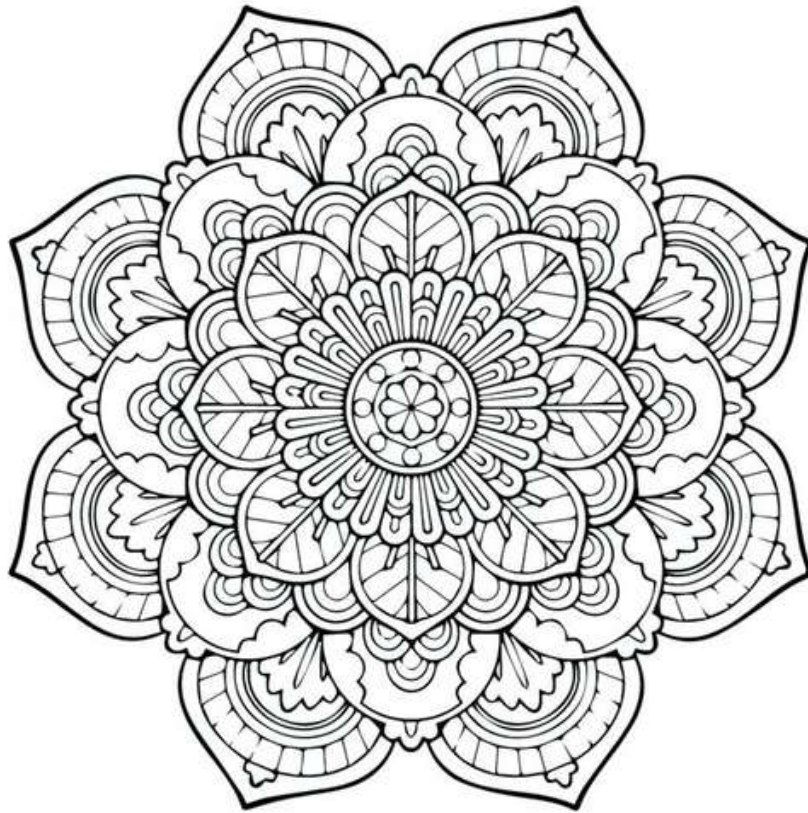


ceremony, practice, apothecary



CEREMONY

Fire Cacao
Sweat Sound
Blue Lotus

PRACTICE

Yoga Aerial Breathwork
Meditation Apothecary

OCT 2025 - SEPT 2026 RATES

(OFFERINGS SUBJECT TO AVAILABILITY)

