



# Villa Sumaya

Lake Atitlan

## Guest Welcome Kit



### Join us for a magical retreat experience!

#### Getting Here

You'll fly into the international airport in Guatemala City (GUA). We are located on the shores of Lake Atitlán near Santa Cruz La Laguna, about 3.5 hours from the airport.

We encourage you to arrange a private transfer from Guatemala City or Antigua with Kan Tours, a transport company that arranges safe, direct shuttles and boats to our private dock.

Please email [booking.kantours@gmail.com](mailto:booking.kantours@gmail.com)

Check-in time: 3:00 pm

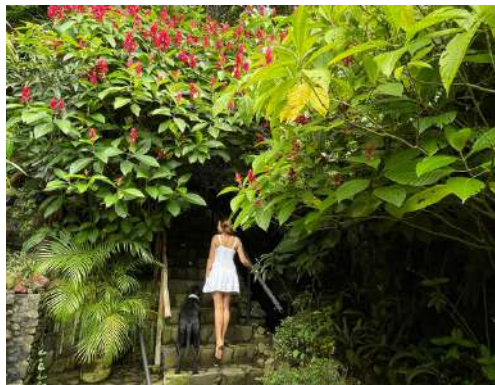
Check-out time: 11:00 am

#### Reach Out

Contact us at [info@villasumaya.com](mailto:info@villasumaya.com) or WhatsApp +502 4026 1390 if you have questions about your personal retreat or hotel stay with us.

If you're in a retreat group, please go to your group leader with any questions.





## Getting Oriented

Life at Lake Atitlan moves at a slow, relaxed pace. This heart-centered perspective is ideal if you are looking to unwind.

While Spanish is the official language of Guatemala, Mayan dialects are spoken by the majority of local indigenous people. Our front desk staff speak English and Spanish.

## Food & Drink

Package meals begin with dinner on arrival day and end with breakfast on departure day. No other dining options are available nearby.

If your stay coincides with a group retreat, buffet meals will be served at 8:30am, 1:00pm and 6:30pm. Please consult the retreat schedule posted on our courtyard bulletin board. Snacks and drinks can be ordered between meals. We have a full bar and do not allow outside alcohol.

## Gratuities

We recommend leaving a tip of \$65-95 per week. This goes to the entire local staff. Please tip massage therapists and tour guides separately.

## Payment

We accept US dollars, Guatemalan Quetzals, US personal checks, PayPal and Visa/Mastercard. Please note that additional fees may apply for PayPal and credit card payments. There are ATMs and banks at the lake. Bills must be \$50 or \$100 notes and in near-perfect condition to exchange.

If you have a chance to exchange money at the airport, we recommend getting \$250-300 in Quetzals. We cannot change large amounts of money at Villa Sumaya.

Please refer to the Terms & Conditions page on our website for our cancellation policy.







## General Information

- The weather here is cool (sweater weather) in the early mornings and evenings; the altitude is 5,000 feet
- During the day, it's typically warm (70-80° F)
- A/C and heaters are not necessary
- Green season is in May, June, September and October with rain most afternoons or nights and sunny mornings
- Electricity is 110V (same as the US)
- Our laundry service is \$4.50/pound
- We provide unlimited drinking water
- If you on a group or personal retreat, tea and coffee are available 24/7
- There's no decaf in Guatemala
- Wi-fi is available on-site ([see FAQs](#))
- We welcome guests aged 12 and older
- Yoga mats and props are available in the studios
- We provide shampoo, conditioner and body soap in guest bathrooms
- There are no hair dryers in the rooms

## Tours and Activities

We offer a wide selection of excursions. (See our Tours & Activities Kit for the complete list.) If you are in a group, your leader may have pre-arranged group excursions.

You can go out exploring on your own. Public boats are easily waved down and boarded from our dock to destinations around the lake. The public boats run throughout the day until 5pm.





# Around the Center

## Harmony Spa

Treat yourself to a revitalizing therapeutic treatment. Healing sessions enable deep relaxation and rejuvenation.

Our spa offerings vary by season.

Massage	Energy
Swedish, Thai	Intuitive Healing
Deep Tissue	Reiki
Reflexology	Sound Healing
Ayurvedic	Acupuncture

Western & Mayan Astrology Readings

### Spa Treatment Rates

1 hour - \$85

1.5 hours - \$115

2 hours - \$145

### Private Sessions

\$60/hour

Yoga

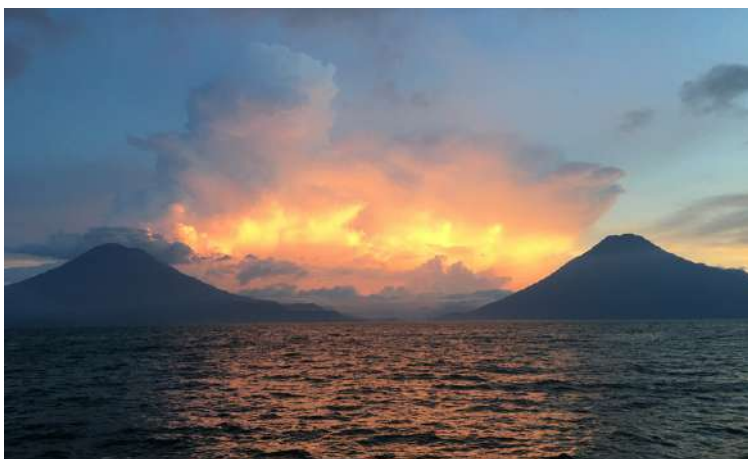
Meditation

Pranayama/breathwork

Self-reflective writing

## Spirit Dog Boutique

Locally made handicrafts, EcoSumaya designs and Guatemalan treasures.



## Ceremony

We offer powerful Mayan Fire, Cacao, Sweat Lodge, Blue Lotus, and Sound Healing ceremonies on-site for groups. Please inquire for details and rates.

## Esoteric Lectures

Learn more about Western astrology, Mayan cosmology or tarot and oracle cards as tools for intuitive development in a 1-hour interactive group lecture.

## Relaxation

Make yourself at home in our cozy lounges and lush gardens.

We offer kayak and SUP board rentals, swimming and hiking trails right outside your door.

Complimentary solar hot tubs, swimming pool, hammocks and sun decks

Electric sauna (\$40, maximum 6 people)



# Packing List

## Clothing

- hat
- sunglasses
- bathing suit
- cover-up/sarong
- windbreaker
- raincoat/umbrella (May to October)
- shawl/sweatshirt
- warm-weather clothing

## Health

- natural remedies, vitamins
- throat lozenges
- prescriptions
- dramamine (car sickness medicine) for shuttle ride
- tampons
- If you have a sensitive stomach, please take GSE (grapefruit seed extract) tablets for one week before and during your trip. One pill a day helps prevent potentially aggravating bacteria and parasites from upsetting your digestion.

## Getting Around

- passport (and a copy)
- another form of ID
- personal checks, cash or credit card
- sunscreen
- lip balm
- flashlight
- insect repellent
- walking shoes

## Other Comforts

- yoga mat (if you want yours from home)
- hair dryer
- snacks for airplane and shuttle ride
- books and magazines
- notebook/journal

## Sumaya Wish List

We gratefully accept donations of yoga mats and props, as well as books and magazines in good condition!

