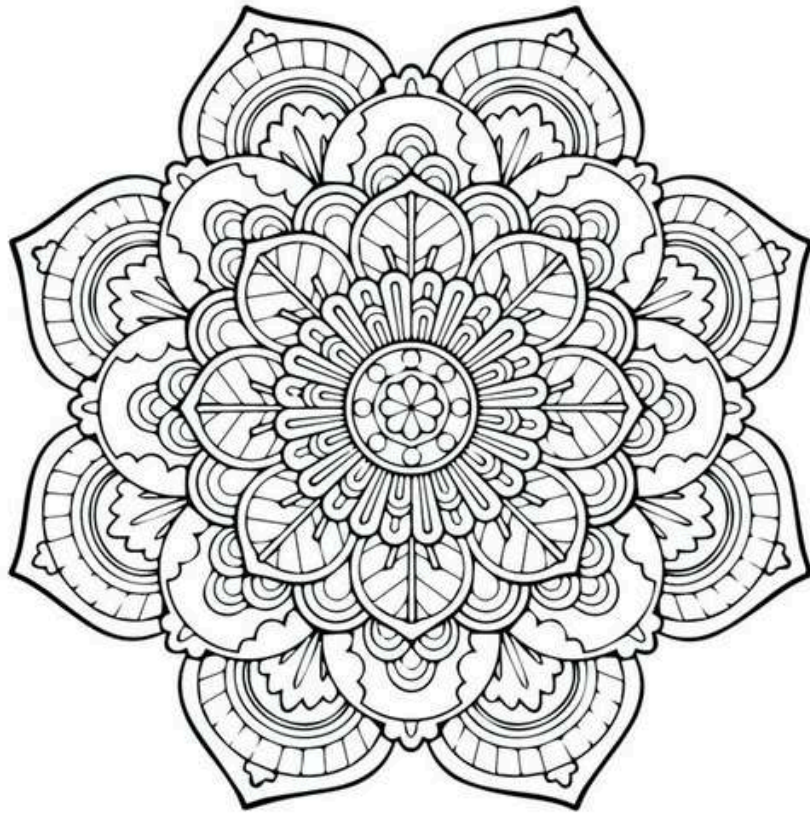


# ceremony, practice, apothecary



## **CEREMONY**

Fire Cacao  
Sweat Sound  
Blue Lotus

## **PRACTICE**

Yoga Aerial Breathwork  
Meditation Apothecary

**2024-25 RATES**

(OFFERINGS SUBJECT TO AVAILABILITY)