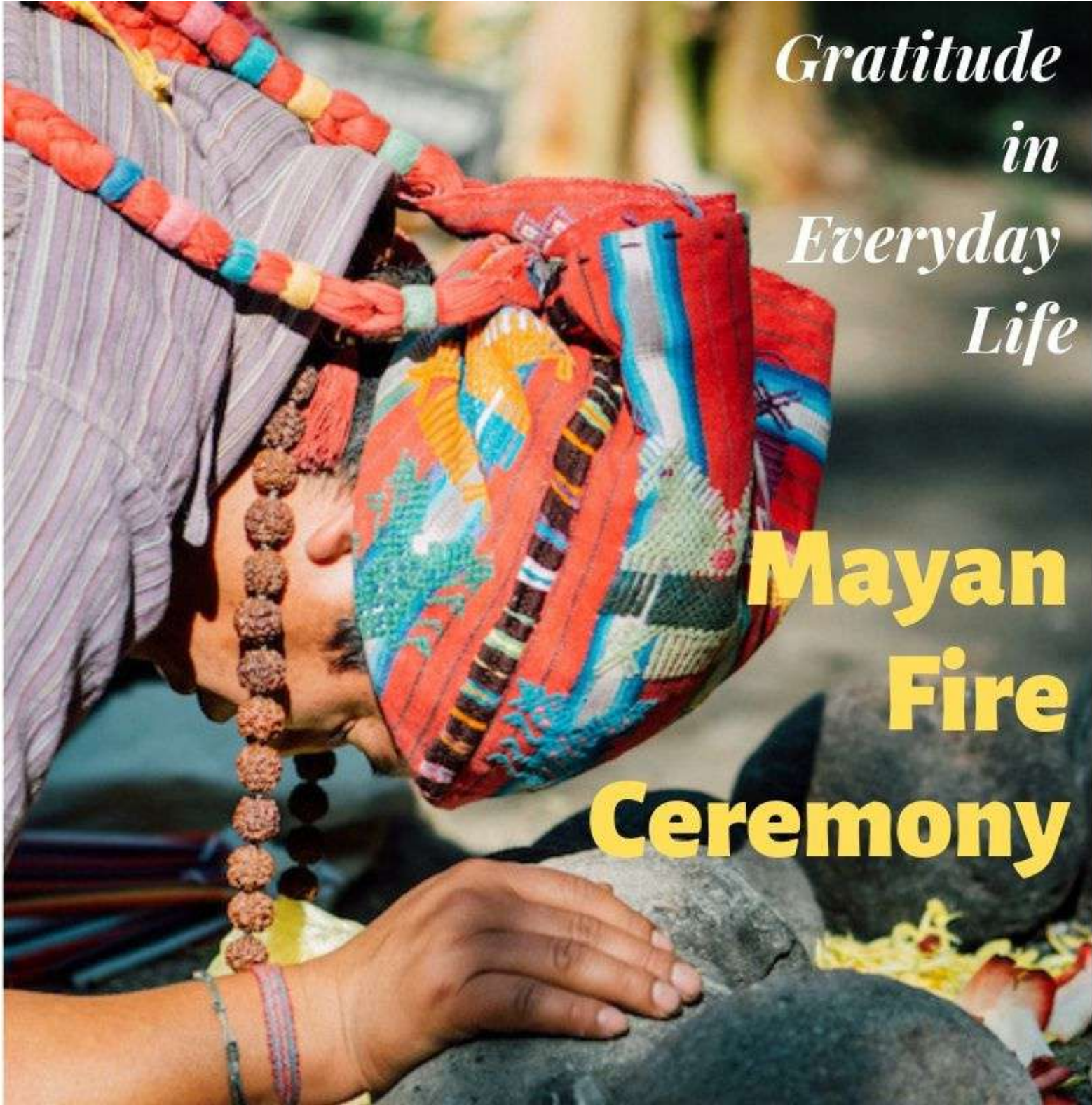


Villa Sumaya

Lake Atitlan

Scheduling Notes for Group Leaders

- We begin booking ceremonies, tours, and activities for group retreats approximately 2–3 months before your retreat start date. The booking form link can be found in your Group Leader Dashboard.
- For each scheduled ceremony or practice, please let us know the number of participants and whether the charges should be added to your group invoice or billed individually to each guest.
- During our high season (October through May), we recommend confirming your group's ceremonies and activities at least one month in advance (especially for the Mayan Fire Ceremony, as local spiritual guides are in high demand and may not be available for last-minute bookings).
- We have a 48-hour cancellation policy for all ceremonies and activities. Once a ceremony is confirmed, the facilitator is reserving that time and turning down other potential opportunities.
- Leave space in your group schedule for our Harmony Spa Orientation at 10 a.m. on the morning after your group check-in. This brief session introduces guests to our spa offerings and available ceremonies.
- Please note: Morning ceremonies and activities cannot be scheduled on the day of the orientation. We also recommend leaving time in your schedule for our 2 p.m. Apothecary Hour on Orientation day.

A close-up photograph of a person, likely a Mayan, wearing a vibrant, multi-colored woven hat and a purple striped shirt. They are adorned with a thick, braided necklace of red, blue, and yellow beads, and a long, dark, textured beaded necklace. Their hands are resting on a dark, smooth stone surface. The background is blurred, showing more of the person's attire and some yellow and red objects on the ground.

*Gratitude
in
Everyday
Life*

Mayan Fire Ceremony

CEREMONY

FIRE

Mayan Fire Ceremony

A Mayan spiritual guide will lead your group in a traditional Mayan Fire Ceremony. This interactive earth-based ritual invites your full participation and offers foundational teachings about the sacred Mayan calendar and the co-creation of ceremonial fire. In this colorful and meaningful tradition, you'll use chocolate, candles, cinnamon, myrrh, copal (tree resin), and other sacred herbs to honor the unique energies of the day according to the Mayan calendar.

Groups interested in a deeper experience are welcome to inquire in advance about booking a 15- or 30-minute personal reading with the spiritual guide following the ceremony.

