-day spiritual journey

in TEOTIHUACAN

OCTOBER
11-16, 2025

LED BY DAPHNE PARAS

Sacred
seeker

OVERVIEW

Embark on a profound and transformative spiritual journey led by Master Facilitator, Daphne Paras, that will reconnect you with your personal sacred essence. Join us as we explore the deep connection with the elements, that will serve as the foundation for us to begin fostering healing, allow for spiritual expansion, and provoke personal growth.

Our carefully curated itinerary guarantees unforgettable and life-altering experiences that will leave an enduring impression on your soul. Prepare to be guided by seasoned, indigenous shamanic practitioners who will reveal ancient folklore and generational wisdom seldom found in mainstream publications.

Step into the Dreaming House, a haven of boundless love and profound healing, where you can embrace your true potential in a nurturing and safe energetic space. Discover a sanctuary that has filled my life with love and transformation, and let us guide you towards unlocking your authentic self and embracing new possibilities. Allow this experience to be your vessel of self-discovery, where healing energies intermingle and a community of like-hearted souls supports you on your journey to a brighter, more fulfilling path.

✦ Daphne

earth my body. water my blood. air my breath. fire my spirit.

THE DREAMING HOUSE

Welcome to the Dreaming House, your home for the week, a physical sanctuary thoughtfully crafted with intention and beauty. At this family-run establishment, you will find a remarkable team of spiritual practitioners who are dedicated to providing unwavering support throughout your journey. Savor the sumptuous, love-infused meals served in the heartwarming tradition of a family-style setting, where the very best of authentic Mexican cuisine will tantalize your taste buds. Within these nurturing walls, prepare to rediscover and reclaim your sacred self, as you immerse yourself in an oasis of love, intention, and profound personal transformation.



Sacred Experiences

unearth ancient wisdom that will
move your soul

earth my body. water my blood. air my breath. fire my spirit.

01.

"DUE TO THE PRIVATE NATURE OF
THE TOUR, DAPHNE WILL DISCUSS
IT WITH YOU PRIVATELY"

02.

TOLANTONGO

Discover the hidden gem nestled within Mezquital Canyon, a sanctuary enveloped by the enchanting embrace of hot springs and submerged thermal pools. Immerse yourself in the awe-inspiring grutas, where healing properties and spiritual rejuvenation intertwine effortlessly. Experience the serenity and natural wonders that await, and let the surroundings and therapeutic waters transport you to a realm of unparalleled tranquility.



03.

TOLTEC COSMOLOGY

Delve into the profound world of Toltec beliefs as you explore the big picture map passed down through generations by the esteemed Don Miguel Ruiz. Uncover the ancient wisdom and intricate teachings that shape this remarkable spiritual tradition, gaining insights that illuminate the path to personal transformation and self-discovery.

“DUE TO THE PRIVATE NATURE OF
THE TOUR, DAPHNE WILL DISCUSS
IT WITH YOU PRIVATELY”

05.

"DUE TO THE PRIVATE NATURE OF
THE TOUR, DAPHNE WILL DISCUSS
IT WITH YOU PRIVATELY"

06.

THE NATIONAL MUSEUM OF ANTHROPOLOGY

Discover hidden treasures that tell stories about the culture and history of the land we will be exploring. Connect deeper to the ancient culture in the most visited Museum in all of Mexico!



07.

SACRED CAVE

Venture into the depths of a Sacred Cave, where a transformative ceremony awaits. Guided by a revered shaman, immerse yourself in this ancient ritual, symbolizing the journey of renewal and rebirth. Surrender to the mystical ambiance of the cave as you awaken your spirit and embrace an acute sense of transformation. Through this sacred ceremony, you will tap into the depths of your being, shedding old layers and emerging with a renewed sense of purpose and vitality.

08.