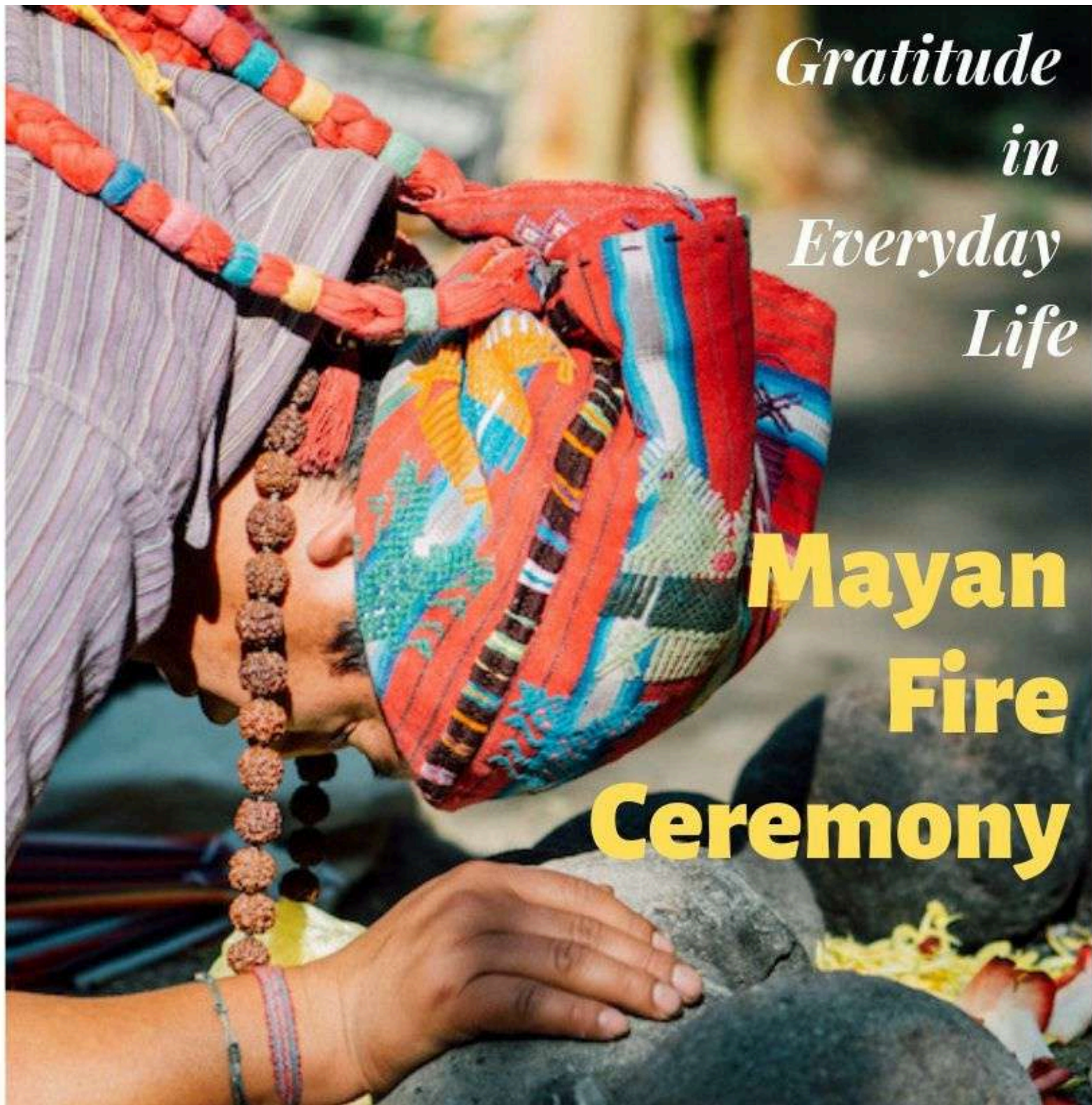
**Villa Sumaya**

Lake Atitlan

## Scheduling Notes for Group Leaders

- We begin booking ceremonies and tours/activities for group retreats about 2-3 months before your retreat start dates. The booking form is linked in your Group Leader Dashboard.
- For each ceremony or practice scheduled, please let us know how many people will participate and whether the charges will go on your group bill or on individuals' guest bills.
- During our high season (Oct to May), we recommend confirming the ceremonies and activities for your group retreat at least a month in advance. This is especially true of the Mayan Fire Ceremony, as the available shamans in this area are in high demand during this time of year and may not be available for late bookings.
- We have a 48-hour cancellation policy for ceremonies and activities. When we confirm a ceremony, we are asking the shaman or ceremonialist to commit their time and turn down other potential clients.
- Leave room in your group schedule for our Harmony Spa Orientation at 10 a.m. on the morning following your group check-in to learn about spa treatments, activities and ceremony options.

*\* Morning ceremonies and activities **cannot** be scheduled for orientation day. \**



*Gratitude  
in  
Everyday  
Life*

# Mayan Fire Ceremony

CEREMONY

# FIRE

## Mayan Fire Ceremony

A Mayan spiritual guide will share a traditional Mayan Day Count Fire Ceremony with your group. You will be encouraged to participate in this interactive earth-work ceremony. This ritual includes foundational teachings about the Mayan calendar day count and the co-creation of the sacred fire. In this colorful custom, you'll use chocolate, candles, cinnamon, myrrh, copal (tree resin) and the appropriate herbs to honor the energies of each day in the Mayan calendar.

Those interested are encouraged to inquire in advance about booking a 15-minute personal reading with the spiritual guide which would take place after the ceremony.

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

\$35 per person, minimum 8 people

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

A photograph of a person's hands holding a small, light-colored cup filled with a dark liquid, likely cacao. The person is sitting at a wooden table. In the foreground, there are several scattered rose petals in shades of red, white, and yellow. In the background, a wooden bowl containing various items, possibly cacao beans or spices, is visible. The overall scene is warm and inviting, suggesting a ceremonial or ritualistic context.