The ceremony lasts 1-2 hours and may be scheduled
at 8:15 a.m. (or 3 p.m. from Nov to April)

\$45 per person, minimum 8 people

For groups of 20+ people, we suggest holding
two smaller ceremonies.

A photograph of a person's hands holding a small, light-colored ceramic cup filled with dark cacao. The person is wearing a dark long-sleeved shirt. The cup is held over a wooden table. On the table, there is a pile of red, white, and yellow flower petals. In the background, a wooden bowl containing various items is visible.

Cacao Ceremony

Nourish and open the heart

CACAO

CEREMONY

Sacred Heart-Opening Cacao

Connect with Xicoy, the Spirit of Cacao—one of the most playful and loving guides in ancient Mayan cosmology. For generations, the Maya have used cacao ceremonially to open the heart and deepen connection. In this sacred gathering, you'll be invited to slow down, sip ceremonial cacao, and drop into ritual and heart-centered sharing. With intention and presence, we create space for joy, reflection, laughter, and profound emotional release. Warning: Side effects may include heart expansion, spontaneous bliss, and a radiant sense of being more fully you.

Group Ceremony

The ceremony lasts about 1.5 hours
and may be scheduled at 11 a.m. or 2 p.m.
(Please eat a light meal beforehand.)

A signed release form is required for this ceremony.

\$40 per person, minimum 8 people
We recommend a maximum of 15 people

A woman with tattoos, wearing a pink sarong and a black and white striped top, stands in a wooded area. She is drinking from a gourd. To her left is a brick sweat lodge with a wooden door. In the foreground, a wooden stump holds a small metal bowl and a pestle. The scene is bathed in warm, golden sunlight filtering through the trees.

*Connect
with
Great Spirit*

Sweat Lodge Ceremony

PURIFICATION

CEREMONY

Sacred Sweat Lodge Ceremony

Join us for a purifying sweat lodge ceremony celebrating our interdependence with nature and the four directions. This offering includes ritualized practices and heart-centered connection with Great Spirit. Experience a powerful song and sharing circle in our handcrafted lodge, heated with hot volcanic stones and medicinal herbs. We'll sing sacred chants to open our hearts while herbal tea and cacao cleanse and lift the emotional body. This revitalizing experience will leave you feeling inspired and rejuvenated.

The ceremony lasts 1.5–2 hours
and may be scheduled at 11 a.m. or 3 p.m.

We are always attentive to participants' sensitivity to the heat.
A signed release form is required for this ceremony.