LADY OF GUADALUPE

Go on an insightful exploration of the traditional and indigenous mythologies and experience a deep connection with the ultimate embodiment and duality of The Divine Feminine, as symbolized by Our Lady of Guadalupe. Delve into the rich tapestry of spirituality and devotion as you immerse yourself in the sacred surroundings. Discover the power and grace of the Divine Feminine and allow her presence to guide you on a path of spiritual awakening, compassion, and inner strength.



09.

RECAPITULATION

Embrace the empowering opportunity to reclaim the energy of your past through the transformative practice of breathwork, drawing upon the ancient Toltec tradition of recapitulation. Immerse yourself in this introspective technique that allows you to release stagnant energy, heal old wounds, and restore balance to your mind, body, and spirit..

10.

FIREWALK

Prepare for an extraordinary and life-changing experience! Join us as we embark on a transformative journey where we forge a deep connection with the sacred fire. Through an engaging workshop, you will learn powerful techniques to confront your fears, overcome obstacles, and elevate your energy. Witness the incredible power of transformation as you discover the ability to shift from a resounding "no" to a resolute "yes" in a matter of seconds.

We then gather around the glowing coals for a profound ceremony, creating a safe and supportive space to honor one another's breakthroughs and celebrate remarkable transformations that occur on the other side of the intense 1800-degree heat. While walking across the coals is always optional, the invitation to step into this empowering experience awaits, inviting you to embrace your inner strength and embark on a truly awe-inspiring journey.

10



Detailed Itinerary

Awaken Your Sacred Self

October 11-16, 2025



This itinerary is likely to change date/time and is not inclusive of all teachings and activities



Day 1

Arrival

4:00 PM

Comida

7:00 PM

Opening Ceremony

9:00 PM

Cena



Day 2

05. TOUR

8:30 AM

Breakfast

10:00 AM

Toltec Teachings

4:00 PM

Comida

8:00 PM

04. TOUR



Day 3

Basilica de Guadalupe

8:30 AM

Breakfast

10:00 AM

Museum & Basilica

5:30 PM

Comida

7:00 PM

Firewalk

9:00 PM

Cena



Detailed Itinerary

a Transformative 7-Day Spiritual Journey

October 11-16, 2025



This itinerary is likely to change date/time and is not inclusive of all teachings and activities



Day 4

Grutas de Tolantongo

5:00 AM

Tolotongo

7:30 PM

Comida



Day 5

Teotihuacan

8:30 AM

Breakfast

9:30 AM

01. TOUR

11:30 AM

Guided Teo tour

4:00 PM

Comida

9:00 PM

Cena



Day 6

Departure

8:00 AM

Breakfast

9:00 AM

Departure

AWAKEN YOUR SACRED SELF:
7-DAY SPIRITUAL JOURNEY

EXPERIENCE COST

6-DAY EXPERIENCE

\$3,000

- 6 days of transformative experiences and teachings (all excursions)
- Group transportation to and from MEX airport
- Lodging (double occupancy)
- Three meals per day (2 meals on arrival day and one on departure day)

✦ Airfare is not included.
All participants must reserve their own airfare.

ADDITIONAL

- Room upgrade (single room) | \$300

ABOUT DAPHNE PARAS



As a Sakahan Firewalk Master, Daphne possesses the unique ability to guide individuals through their deepest fears, breaking arrows, walking on glass, and fearlessly traversing 1800-degree coals. Her certification empowers her to train and certify instructors as well as facilitate workshops that tap into the profound potential of individuals, transcending limitations and stepping into their inner strength.

Daphne is an accomplished Executive Trainer at Burst Trainings, specializing in conducting dynamic business workshops for Senior Executives worldwide. With an impressive roster of clients, she consistently earns top feedback scores from her audience, a testament to her expertise and engaging style.

Daphne's multifaceted background, including a Master's Degree in Health Education, coupled with her unwavering commitment to guiding others toward empowerment and self-discovery, makes her an exceptional catalyst for transformation and personal growth.