# Cacao Ceremony

*Nourish and open the heart*

# CACAO

CEREMONY

## Sacred Heart-Opening Cacao

Journey home to your heart with Xicoy, the Cacao Spirit, one of the most playful spiritual guides in ancient Mayan cosmology. The Mayans have used cacao in ceremony for ages to connect with their hearts. We invite you to do the same in this sacred ceremony steeped in ritual and reflective heart circle sharing. Be warned: your heart will expand beyond your imagination, leading to pure bliss, laughter, joy and allowing more of who you are to shine through.

### Group Ceremony

The ceremony lasts about 1.5–2 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.

\$35 per person, minimum 8 people  
We recommend a maximum of 15 people

### Mini Session

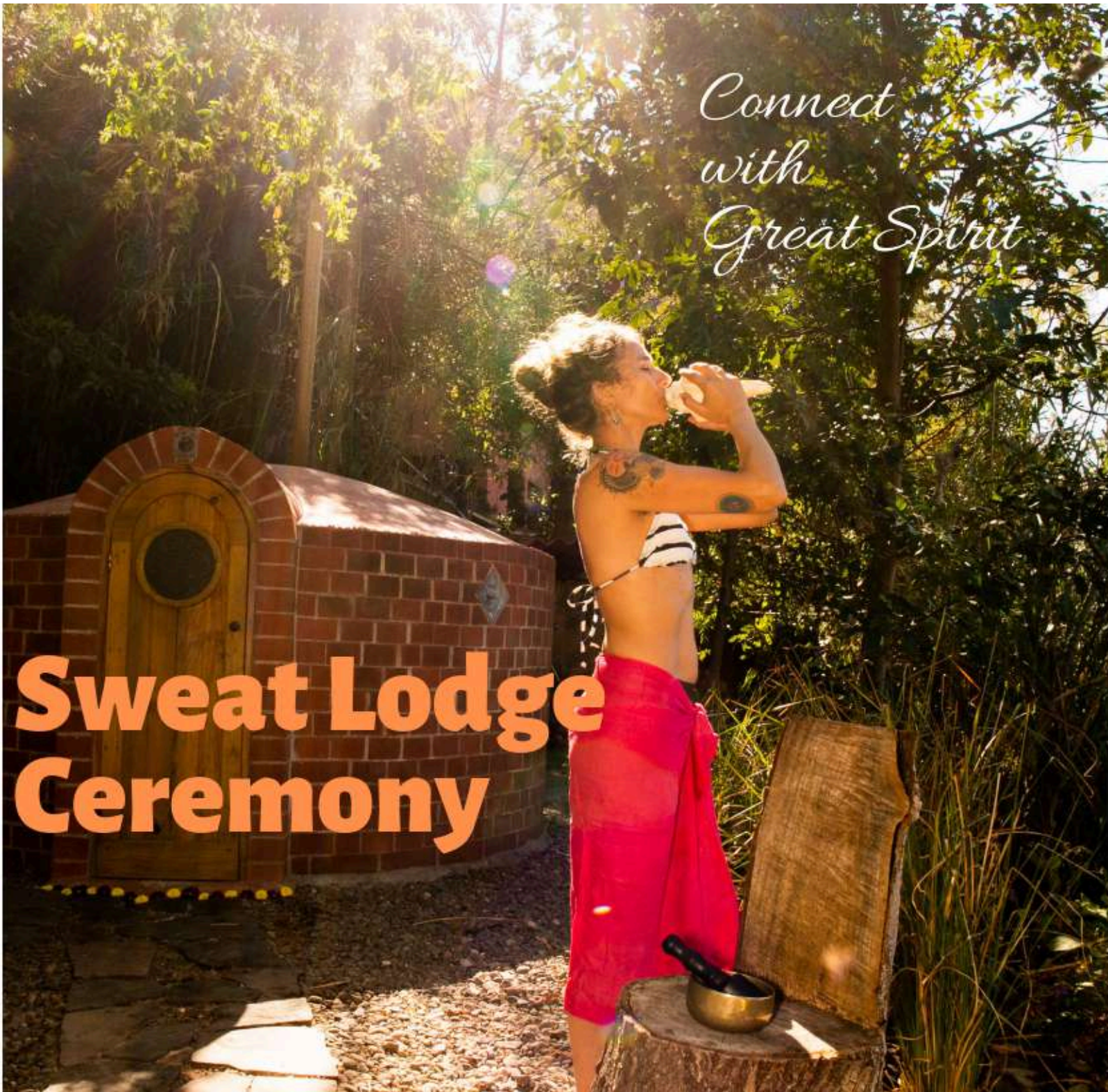
\$150 for 1-4 people

*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 2 p.m.

