

A Journey of Sisterhood, Service and Self Awakening



Join us in Guatemala as Spiritual Life Coach and Healer Meg Sylvester, guides you on a beautiful journey to tap into your vitality and tune into your inner-wisdom. Our intention is to put down some firmly placed roots as we grow within ourselves, enlightening our inner wisdom as we absorb the energy and traditions of the Mayans. Get ready to release your blocks to well-being and merge back into soul alignment!

Empowerment

- ✓ Join **empowered local women** who have established small businesses that honor and promote their local culture.
- ✓ Immerse yourself in **lakeside meditation** and intention setting.
- ✓ Hike an **active volcano** and absorb her powerful energy.

Compassion

- ✓ **Meet students and teachers** whom you are supporting with your participation in this transformational journey.
- ✓ Attend a **worry doll workshop**.

Connection

- ✓ Join lakeside indigenous communities for a day of experiential workshops on **weaving and medicinal plants**.
- ✓ Enjoy a **Guatemalan cooking class** including purchasing all the ingredients from a local farmer's market.

Enlightenment

- ✓ Explore the **Mayan ruins of Iximche** and participate in a Mayan Spiritual Ceremony.
- ✓ Experience a **traditional Mayan temescal**: the original sauna!

Program Leader:

Meg Sylvester | Spiritual Life Coach

Meg's mission is to empower purpose-driven dreamers & light-workers to fulfill their calling. As a Spiritual Life Coach and soulful retreat facilitator, Meg works with those who are ready to get unstuck and in motion towards creating a life that feels on purpose. Leveraging her background in positive psychology, spirituality, self-development, and holistic wellness, she uses her intuitive gifts to help her clients transform their limiting beliefs and take the action steps that lead to peace, happiness, and fulfillment.

BOOK NOW: 888.747.7501

Guatemala

5 Nights / 6 Days

October 8 - 13 2019

\$2,999 - shared room, includes flights



Ready to go?

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