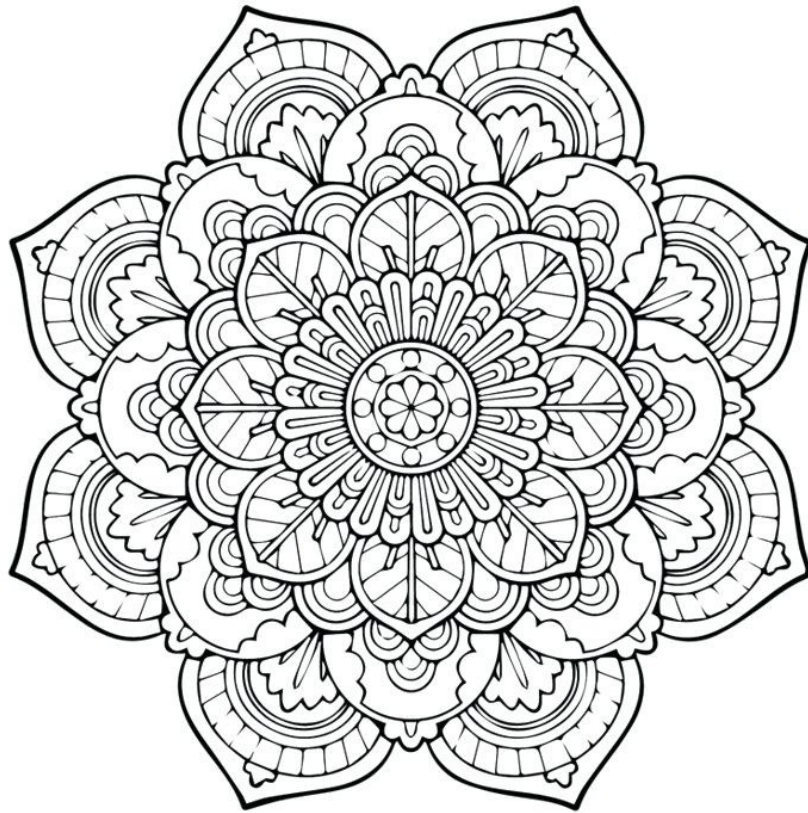


# practice ceremony



## **PRACTICE**

Yoga Writing  
Meditation Qi-Gong

## **CEREMONY**

Fire Sweat Sound Dance

## **2022 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.

1-hour and 2-hour sessions  
available.

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



# Yoga Breathwork Meditation Qi-Gong

*Deepen your  
spiritual path*

PRACTICE

## Writing Workshop

Join Michelle for a creative writing/journaling workshop designed for individual or small group sessions (1-4 people). Michelle will offer short guided meditations and writing prompts to spark your creative genius. Practice flowing with an uninterrupted, stream-of-consciousness style of writing, followed by optional sharing. Michelle brings her experience as a professional writer and her love of literature and yoga together to create a stimulating and memorable workshop.

1-hour and 2-hour sessions available.

1-hour session pricing:

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

2-hour session pricing:

