

practice ceremony



PRACTICE

Yoga Aerial Breathwork
Meditation Apothecary

CEREMONY

Fire Cacao
Sweat Sound
Blue Lotus Freedom Dance

2023-24 RATES

(OFFERINGS SUBJECT TO AVAILABILITY)



Villa Sumaya

Lake Atitlan

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



Yoga Breathwork Meditation Qi-Gong

*Deepen your
spiritual path*

PRACTICE

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)

Aerial Yoga

*Stretch your wings
and fly*



AERIAL

Mayan Fire Ceremony

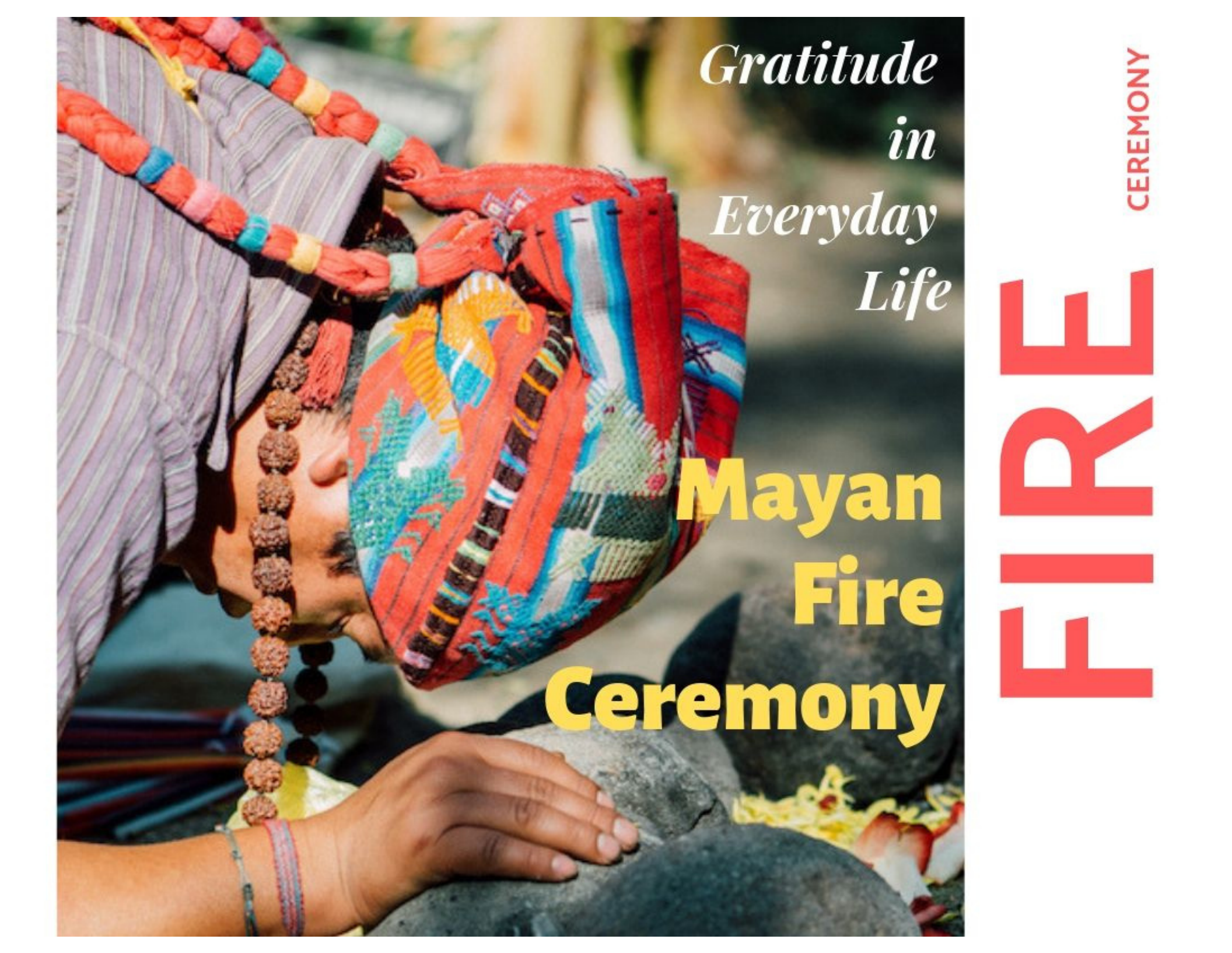
A Mayan spiritual guide will share a traditional Mayan Day Count Fire Ceremony with your group. You will be encouraged to participate in this interactive earth-work ceremony. This ritual includes foundational teachings about the Mayan calendar day count and the co-creation of the sacred fire. In this 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 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 threads, and a long, dark wooden bead necklace. The person is leaning forward, with their hands resting on a large, dark, smooth stone. The background is softly blurred, showing hints of a natural outdoor setting.

*Gratitude
in
Everyday
Life*

**Mayan
Fire
Ceremony**

CEREMONY

FIRE

Traditional 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

*Connect
with
Great Spirit*

Sweat Lodge Ceremony

PURIFICATION

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

\$100 for 1-2 people,
\$20 per additional person
(4 people maximum)

A photograph of a person's hands holding a small, light-colored ceramic cup filled with a dark liquid, likely cacao. The person is sitting at a wooden table. In the foreground, there is a large pile of colorful flower petals in shades of red, pink, 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 setting.

