

A Journey of Sisterhood, Service and Self Awakening



Join us in Guatemala as Reiki Master, Healer, Yogini, and Mentor Laurana (LaLa) Khulman, 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.
- ✓ Spend time in **self-reflection atop a volcano** and beside the majestic Lake Atitlan.

Program Leader: Laurana (LaLa) Khulman | Reiki Master, Healer, Yogini, and Mentor

Laurana Kuhlman is a skilled and passionate Reiki Master, Healer, Yogini, and Mentor. She works with those seeking to expand their knowledge of self and believes deeply that self-care is for everyone. Operating under the philosophy that there are many paths to healing, Laurana serves her clients at the mind, body, and spirit levels. Her goal is to inspire others to shift their personal narratives and fear-based thoughts, by providing the tools to release and transcend trauma stored in the physical and emotional body, to live a more present lifestyle.

BOOK NOW: 888.747.7501

Guatemala

5 Nights / 6 Days

October 25 - 31 2021

\$3,299 - shared room, includes flights

\$599 Single Room Supplement



Ready to go?

Tel: 888.747.7501

Email: info@nandajourneys.com

Website: www.nandajourneys.com

CST 2121590-40