\$50 per person, minimum 8/maximum 10 people



Shamanic Journey

Healing Ritual

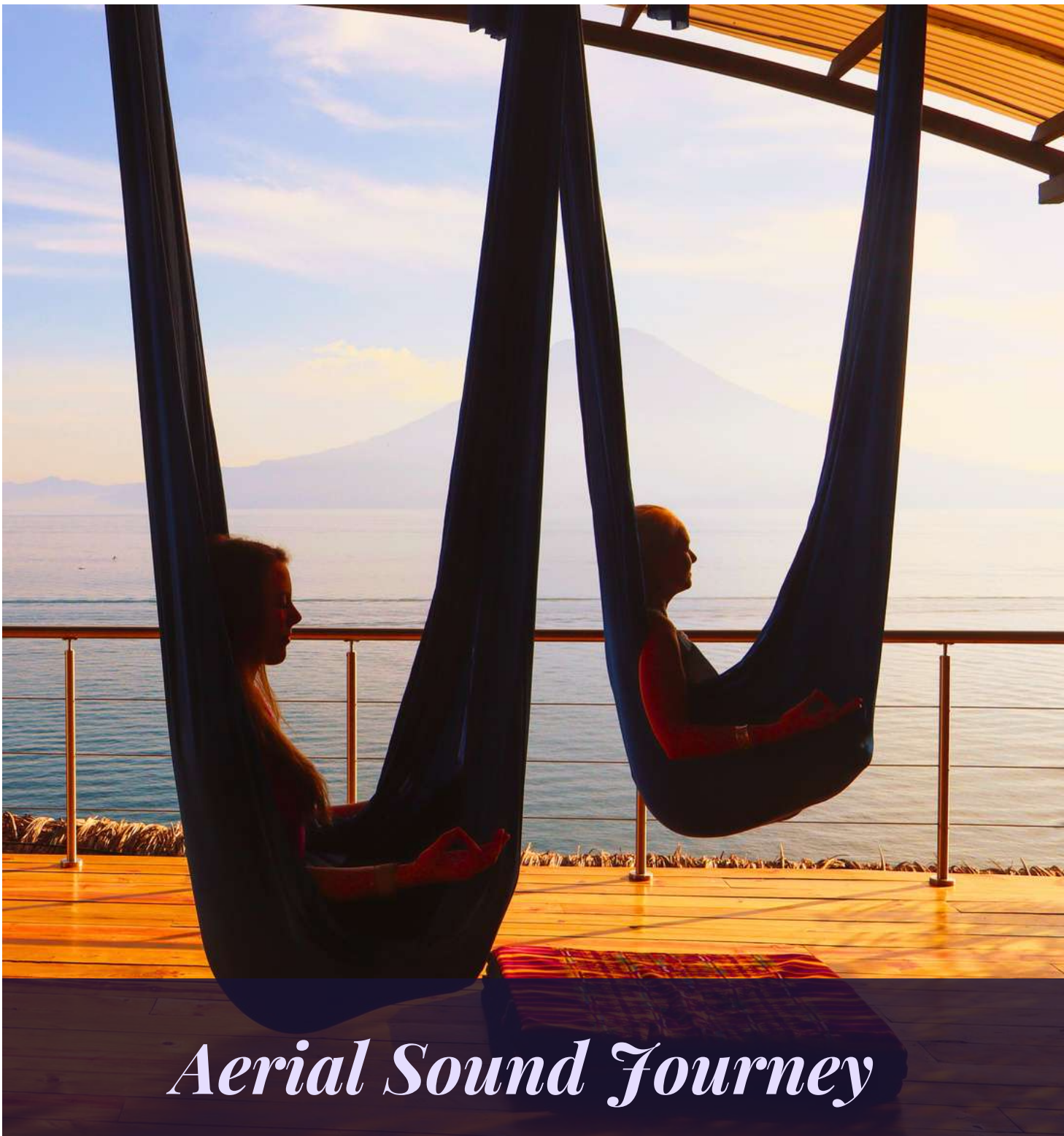
SOUND CEREMONY

Shamanic Sound Healing Ceremony

Join us for this expansive sound immersion and vibrational healing. The facilitator will use a collection of crystal bowls, chimes, gongs, vocals and other sacred sound instruments to take you on a deeply relaxing journey. You will experience a profusion of vibrational sound waves that will help release stored tension while balancing the emotional body. Allow the harmonic intelligence and the power of shamanic healing to sweep away all that no longer serves. You will return refreshed, relieved and inspired to expand into your full potential.

The ceremony lasts 1.5 hours
and may be scheduled at 11 a.m. or 3 p.m.

\$35 per person, minimum 8 people



Aerial Sound Journey

SUNSET CEREMONY

Sunset Aerial Sound Journey

As the sun melts into the horizon, you'll be suspended in our Sky Zendo—floating gently in soft aerial silk hammocks or resting comfortably on cushions. Wrapped in your own cocoon, you'll gaze upon the shimmering lake and the ever-changing dance of clouds.

This intimate ceremony invites you into deep relaxation. The vibrations of crystal bowls, Native American flute, ocean drum, tuning forks, gong and Koshi chimes intertwine with sacred songs from the Lakota, Cherokee, and Algonquin traditions enhanced by an angelic overlay of toning and lullabies to carry you home.

Bathed in sound and sunset light, you'll journey through luminous inner landscapes—awakening harmony, stillness, and renewal within.

Aerial Silks: 8 spaces available, \$45 per person

Floor Cushions: 6 spaces available, \$35 per person

Ceremony minimum 8/maximum 14 people

Ceremony starts promptly at 4:30 p.m. and lasts 1.5 hours



*Shared Reflection
& Sound Bath*

BLUE LOTUS

CEREMONY

Blue Lotus Ceremony

Our Blue Lotus ceremony is an invitation to engage your intuition and connect with the ageless spirit of this mystical flower of the Nile. Traditionally used in the royal courts of ancient Egypt as an aphrodisiac and relaxant, this subtle plant medicine opens opportunities for euphoric bliss, heightened awareness and vivid dreams. You'll be held in this gentle space where we will explore shared reflection and harmonic communion with a cleansing sound bath.