Cacao Ceremony

Nourish and open the heart

CACAO

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



Shamanic Journey

Healing Ritual

SOUND

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.

\$35 per person, minimum 8 people



*Shared Reflection
& Sound Bath*

BLUE LOTUS

CEREMONY

Freedom Dance

Join us for this freestyle dance activity orchestrated to uplift your spirit and energize your heart song. Together we will enjoy a home-made cacao truffle before allowing the music to sweep us away. We will move through a wave of effortless ecstatic flow concluding with a guided relaxation and an intentional sound healing that will leave you feeling light as a feather and clear as a bell.

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

\$35 per person, minimum 8 people

Freedom Dance

Move your energy



DANCE

CEREMONY

Tzununá Farm Tour & Waterfall Hike

Take an inspiring tour of two working permaculture farms in the Mayan village of Tzununá — Atitlán Organics and Duck Willow Farm—followed by a 40-minute hike along a sparkling stream (medium difficulty) to a refreshing waterfall. Take a brisk shower under the waterfall if you like. Be sure to bring your camera for all the photo ops!

The tour lasts about 3-4 hours
and may be scheduled at 9:30 a.m.

\$50 per person, minimum 6 people



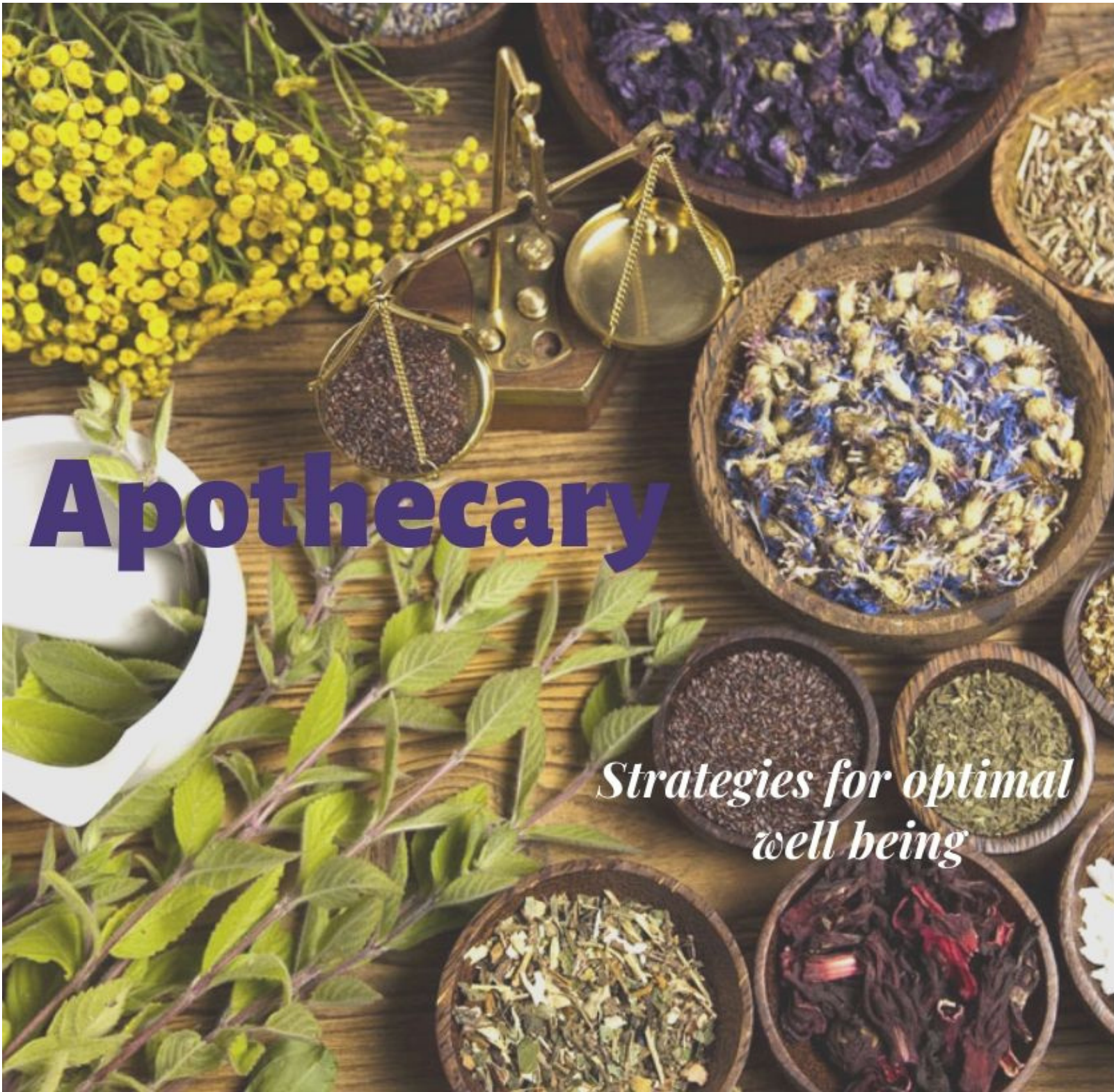
Eco Farm Tour
and Waterfall Hike

GARDEN

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. Our knowledgeable herbalists are here to assist you periodically during the week. 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.



Apothecary

Strategies for optimal well being

MEDICINE

Scheduling Notes for Group Leaders

- Please send us a request via email for ceremonies and tours/activities 1-2 months before your retreat start dates.
- 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. **