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

\$40 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

### Mini Sessions

\$110 for 1-2 people

\$150 for 3-4 people



*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.

\$40 per person, minimum 8 people



# Yoga Breathwork Meditation Qi-Gong

*Deepen your  
spiritual path*

PRACTICE

## Yoga, Breathwork, Meditation

The ancient practice of yoga has been embraced for thousands of years to support 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.

75-minute sessions

\$45 for 1-2 people,  
\$10 each addition person  
(4 people maximum)

Group classes for 5+ participants / \$15 per person

# Aerial Yoga

*Stretch your wings  
and fly*



AERIAL

## Aerial Yoga Classes

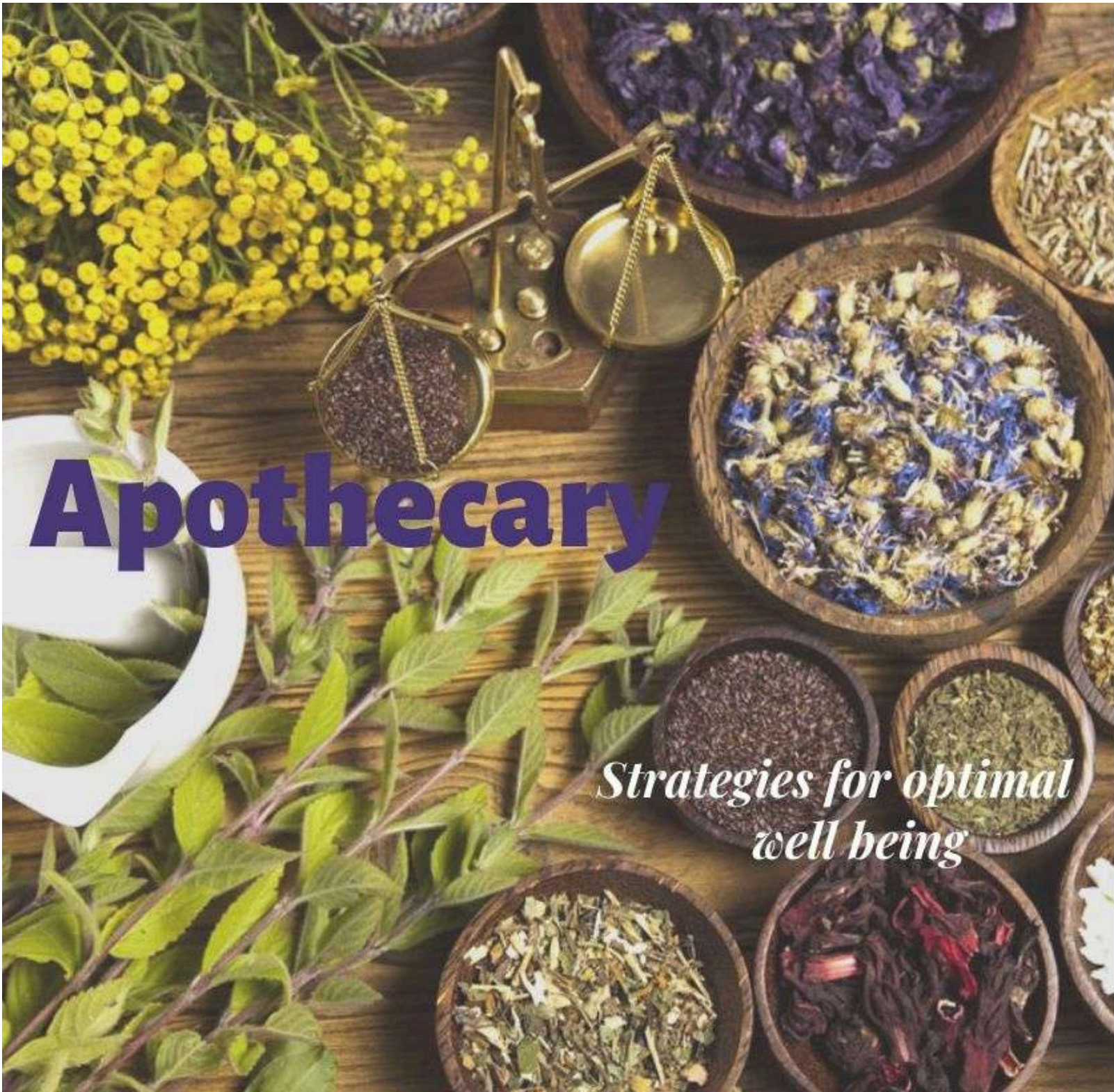
Partake in a fun all-levels aerial yoga class (suitable for beginners) in the Sky Zendo. Hang from the sky, ensconced in silk, like a butterfly emerging from a cocoon with the majestic view of Lake Atitlan and her three volcanoes. The hammock acts as a swing that supports the pelvis in forward bends 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.