The ceremony lasts about 1.5 hours
and may be scheduled at 3 p.m. or 7:30 p.m.

\$45 per person, minimum 8 people



Esoteric Talks

Western & Mayan Astrology & Tarot

EXPAND

Eclectic–Esoteric Lectures for Groups

Step into the mysteries of the cosmos with our new Eclectic–Esoteric Lectures, designed for groups seeking a shared journey into the symbolic languages of Western astrology, the sacred Mayan calendar, or the intuitive art of Tarot. Each topic can be customized to suit beginner or intermediate-level students, making these talks ideal for retreat groups, study circles, or friends looking to deepen their spiritual path together.

These interactive, one-hour talks illuminate the core concepts and archetypes that shape these time-honored systems:

- Mayan Astrology offers deep insight into the workings of the Sacred Mayan Calendar, revealing the energetic blueprint of our days and how we align with cosmic cycles.
- Western Astrology provides guidance for navigating the shifting energies of these times, helping us better understand our personal patterns, timing, and soul path.
- Tarot and Oracle Reading explores the use of tarot and oracle cards as tools for therapeutic self-discovery and intuitive development with guidance on how the cards help us understand ourselves, our patterns, and the deeper archetypal forces at play in our lives.

\$115 per 1-hour group lecture



Raw Cacao

Cooking Class

CREATE

Raw Cacao Cooking Class

We've hosted hundreds of cacao ceremonies and have developed a beautiful guide to our ceremonial process. In this workshop, participants will get hands-on experience making cacao truffles and sipping hot chocolate made from our locally sourced raw cacao. It's also a wonderful opportunity to deepen your understanding of ceremonial cacao—its origins, uses, and heart-opening qualities.

The 1.5-hour experience includes:

- 1 hour of hands-on truffle-making and an introduction to preparing hot ceremonial cacao
- 30 minutes of discussion on cacao ceremony fundamentals, including suggested portions and intentions
- An e-booklet with recipes and guidelines from the class
- A delicious cacao snack and authentic hot cacao drink
- A bilingual guide to support and share in both English and Spanish

This introduction to cacao and cacao ceremony is ideal for those who want to bring cacao into their own community gatherings. This is not a cacao ceremony, but rather a cooking workshop that beautifully complements the ceremonial experience. For deeper integration, we recommend attending a cacao ceremony first, to fully feel the depth and magic of this sacred plant medicine.

\$45 per person, minimum 8 people

We recommend a maximum of 12 people

Aerial Yoga

*Stretch your wings
and fly!*



AERIAL

Aerial Yoga Classes

Partake in a fun all-levels aerial yoga class (suitable for beginners) in the Sky Zendo. Hang from the sky, ensconced in silk, like a butterfly emerging from a cocoon with the majestic view of Lake Atitlan and her three volcanoes. The hammock acts as a swing that supports the pelvis in forward bends and backbends. Challenging mat-based yoga postures may prove easier to perform through aerial yoga, and the hammock's movement adds variety to the aerial workout.

