



## DESCRIPTION

The Guatemala Yoga in the Mystic Mayan Land Retreat is 8 Days/7 Nights and will take you on a mystical journey, healing each of the chakras and exploring the World of the Mayans. The retreat starts in Antigua. Founded in the early 16th Century and nestled between three volcanoes, Antigua served as Guatemala's capital city for more than 200 years until 1773. This peaceful, and restored colonial city is a pleasure to explore, offering an array of cultural activities, museums, and cathedrals.

After a night in Antigua we will travel to Lake Atitlan. This majestic lake is one of the most beautiful places in Guatemala, surrounded by Twelve colorful Mayan villages and blue mountains. We will stay 3 nights in this perfect paradise to relax, enjoy nature, and rejuvenate ourselves. You will be able to hike to the surrounding villages, bird watch, climb the volcanoes and take an amazing day trip to the famous Chichicastenango Market, famous for its colorful local textiles and handcrafts.

Following our Lake Atitlan adventure we travel to the northern region of Peten to visit the colorful city of Flores and the ancient Mayan City of Tikal. We will take a day trip to Tikal to visit the astonishing Mayan ruins, learn about this sacred site, and do a spiritual meditation as we observe the rising sun from one of the famous Mayan temples. Tikal is the largest archaeological excavation site in the American continent as it comprises 222 square miles of jungle all around the ceremonial center. This ancient Mayan city contains some of the most amazing archaeological remains of the ancient Mayan civilization and possesses a magic that fascinates everyone that visits it. Our trip will finish back in Antigua where you can relax for the day or finish up any shopping at the local markets. Check out our [Guatemala Yoga Retreat](#) video from this retreat.

Take the opportunity to travel with professional guides and be guided by certified yoga teachers.

Smile and let the light shine within you

*Namaste*

## 2011 Yoga In The Mystic Mayan Land Retreat Dates

- We are currently planning dates for this trip for 2012. Please email [info@peakbeings.com](mailto:info@peakbeings.com) to be notified when these dates are confirmed.

## ITINERARY

### GUATEMALA - YOGA IN THE MYSTIC MAYAN LAND - "Healing Through The Chakras"

**8 Days/7 Nights**



#### **Day 1 / 1st Chakra (Muladhara): ANTIGUA - Hotel Mezon Panza Verde**

Arrival Day to Guatemala City airport and 45 min. shuttle to Antigua. Free day, no activities planned. Check out the colonial downtown, museums and the market. Night meeting scheduled. (No meals included).

#### **Day 2 / 2nd Chakra (Svadishtana): LAKE ATITLAN – Hotel Villa Sumaya**

Morning yoga class, breakfast, private transfer to Panajachel. Short boat ride across Lake Atitlan to the city of Santa Cruz La Laguna. Lunch and free afternoon to explore the area and enjoy of the lodge facilities. Evening Yoga Session and Dinner. (3 Vegetarian Meals included).

### **Day 3 / 3rd Chakra (Manipura): LAKE ATITLAN – Hotel Villa Sumaya**

Morning Yoga Session, Breakfast, free morning for optional activities in the area, Lunch, free afternoon for optional activities, Evening Yoga Session and Dinner. (3 Vegetarian Meals included).

### **Day 4 / 4th Chakra (Anahata): LAKE ATITLAN – Hotel Villa Sumaya**

Morning Yoga Session, Breakfast, Guided tour to Chichicastenango Market, Lunch, Free afternoon, Dinner (3 Vegetarian Meals + Chichicastenango visit included)

### **Day 5 / 5th Chakra (Vishuddha): FLORES - Hotel Maya Internacional**

Morning Yoga Session, Breakfast, Private transfer to City of Flores. Free afternoon to relax and explore Flores, Evening Yoga Session and Dinner (Breakfast and Dinner included).

### **Day 6 / 6th Chakra (Ajna): FLORES/TIKAL - Hotel Maya Internacional**

Day trip to visit to Tikal National Park to enjoy an amazing sunrise and guided tour. Morning Yoga/Meditation Session, Dinner (3 Meals + Tikal entrance and guided tour included).

### **Day 7 / 7th Chakra (Sahasara): ANTIGUA – Hotel Mezon Panza Verde**

Morning yoga session, Breakfast, Private transfer to Antigua. Free afternoon and evening to relax and prepare for your return back Home (Breakfast included).

### **Day 8: Departure Day**

Breakfast and then off to the airport to catch your flight. Have a safe flight! (Breakfast included)

## Package Includes:

- 8 Days/7 Nights
- Experienced Tour Leader and Certified Yoga Instructor
- Retreat Transportation (Private vans)(Airport pick-up/drop-off not included in price, but can be arranged)
- Daily Yoga Sessions with a Certified Yoga Alliance Instructor
- Meals included as noted above (7 breakfast, 4 lunches, 5 dinners)
- 2 Nights Accommodation in Antigua - Mezon Panza Verde
- 3 Nights Accommodation at Lake Atitlan- Villa Sumaya
- 2 Nights Accommodation at Flores- Peten - Maya Internacional
- Included activities: Visit & Transportation to Chichicastenango market and entrance and guided tour at Tikal National Park.

**Note: Flight to Guatemala City(Airport Code GUA), Airport Transfer to Antigua and additional optional activities not included. Approx. prices for airport transfers and optional activities may be provided upon request. [Click here to check flight prices](#)**

## Rates

**Price per person Double Occupancy: \$1,300**

**Price per person Single Occupancy: \$1,500**

**\*\* Bring a Friend and Save \$100 off your Retreat \*\***



**\*\* Payment plans are also available. Email [info@peakbeings.com](mailto:info@peakbeings.com) \*\***

Email [info@peakbeings.com](mailto:info@peakbeings.com) with questions or to register.

[Privacy Policy](#) [Refund Policy](#)