



# A Journey of Sisterhood, Service and Self Awakening

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**Guatemala**

**5 Nights / 6 Days**

**October 8 – 13 2019**

**\$2,999 (Based on shared room, includes flights)**

Access your inner wisdom, ignite your passion, and open your heart through this six-day transformational journey to Guatemala with Reiki Master, Healer, Yogini, and Mentor Laurana (LaLa) Khulman. You'll be immersed in local life in Guatemala and participate in many hands-on activities including a Guatemalan cooking class, medicinal plant workshop, Mayan Culture workshop, temescal experiences {sauna}, volcano hikes, lake side intention setting and meditation, school visits and more. This program is for you if you are looking for an adventure that will ignite your passion, uncover your purpose, and transform you in ways you may not yet have envisioned for yourself.

**BOOK NOW: 888.747.7501**

# HIGHLIGHTS

## Empowerment

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

## Compassion

- ✓ As a participant in this journey, you are **directly supporting the education of 500 students at three Guatemalan schools**. Visit one of the schools, meet the teachers and students, and see first-hand just how impactful transformational travel can be.
- ✓ Attend a worry doll workshop and learn about this centuries old Mayan tradition.

## Connection

- ✓ Village life – join a small community for a day of experiential workshops on weaving, medicinal plants and Mayan spiritual ceremony.
- ✓ Join a local Guatemalan as he/she introduces you to the city of Antigua, sharing the favorite spots and most iconic locations.
- ✓ Shop at a local farmer’s market for all the ingredients you will need for a traditional Guatemalan cooking class.
- ✓ Create a new community of sisters to celebrate your victories, cheer-lead your goals, and hold you up during challenges.

## Enlightenment

- ✓ Explore the Mayan ruins of Iximche and participate in a Mayan Spiritual Ceremony.
- ✓ Learn during natural plant medicine and Mayan culture workshops.
- ✓ Experience a traditional Mayan Temescal: the original sauna!







# A note from LaLa

My intention for this transformational journey is for you to return home feeling enlightened and inspired. Motivated and empowered by the unique experiences of this journey, you will leave uplifted and deeply connected to your soul.

You will learn how to seamlessly integrate tools of self-care into your daily life without feeling guilty or overwhelmed.

I hope also to spark your curiosity and wanderlust and allow you to experience how travel can be transformational, not only for you, but also for the communities we visit and with we engage.

As we embark on our journey together, we will open our hearts and minds to the lives of our sisters in Guatemala and learn what everyday life is like for them and their communities.

We'll hear inspiring stories from women who have chosen to be beacons of hope in their community and we'll partner alongside them in their workshops and learn about the deep-rooted Mayan culture that anchors them today.

Guatemala is a deeply spiritual and soulful place with many lessons awaiting us as we explore traditional Mayan ceremonies, medicinal plant health, meditation and soulful self-reflections.

Let us put down roots together in the "Land of Trees" and establish for ourselves beautiful moments, memories, and a mindful path forward.

This journey to Guatemala honors your connection to your inner wisdom, connection to the planet, and connection to the collective consciousness.

Come join me on a transformational journey of discovery in Guatemala!

*LaLa*

# DAY-BY-DAY ITINERARY

## DAY 1

### Welcome to Guatemala

Antigua

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*Overnight: Good Hotel*

*Included meals: Dinner*



Journey to Guatemala a country otherwise known as the “Land of Trees”. 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**.

Meet your local guide and transfer to Antigua, a small city surrounded by volcanoes in southern Guatemala. It’s renowned for its Spanish colonial buildings, many of them restored following a 1773 earthquake. We’ll be joined by an Antiguan local who is excited to showcase their city to you. You’ll visit Cerro de la Cruz and Antigua’s most emblematic churches, monuments and buildings as well as the handicraft and local markets. Hear a first-hand account of daily life in Antigua and learn about the deep history of this spiritual and deeply traditional country.

In the late afternoon, we will head to Antigua - our base and home for the next three nights: The Good Hotel, chosen for its wonderful location and relaxed and friendly environment, but more importantly for the unique and important role it plays in giving back to the local community of Antigua. All profits from the hotel go directly to funding three local schools that have been established to educate over 500 children in underserved communities in Guatemala. As our journey unfolds, we will learn more about the schools and communities that are served and join them in their daily activities.