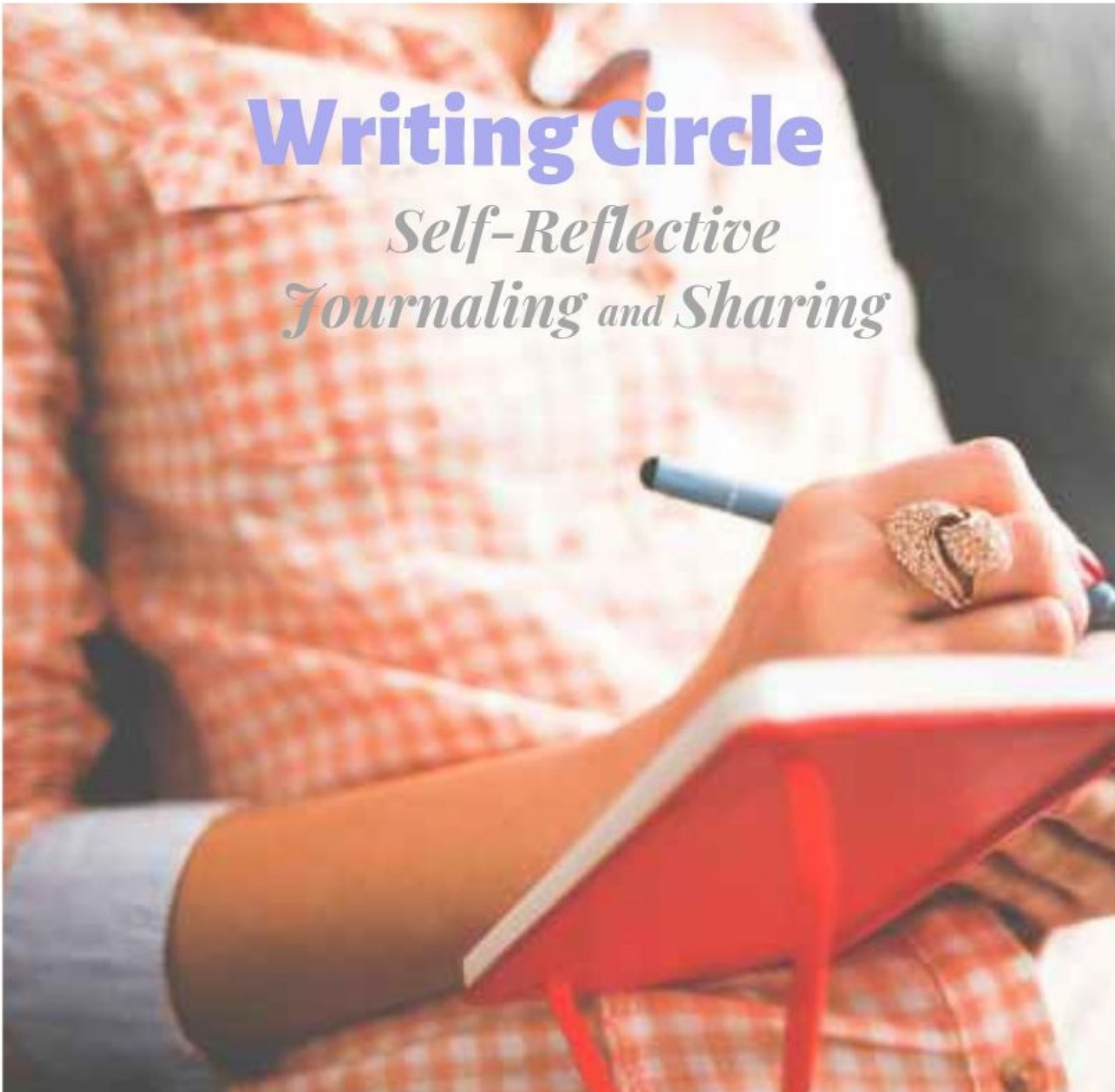
\$90 for 1-2 people,  
\$20 each addition person  
(4 people maximum)