Note: We will not schedule aerial yoga classes from 11 a.m. to 2 p.m. unless your group specifically wants a “hot house” yoga experience.

60-minute sessions, by appointment only

\$70 for 1-2 people,  
\$35 each addition person  
(5 people maximum)





# Apothecary

*Strategies for optimal  
well being*

# MEDICINE

## Apothecary at Sumaya

Opened in 2019, we offer a variety of useful homemade herbal remedies for common ailments, personal care items and custom crafted elixirs. We use top-quality ingredients, hand crafting products that have time-tested results for supporting optimal health. We draw our inspiration and knowledge from Chinese Medicine as well as from traditional Mayan and European herbal lore. If you are interested in a personalized session or consultation, please make an appointment at the front desk.

**Mini Consultations** (1-2 people, \$45 for 1 hour): Bring your health questions and concerns and together we will create a customized health profile. Our herbalist will conduct your personal interview discussing lifestyle, nutrition and herbal protocol.

**Group Consultations** (6-10 people, \$85 for 1 hour): Bring your health questions and concerns, and together we will create a customized health profile. Our herbalist will conduct your personal interview discussing lifestyle, nutrition and herbal protocol.



**YONI STEAM**

**Yoni steam** or vaginal steaming is an age-old ritual and natural remedy said to energetically cleanse the vaginal and uterus area. It may bring stagnant issues and memories to the surface to be transmuted through a conscious process or through dream state recall. When consistently practiced, it may also help regulate menstruation and ease period cramps and bloating. Additionally, this practice is helpful for warming the digestive system and drawing the energy from the head to the heart.

The yoni steam ritual or “mini temescal” directs medicinal herb-infused steam into your perineum and yoni area, stimulating the root and sacral chakra. This focused energetic and physiological stimulation brings one’s attention and awareness to this area, encouraging us to process, transmute and release stagnant energy.



*Methodology:* You will be guided to sit on our yoni steam stool over a container of herbal-infused steam, while relaxing and receiving the benefits. Herbs used in our proprietary blend include cleansing and circulatory enhancing properties beneficial for clearing, tonifying and soothing and may also help ease menstrual cramp:

- Mugwort - astringent-tonifying-antimicrobial
- Chamomile - soothing
- Bougainvillea - anti inflammatory, anti-oxidant
- Lavender - antimicrobial
- Rose petals - astringent-relaxing-uplifting
- Sage - cleansing
- Oregano - antimicrobial
- Basil - balancing for body, mind and spirit

We have special wooden yoni steam seats with an opening for the steam to come through. A clean drape is placed on the chair to maintain hygienic standards. The steam is placed 16 inches away from the perineum to avoid any chance of scorching this sensitive area. One of the benefits of vaginal steaming is that it’s an extremely gentle yet effective and intimate self care ritual. You should feel reconnected, relaxed and rejuvenated during and immediately afterwards. Take this time to release stored emotions, and send loving intention to your womb.

We offer 20 min slow steams with our carefully-blended bouquet of herbs. As a safety precaution, we do not offer the more intense steams where the herbal steam is simmered under you on an electric burner.

After the Yoni steam, you may want to take a warm shower.

**Precautions: \*If you have an IUD or you are on your women’s monthly cycle or pregnant, you CANNOT do this procedure.**

\*You may request this service as an additional \$45 half-hour add-on to a full length massage, acupuncture treatment or cycle teaching, or with groups of up to 5 participants as a \$45 per person add-on to the Sacred Sweat Ceremony or group cycle teaching.