This evening we will enjoy a welcome dinner at the Good Hotel’s Saul Restaurant. At the Good Hotel, they don’t believe in simply ordering from suppliers hundreds of miles away. They buy organic produce from local people and local farms. Their food and beverage team were born and raised in the local area and are excited to introduce you to fresh Guatemalan cuisine.

## DAY 2

### Enlightenment Hike

Antigua, Guatemala

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*Overnight: Good Hotel*

*Included meals: Breakfast, Lunch*

This morning, you will have the opportunity to learn an empowering and deeply grounding morning practice that you can easily integrate into your daily home life.

Enjoy a nutritious and healthy breakfast and fuel up for the day! Begin a soulful awakening as we embark upon a glorious hike of the Pacaya Volcano. Pacaya is a complex stratovolcano located within the rim of the Amatitlan Caldera Lake. Its continuous activity in past years has made it one of the most notorious volcanoes amongst climbers. Pacaya rises to an elevation of 2,552 meter and first erupted approximately 23,000 years ago.

Absorb all the energy of the fertile forests, lava fields and surrounding landscapes as we gracefully ascend the volcano, taking time to reflect on Mother Nature’s gifts. Atop the volcano we will journey around the crater rim and bask in the glow of the steaming red hot lava at Pacaya’s core.

# DAY-BY-DAY ITINERARY

## DAY 2 | CONTINUED

Lunch will be served atop the volcano, giving us time to reflect inward and observe any shifts in our own energy.

You'll have time for some personal reflection; tuning into the frequency of your natural authentic power you may choose to journal your thoughts or simply just be, allowing yourself time to enjoy the tranquility and serenity of what surrounds you.



Dinner is on your own (individual expense) this evening.

Relax and enjoy as LaLa guides you through a soulful experience to expand and uplift your consciousness. Expect modalities such as group sound healing, reflective journaling, and kundalini meditations.

## DAY 3

### Compassion and Connection

Antigua, Guatemala

*Overnight: Good Hotel*

*Included meals: Breakfast, Lunch, Dinner*

Today we will truly embrace our compassionate selves and connect deeply and genuinely with Guatemalan locals. After breakfast we will venture to the local market to purchase all the fresh ingredients needed for our luncheon Guatemalan cooking class! The market we will visit for the cooking class is Antigua's famous local market which is extensively larger and provides the smells and tastes of the local people as this is where Guatemalan's shop for food. This is a perfect opportunity to go beyond your comfort zone and maybe explore conversing with the local market holders, learning from them who they are and what daily life is like in Guatemala! Don't worry, your local guide is on hand to help interpret for you!

**A portion of the proceeds from your program participation goes directly toward the sponsorship of education in a local school.**

**Today we will visit the school and learn about the**

**power of education and how impactful it is to the local community.** Niños de Guatemala's El Porvenir School serves nearly 200 children living below the poverty line. We'll explore how the school is focused on not only traditional education but also recycling, organic growing, and health/nutrition. We'll tour the school and learn about their education, empowerment, and environmental initiatives.





## DAY-BY-DAY ITINERARY

### DAY 3 CONTINUED

For lunch we will be preparing our own Guatemalan dish under the close supervision of a local community chef. Learn about the origins of traditional Mayan cuisine. This is such a fun way to not only learn about local cuisine but bond together as a sisterhood and break bread together to celebrate your newly acquired culinary skills!

Our community immersion continues as we travel to San Lorenzo el Cuba to meet with a local family in their home. We'll learn about the art of making a Guatemalan worry doll and how this industry is now the main income generation source for 80% of mothers in the San Lorenzo el Cubo community. Make your own traditional worry doll and also visit a local furniture carpentry workshop.



*Worry Doll Folklore - worry dolls (called muñecas quitapenas in Spanish) are small, hand-made dolls originating from Guatemala. According to Mayan legend, there once was a Mayan princess whose name was Ixmucane and she had the special ability to solve any problem. With the magical powers of Ixmucane in mind, Guatemalan families started to use fabrics and little twigs to make colorful dolls. They began to tell the dolls their problems, placing them under their pillows at night, and discovered that the next day most of their worries had disappeared!*

We'll have some free time for journaling and reflection before dinner which will be enjoyed on a local organic farm. Put your dancing shoes on as there will be live music by candlelight – a favorite location with locals.

### DAY 4

## Lakeside Tranquility

Lake Atitlan, Guatemala

*Overnight: Villas Sumaya*

*Included meals: Breakfast, Lunch*



Today we will journey to Lake Atitlán, once referred to as “the closest thing to Eden on earth” by Lonely Planet. Lake Atitlán, a crater lake formed around two million years ago, is nestled between three majestic volcanoes (Atitlán, Tolimán and San Pedro), mountains, and twelve different Mayan villages.