One hour \$60 for 1-2 people
\$15 each additional person

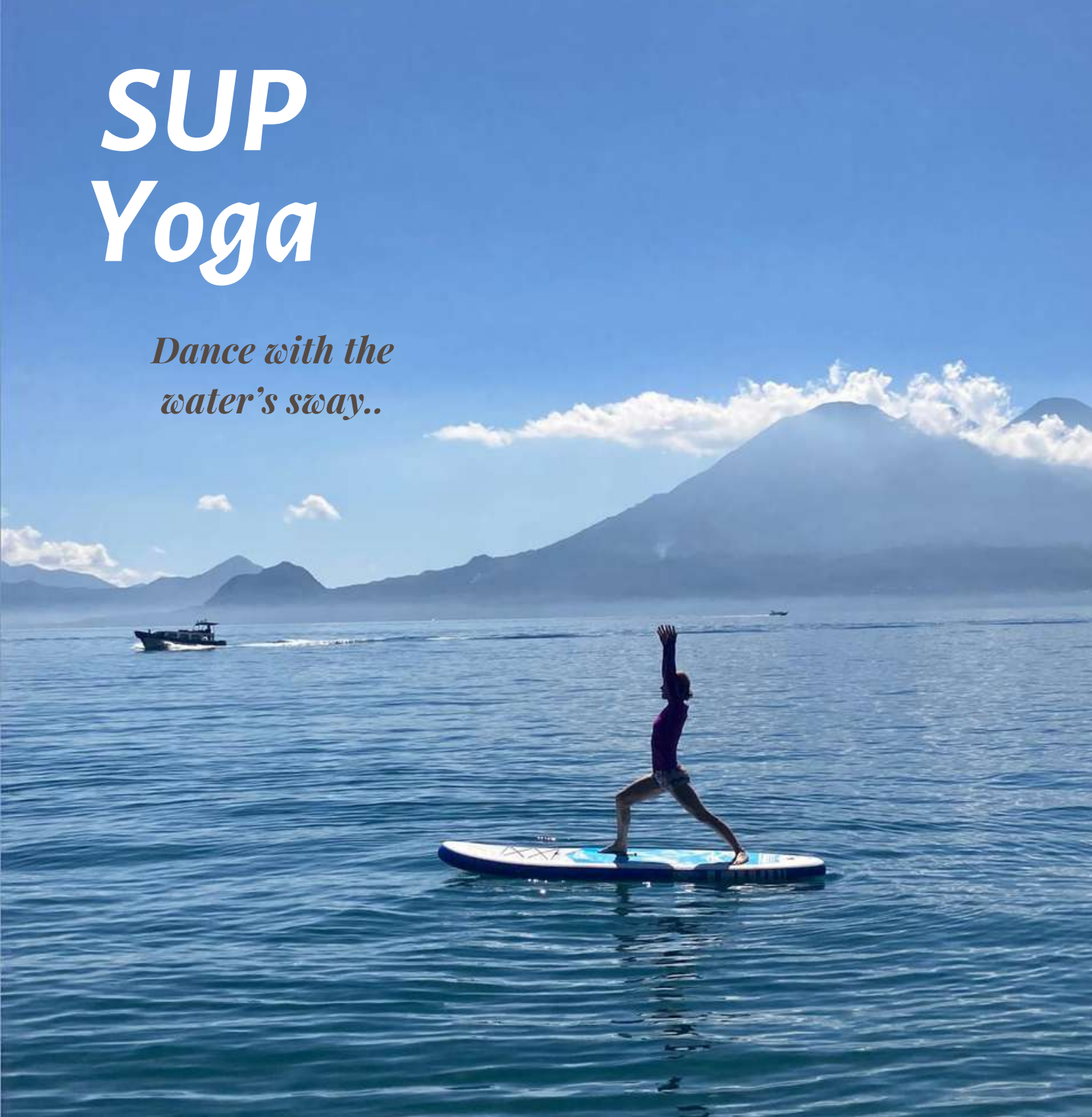
1.5 hours \$75 for 1-2 people
\$20 each additional person

**** Maximum class size: 8 students ****

Classes may be scheduled at 10 a.m. or 2 p.m.

