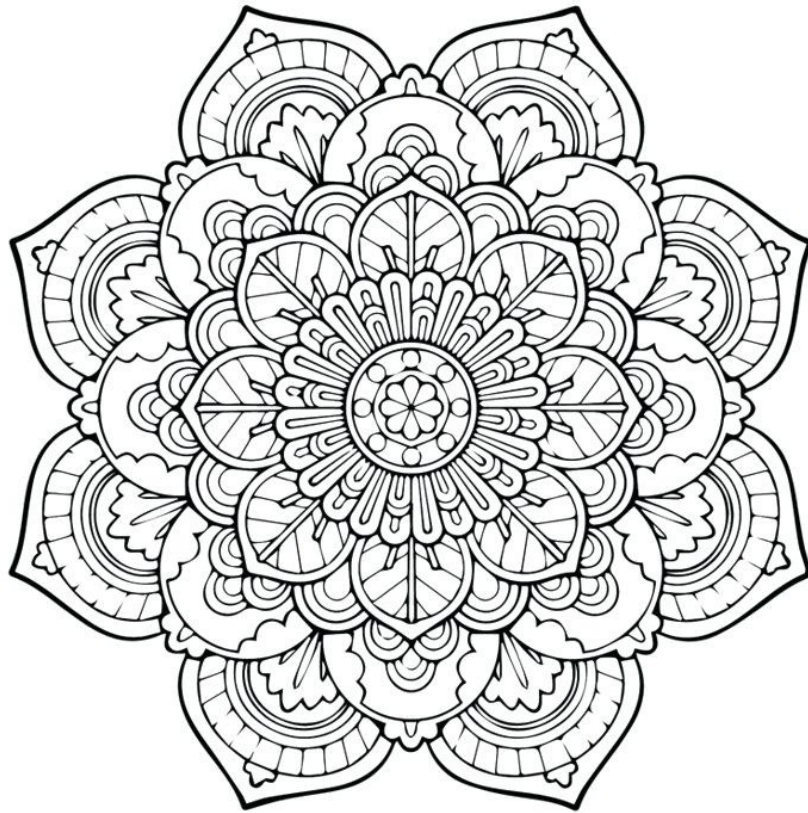


practice ceremony



PRACTICE

Yoga Writing Breathwork

Meditation Qi-Gong

CEREMONY

Fire Cacao

Sweat Sound Dance

2022-23 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 available

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

Group Classes for 5+ available / \$10 per person



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

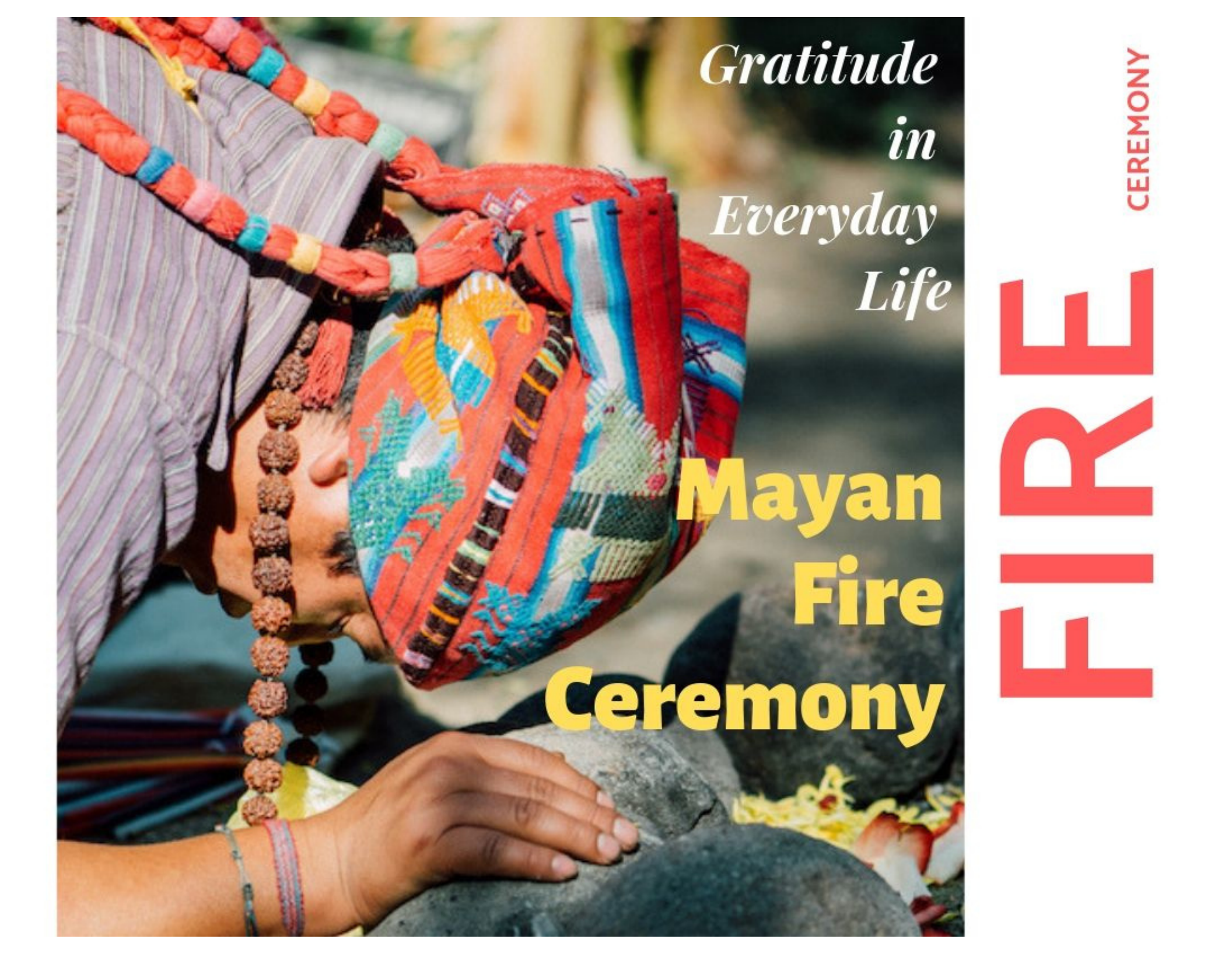


Mayan Fire Ceremony

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 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 1–1.5 hours
and may be scheduled at 8:15 am
(or 3 pm during the dry season)

\$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 of Mayan descent, 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, textured beaded necklace. Their hands are resting on a dark, rough stone surface. The background is 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 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 1.5–2 hours
and may be scheduled at 10 am or 3 pm.

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 am or 2 pm.
(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 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, 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 10 am or 3 pm.

\$35 per person, minimum 8 people



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 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 pm.

\$35 per person, minimum 8 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.

\$35 per person, minimum 8 people

Tribal 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 30-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 for 9:30 am

\$50 per person, minimum 6 people



Eco Farm Tour *and Waterfall Hike*

GARDEN

Scheduling Notes for Group Leaders

- We ask that group leaders send us a request via email for group ceremonies or tours/activities 1-2 months in advance of 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 busy season, we strongly 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.
- Please understand that we will not be able to reschedule your ceremonies once we have the schedule confirmed.
- Leave room in your group schedule for our Harmony Spa Orientation at 10 a.m. on the morning following your group check-in. Individual guests will be introduced to spa treatments, activities and ceremony options at orientation.