# Writing Circle

*Self-Reflective  
Journaling and Sharing*

WRITE



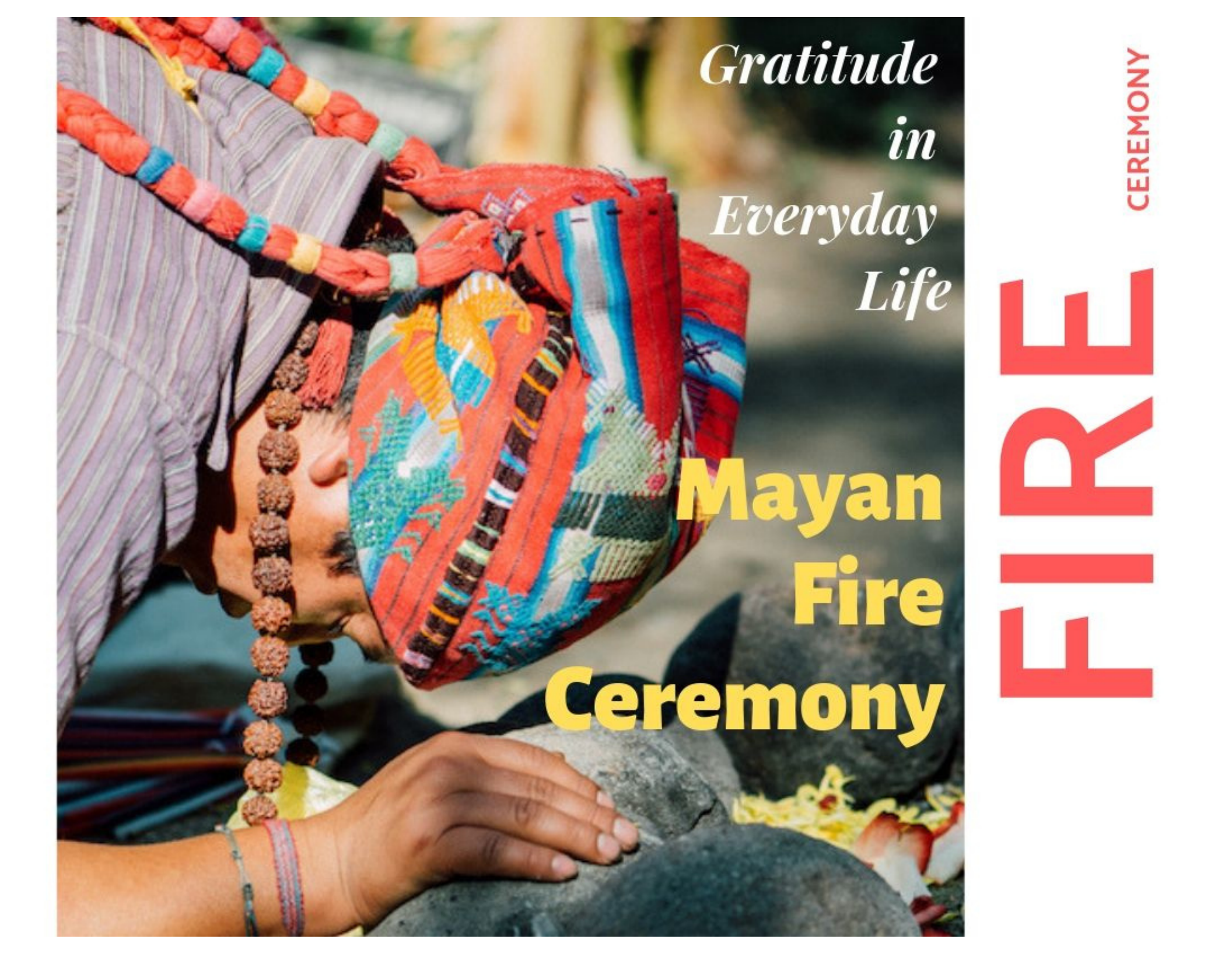
## Mayan Fire Ceremony

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 the age-old 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 or 30-minute personal reading with the spiritual guide which would take place after the ceremony.

The ceremony lasts about 1.5 - 2 hours  
and may be scheduled at 8am or 3pm.

\$35 per person, minimum 8 people, maximum 10



A close-up photograph of a person, likely a woman, wearing traditional Mayan clothing. She has a colorful, patterned headscarf and a long, thick necklace made of red, blue, and yellow braided threads. She is looking down, and her hands are visible near some dark, rounded stones. The background is blurred, suggesting an outdoor setting.

*Gratitude  
in  
Everyday  
Life*

**Mayan  
Fire  
Ceremony**

CEREMONY

**FIRE**

## Traditional Sweat Lodge Ceremony

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

The ceremony lasts about 1.5 - 2 hours  
and may be scheduled at 10am or 2pm.

We are always attentive to participants' sensitivity to the heat.

\$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 1-2.5 hours  
and may be scheduled at 10am or 2pm.

Please eat a light meal beforehand.

\$35 per person, minimum 8 people, maximum 15

## Mini Session

\$90 for 1-2 people,  
\$20 each addition 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 wearing a dark long-sleeved shirt. The cup is held over a wooden table. On the table, there are several flower petals in shades of red, pink, and white, along with some green leaves. In the background, a wooden bowl containing various items is visible. The text "Cacao Ceremony" is overlaid on the image in a large, bold, red font, and the subtitle "Nourish and open the heart" is in a smaller, italicized black font.

# 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 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 - 2 hours  
and may be scheduled at 10am or 3pm.

\$35 per person, minimum 8 people, maximum 10



# Shamanic Journey

*Healing Ritual*

SOUND CEREMONY

## Tribal 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 savasana and an intentional sound healing that will leave you feeling light as a feather and clear as a bell.

The ceremony lasts about 2 hours  
and may be scheduled for 3pm.

\$35 per person, minimum 8 people



# Tribal Dance

*Move  
your energy*



# DANCE

CEREMONY