

RETREAT + RELAX

IN THE HEART OF THE MAYAN CULTURE

Cultivating our Innate Vitality and Balance Through Movement and Nutrition
Join Sophie Ducharme and Saskia Schreiber for 7 days of pure yoga bliss from
March 9-17, 2012 at Villa Sumaya, Guatemala



AN EXPLORATION THROUGH YOGA, DANCE, NATURE RITUALS, SHAMANIC JOURNEYS + INTERACTIVE WORKSHOPS

2012 is the beginning of a new cycle. Let this retreat mark as well a new cycle in your life as you join us for an enlivening journey into your most authentic self, cradled in the heart of the Mayan culture and Guatemala's timeless nature and history.

Villa Sumaya is a retreat situated on the picturesque shores of Lake Atitlan, with an uninterrupted vista punctuated by a skyline of three perfect volcanoes, comet-countdowns, sunset spotting and meditative mornings. A chance to reconnect with the innate joy of each moment!

Sophie and Saskia are both dedicated and experienced wellness practitioners and are passionate about creating the most unique and customized retreat experience possible. They facilitate the valuable connection to nature and how to reconnect to our full potential.

The daily morning movement and yoga practice opens your muscles, rejuvenates the joints to support flexibility, free and unrestricted movement of the body. The practice is based on a mix of yin/yang yoga, thai chi and chi gong. The afternoon Flow Motion dance workshops are a free form movement exploration from your thinking mind into your creative being. The guidance through music allows you to flow in your most natural and honest way.

The two interactive workshops provide you with valuable knowledge about the energetic pathways in our body and how to eat in a way that keeps you balanced.

The goal of this unique retreat is to reconnect with the innate joy of each moment and to offer tangible guidelines for both a healthy movement practice and a healing diet.

A journey into your soul supported by one of the most powerful cultures of the world!

PRICE

All inclusive pricing starts at US\$1,662 including tax.
Single occupancy is available for US\$1,874.50.
Prices do not include airfare.

Early bird: Save US\$150 when registering before December 15, 2011 and when bringing a friend!

ENJOY

Pick up from and to airport

One night in the beautiful old colonial Antigua

Private rooms nestled into nature and overlooking the lake

Accommodation in single or double occupancy at Villa Sumaya, at the Lago de Atitlan

Three vegetarian meals per day including unlimited tea and coffee and filtered drinking water

One excursion to thermal hot springs, including a visit to traditional Mayan villages and one protection ceremony with a Shaman

One spa treatment

Daily morning movement and yoga practice and afternoon Flow Motion dance workshops

Two interactive workshops: Asian Concepts of Energy Circulation, The Five Elements of Nutrition

Leisure time for exploring, relaxing and pampering yourself!

Guidance by two experienced instructors, fluently in Spanish

REGISTRATION

Retreat registration and travel arrangements provided by www.prime-travel.com

Retreat information and detailed itinerary www.saskiaschreiber.com

Resort information www.villasumaya.com