Daphne has emerged as a captivating leader, igniting the fiery passion within individuals as she guides them on transformative journeys. Daphne's exceptional ability to create a safe container, allows her clients to connect to the wisdom of their bodies to heal and transform. This intentional practice allows her to develop a trust with her clients in which they can experience a deep satisfaction from her skillfully facilitated corporate and private workshops.

Trained directly under Layla Martin, founder of the Tantric Institute of Integrated Sexuality, Daphne has honed her skills as a Sex, Love & Relationship Coach. Drawing from tools such as breathwork, meditation, and guided practices, she delves deep within herself to access greater depths of understanding, enabling her to guide others on transformative journeys of healing and self-discovery. This modality empowers individuals to identify and heal trauma residing within their bodies, clearing the pathways towards liberation and wholeness.

As a Level 1 & 2 Certified Warrior Goddess Facilitator, she skillfully facilitates workshops centered around empowerment, reclaiming one's voice, healing, and returning to an authentic self. These workshops include Toltec teachings passed down from Don Miguel Ruiz, author of The Four Agreements.



TESTIMONIALS

"it truly was the journey of a lifetime"



"I went on this trip because I was fascinated by the Pyramid of the Sun. Little did I know at the time how much my life would change in just a few days. It was an experience I'll always be grateful for and one I will never forget."

- NOAH

"There are no words I can find to accurately describe the experience. This truly was the journey of a lifetime. Simply magical, really. Thank you, Daphne!"

- KAT



"Between the beautiful & mystical experiences, the delicious meals at The Dreaming House, the love of the group, and Daphne's expertise, this trip was spectacular. The combination is truly hard to beat. I also discovered and broke through fears I didn't even know I had!"

- DANIELA

"The location, the people, the experience were heavenly as I felt moved spiritually and emotionally with the presence of angels all around."

- TERRY



"Swapping tequila shots for fire walks in Mexico, I unearthed an inner flame that shines far brighter than any liquid courage ever could."

- JAMES

TESTIMONIALS

"it truly was the journey of a lifetime"



"Daphne created such a magical retreat in Mexico with so many sacred experiences that forever changed me. She truly has a gift of bringing community together to expand your lens of life to reconnect with your soul to help you to move beyond fear back into love. She facilitated a brave space for us to share and be held, as well as shared wisdom with us to challenge our beliefs so we can move beyond what we have known."

- JENNY

"Daphne's retreat to the Dreaming House in Teotihuacan, Mexico was fabulous. As a spiritual leader and healer, I'm always looking to gain more knowledge and expand my awareness. This retreat allowed me to learn Toltec teachings and experience a firewalk in an authentic Mayan environment. It was fantastic. Daphne created a safe space in an amazing place, for all the participants to learn and grow and return home with more tools to use and memories that will last forever!"

- LAURA



"The trip to Teotihuacán was a checkpoint in my life.

Daphne helped facilitate bringing me back to center and reminded me what life is truly about."

- LOGAN

"Such an amazing and empowering experience!!! I am so grateful to have been a part of this. And I am even more grateful for all the connections we made and the positive energy we were able to bring back to our homes."

- KELLY



"My life trajectory has shifted so much since the retreat. The decisions I make now are for me, not for the idea that someone else has for me. I feel so much more aligned to who I really am and the life I want. If you're looking for a big shift in your life, you will find it here."

- MEGAN

AWAKEN YOUR SACRED SELF:
7-DAY SPIRITUAL JOURNEY

INTERESTED IN EXPERIENCING THE MAGIC?

NEXT STEPS

- Email Daphne at daphne@sacredseeker.com
- Schedule a 15-minute intention call*
- Once the intention call concludes, Daphne will guide you on how to submit your online payment

✦ With only limited spots available, we believe that the collective energy of the group is the essence of this extraordinary experience. As such, we are carefully selecting participants to ensure a harmonious and transformative journey like no other.

This 15-minute Intention Call is to answer any questions you may have as well as to establish a sense of alignment while getting to know you better. This allows us all to ensure this experience is truly magical and enriching for you and everyone you will meet.