



# A Journey of Sisterhood, Service and Self Awakening

---

**Guatemala**

**5 Nights / 6 Days**

**October 19 – 25, 2020**

**\$3,299 (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) Kuhlman. 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, 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.
- ✓ Spend time in self-reflection atop a volcano and beside the majestic Lake Atitlan.





# 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 which 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

---

**Overnight:** *Good Hotel*

**Meals:** *Lunch, Dinner*



Depart from the designated gateway city and 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 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.

We will enjoy lunch at the hotel before being 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.

To anchor into this special journey, while you meet your fellow sisters and set your intentions for the week ahead, Lala will lead you in a sisterhood-circle. A private open-air terrace has been reserved for you to enjoy this special moment together surrounded by Mother Nature’s splendid beauty.

This evening we will enjoy a welcome dinner at the Welten Restaurant, a local favorite which affords you a spectacular view of the city and surrounding volcanoes.

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!

### DAY 2

## Enlightenment Hike

Antigua, Guatemala

---

**Overnight:** *Good Hotel*

**Meals:** *Breakfast, Lunch*

Later this morning, 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 meters 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.

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

## DAY-BY-DAY ITINERARY

### DAY 2 | CONTINUED

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 at a local organic farm with a view over the whole of Antigua, its surrounding communities with live local live Latin music, so get your dancing shoes on.

As the week unfolds, LaLa will guide you through a soulful experience to expand and uplift your consciousness. Expect modalities such as group sound healing, reflective journaling, and mudra meditations.

### DAY 3 Compassion and Connection

Antigua, Guatemala

*Overnight: Good Hotel*

*Meals: Breakfast, Lunch*

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.

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!



## DAY-BY-DAY ITINERARY

### DAY 3 CONTINUED

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 San Lorenzo el Cubo. Make your own traditional worry doll and 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 is on your own this evening, to allow you to explore your Antiguan surroundings. Don't worry, your local guide will be on hand to provide recommendations or you may simply choose to dine at the Good Hotel.

### DAY 4

## Lakeside Tranquility

Lake Atitlan, Guatemala

**Overnight:** Casa del Mundo

**Meals:** Breakfast, Lunch, Dinner



Today 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. Together you will experience the transformational wonders of the former and first capital of Guatemala in all its architectural and spiritual significance.

Lunch will be provided this afternoon at Chichoy, a local restaurant with typical Guatemalan cuisine. 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, La Casa del Mundo {Worlds Home}.

Join LaLa by the stunning lakeside for an evening of mindful movement and breath-work to spark your inner-wisdom and empower self-discovery. Lake Atitlan is nestled between 3 volcanoes that serve as a powerful backdrop and energetic inspiration for the evening ritual and intention setting.

Dinner is included at Casa del Mundo this evening. You can expect to be joined by guests from all over the globe who come to dine together and share the stories over a family-style dinner. Meals at Casa del Mundo are made with the safest and best ingredients available, hand selected in Panajachel's indigenous market and transported by boat (the only access apart from ancient foot trails) to the hotel dock.

## DAY-BY-DAY ITINERARY

### DAY 5

## Community Connections

Lake Atitlan, Guatemala

*Overnight: Casa del Mundo*

*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. Afterward enjoy a nutritious and healthy breakfast and fuel up for the day!

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 Mayan healing** and how to make organic shampoo, creams, and tea.

Return this afternoon to your tranquil lakeside setting and home away from home Casa del Mundo. You may choose to meditate on the terrace, soak in the lakeside hot tub and cascading pools or explore the other wonderful amenities at your hotel. LaLa will be on hand to support you and your fellow sisters to ensure you are enjoying your self-care time and living into your intentions for the week.



We have purposely left dinner arrangements open tonight so that you can choose how to spend your evening.

### DAY 6

## Time to Reflect

*Overnight: Casa del Mundo*

*Meals: Breakfast, Dinner*

Enjoy some free time for 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.

There are several optional activities available including swimming, hiking, mountain biking, boat tour {optional fees may apply}. Whatever you choose, you are sure to be invigorated and rejuvenated by your experience in this magical setting.

We honor our journey together by sitting in gratitude as sisters, in our final ceremony circle to close the retreat. A beautiful moment to integrate the deep connections, cultural experiences, service, and sisterhood that has been nourished during your time in Guatemala. A time to reflect, hold space, and hug it out with your travel family. Enjoy a farewell dinner together.

### DAY 7

## 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.

## DAY-BY-DAY ITINERARY

### This journey is for you if:

- ✓ You care deeply about your own self-care and the caring of others.
- ✓ You are on a journey of spiritual awareness and mindful living.
- ✓ You enjoy traveling in the company of others and truly immersing in local culture and heritage.
- ✓ You want to travel both responsibly and consciously but don't know how.
- ✓ You want to be part of a new community of sisters to celebrate your victories, cheer-lead your goals, and hold you up during challenges.
- ✓ You want to have not just a travel experience, but a transformational journey.



### Social need In Guatemala

- ✓ 59% of the Guatemalan population live below the national poverty line.
- ✓ 41% are educated to primary level.
- ✓ 19% are educated to secondary level
- ✓ And only 8% are educated to higher education level.

### How you are helping

- ✓ Your participation covers the direct expenses associated with the yearlong education of one student at a Ninos de Guatemala school.
- ✓ Each half-day of cultural experiences and activities that you participate in, funds a nutritious and wholesome snack for 3 students at a Ninos de Guatemala school for one whole month.
- ✓ By supporting social cooperatives, you're directly protecting the cultural heritage of indigenous communities.





## ACCOMODATIONS

📍 Antigua, Guatemala

### Good Hotel

Calle del Hermano Pedro 12, Antigua,

**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 minute walk from the Parque Central (Main Square).



📍 Lake Atitlan, Guatemala

### Casa del Mundo

El Jaibalito, Lake Atitlan, Guatemala

**Telephone:** +502 5218 5332

<http://www.lacasadelmundo.com/>

La Casa del Mundo, or the World's Home is a place where diverse cultures come together to relax, share experiences and enjoy the gems of Lake Atitlan. We are proud to tend to such wonderful guests.

Travelers come here to relax and take a break from their busy lives. Many forget what day it is and are taken over by utmost relaxation. They use the hotel and its atmosphere as their re-energizing hub while venturing out to experience the color, life, and sublimity of Lake Atitlan.

The 17 bedrooms, each with unique architecture, were built one by one into the lake's cliff sides over the past 20 years. They're equipped with top quality beds, hot water (mostly solar heated), restrooms, traditional Mayan decorations, and spectacular lake views from their 100-250 feet high perches.