SUP Yoga

*Dance with the
water's sway..*



BALANCE

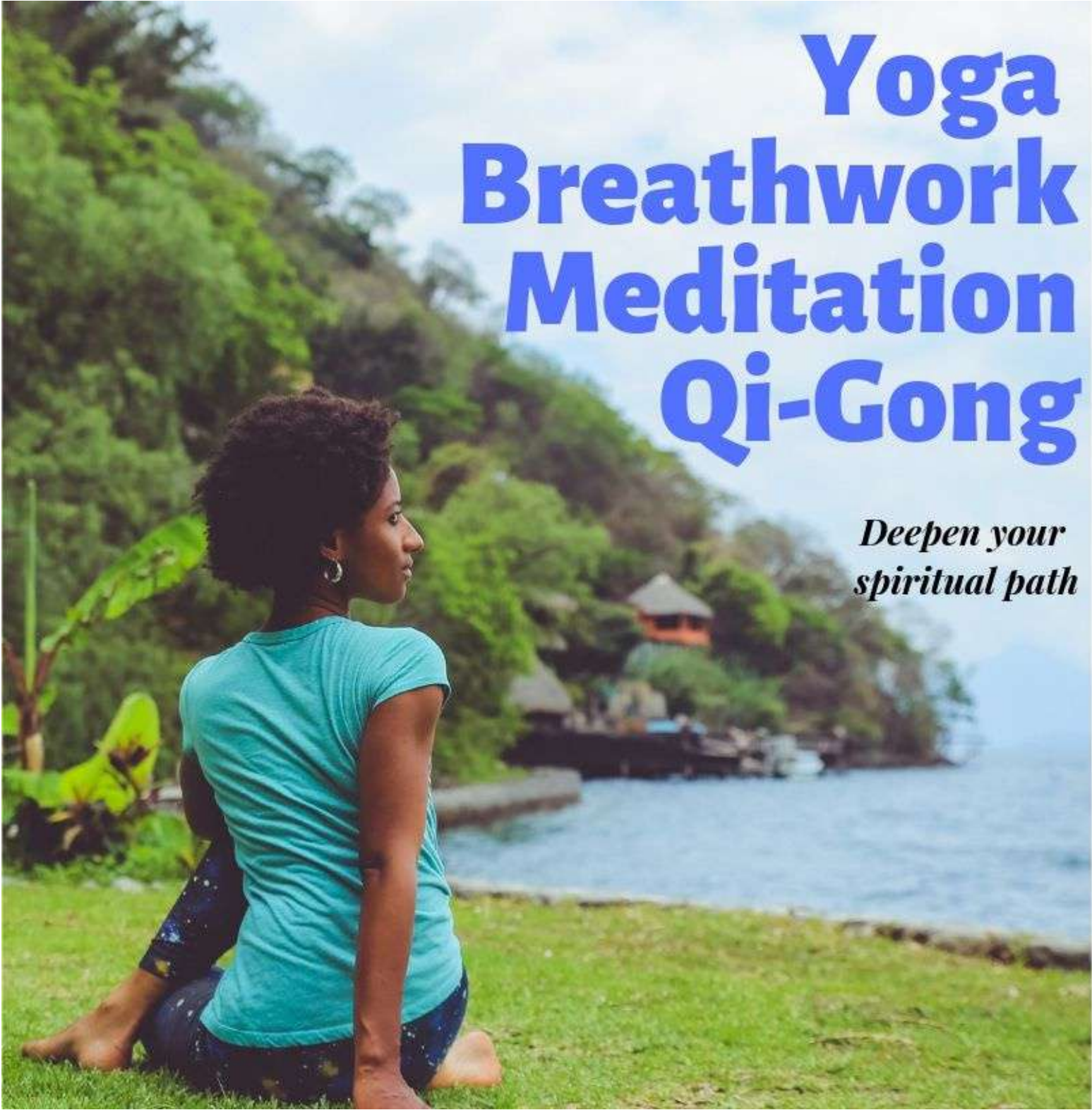
Paddleboard Yoga on Lake Atitlan

This class is designed to take your yoga to a whole new level of balance and awareness. Practicing on the paddle-board encourages you to explore postures in new ways, expanding your sensory experience, sharpening your focus, enhancing your core stability, and deepening your connection to presence.

And beyond the challenge, it's simply fun—a joyful way to share movement, laughter, and inspiration with friends on the most beautiful lake in the world. Don't miss this special opportunity to practice savasana while literally floating in heavenly peace!

One hour \$85 for 1-2 people
\$35 each additional person

** Maximum class size: 6 students **
Morning classes only



Yoga Breathwork Meditation Qi-Gong

*Deepen your
spiritual path*

PRACTICE

Yoga, Breathwork, Meditation

For thousands of years, the ancient practice of yoga has supported physical wellness and spiritual growth. The word yoga stems from the Sanskrit word meaning “to yoke” or find union. Yoga includes chanting, breathing, meditating and physical movement that ultimately leads to stillness. Whatever form of yoga you practice, if your intention is to create a union of the body and mind with your own true nature, then you are aligned with the roots of the yoga tradition.

We offer custom-designed yoga classes tailored to your level, energizing breathwork sessions and personalized meditation instruction to assist in deepening concentration and relaxation. Find your path and allow yoga to become your teacher as you explore its many facets.

One hour \$60 for 1-2 people / \$15 each additional person

** Group Classes \$15 per person with a minimum of 6 participants **

1.5 hours \$75 for 1-2 people / \$20 each additional person

** Group Classes \$20 per person with a minimum of 6 participants**