En-route we will explore some of the most revered and historically significant Mayan ruins in Iximche. We'll be joined by a local expert in Mayan culture and spirituality and together we will experience the transformational wonders of a traditional *temescal*.

Now that you are relaxed and maybe in an inspired state, we'll journey onward to our tranquil lakeside haven for the next two days, Kaalpul Atitlan Eco Hotel & Spa. Kaalpul translates in the native dialogue to mean "portal to a sacred place". The serene and transcendent setting will allow you to tap into the physical and evoke a calmness that will bring gratitude to the senses.

This evening you are invited to harness the energy of empowerment and inner-wisdom through an evening ritual and intention setting ceremony with LaLa at the banks of peaceful Lake.

## DAY-BY-DAY ITINERARY



### DAY 5

## Community Connections

Lake Atitlan, Guatemala

*Overnight: Intercontinental*

*Included meals: Breakfast, Lunch, Dinner*

We will begin our day with a sunrise hike of Indian Nose with a local guide. At the top we will enjoy unmatched views of Lake Atitlan, the nearby volcanoes and surrounding landscapes.

For the remainder of the day we will explore several indigenous village communities around the lake, immersing ourselves in the culture and participating in educational and fun workshops.

San Juan La Laguna is considered one of the more traditional villages around the lake and is off the beaten path from most tourist destinations. You will first visit a local women weavers' textile cooperative to learn about and participate in the process of ancestral weaving and see how different plants are used to dye the fabric with natural colors. Enjoy a traditional local lunch and visit an art gallery, where you'll see the beautiful artworks and learn about the techniques that were used to create them. The final stop in San Juan is another community cooperative producing medicinal plants and herbal products. Here you will learn about traditional Maya healing and how to make organic shampoo, creams, and tea.

We will next head to Santiago Atitlán, the capital of the Tz'utujil Maya and the largest of the lake communities. We will start with a search for the house where the Mayan God Maximon is living, as his location changes every year when a new *cofradía* or brotherhood has the privilege of taking care of him. Once we find Maximón, you may see a local shaman performing rituals for the Mayans.



This afternoon we will enjoy a farewell dinner at one of the village co-operatives.

Tonight, you are invited to a heart-warming sisterhood circle and ceremony with your fellow retreat companions. By this time, you will have forged deep connections with the other women on this journey. We will lift each other up, in soulful sisterhood ceremony and reflect on our experiences together. Expect hugs, love, and good vibes all around!

You will enjoy a closing dinner at the hotel where a local spiritual guide will join you.

### DAY 6

## Return Home

While today is a time for goodbyes, we hope it will only be temporary and that you will one day return to Guatemala to deepen your connections and further your explorations of this deeply traditional and warm country.

## ACCOMODATIONS

📍 Antigua, Guatemala

### Good Hotel

Calle del Hermano Pedro 12, Antigua, Guatemala

**Telephone:** +502 7796 6500

<http://www.goodhotelantigua.com>

A former private mansion, infused with local touches, personalized service and a social business model in the heart of UNESCO-protected Antigua, Guatemala. Good Hotel Antigua is deeply rooted in the local community. They source their ingredients, materials and labor locally and work solely with partners offering a healthy work environment and fair salaries to their employees. Located in a quiet cobblestone street in the heart of Antigua, Guatemala. Just a 5 minutes' walk from the Parque Central (Main Square).



📍 Lake Atitlan, Guatemala

### Villas Sumaya

Santa Cruz Laguna, Guatemala

**Telephone:** +502 7796 6500

<https://villasumaya.com/>

In Sanskrit, Sumaya means a long-awaited dream come true while in Arabic it translates as a little piece of paradise.

Villa Sumaya, located in Santa Cruz la Laguna on the shores of Lake Atitlán, was conceived in 2001 with the purchase of the lakefront Maya Rose House, originally the vacation home of a Guatemalan family. Over time, in addition to renovating the Maya Rose House for style and comfort, we added a restaurant, a boutique shop, our welcoming courtyard, a hot tub and a sauna, as well as four healing huts where we offer a wide variety of spa services.

Many Mayan hands have contributed to the creation of this paradise and our ongoing connection with our indigenous neighbors has been mutually respectful, rich and gratifying.

