

Quantum Life Center Mayan Spiral Retreat Itinerary Oct 31 to Nov 10, 2019



Group Size: 10-14 people

Duration: 10 nights

Locations: Chichen-Itzá, Coba, Ek-Balam, Cenote Multunha, Aventuras Akumal, Tulum, Cenote Nicté-Ha, Rancho Santa Cruz, Cenote Jardín del Eden, hotel Zazil kin Tulum, Xcaret

Costs includes

Hotels: Hotel stays are double occupancy
3 nights at a Hotel Oka'an near Chichen Itza with access to a private entry to Chichen-Itza

7 nights at Villas De Rosa with beach front

Transportation:

Air-conditioned vans

Food:

3 main meals, snacks, and hydrating beverages

Meals at the first hotel will be themed Yucatan/Mayan

Entrance fees: Archeological sites, Cenotes and Mayan ceremonies (sweat lodge)

Workshops: Vegan cooking, Gardening and Nutrition, Mayan medicines

Sites:

1. Chichen-Itza *
2. Chichen-Itza light show at night
3. Coba*

4. Tulum*
5. Nicté-Ha Cenote
6. Ek-Balam*
7. Cave Santa Cruz
8. Cenote Eden
9. Cenote Multun Ha
10. Fire show
11. Mayan ceremony
12. Temazcal ceremony (sweat lodge with Shaman Gabriel)
13. XCARET Theme Park

STAR DENOTES ARCHEOLOGIC SITE

Exclusions:

1. Air Fare
2. Tips to Guides, Driver and Shaman
3. Personal phone calls and laundry services at hotels
4. Translator device for the sound and light show at Chichen Itza

DAY 1 Thursday Cancun – Merida Chichen Itza

- Arrival at International Airport of Cancun
- Van Ride to CHICHEN-ITZA (2hr 30min)
- Arrival at Hotel Oka'an and Check In
- Dinner and Presentation of our Journey with introduction to Staff
- Briefing for day 2
- Screening of the Sixth Sun movie
- Day End

Day 2 Friday

- 7:00 am Yoga Practice, Mayan Blessing and Green Juices
- 8:30 am Guided Tour through Chichen Itza Archeological Zone
- 10:00 am Portal Opening, Activation of Crystal Grid, Mayan Spiral Activation, and Heart Meditation.
- 11:30 am Breakfast at Hotel

- 1:00 pm Departure to Hacienda and Cenote
- 1:40 pm arrival at Hacienda Selva Maya
- 2:00 pm Swim in Cenote
- 3:30 pm Vegan Cochinita and Traditional Mayan Meals
- 4:30 pm departure to hotel
- 5:20 pm arrival at Hotel
- 5:30 pm Free Time
- 7:00 pm Dinner at Hotel
- 8:00 pm Departure to Chichen Itza Archeological Zone
- 8:45 pm Chichen Itza Light Show
- 9:40 pm return to Hotel
- 10:00 pm Day End

Day 3 Saturday

- 7:00 am Lite Breakfast at hotel before van ride to EK BALAM
- 7:15 am van ride to EK BALAM(1hour)
- 8:20 arrival at EK BALAM and beginning of excursion through site
- 10:00 am CENOTE meditation and swim
- 11:30 am van ride to Valladolid (30 min)
- 12:00 pm MAYAN MEAL
- 2:00 pm free time to walk the main plaza of Valladolid
- 3:30 pm van ride to Hotel (50min)
- 4:40 pm arrival at Hotel
- 6:30 dinner at Hotel
- 8:00 pm Presentation/Talk
- 9:30 pm End of Day

Day 4 Sunday

- 8:00 am breakfast
- 8:30 am van ride to COBA
- 10:00 am Arrival at COBA
- 12:00 pm van ride to cenote
- 12:30 pm Cenote meditation and swim
- 2:00 pm van ride to EL COCODRILO RESTAURANT
- 2:15 pm Lunch at EL COCODRILO RESTAURANT

- 3:30 pm bus ride to Aventuras Akumal (1hr 40min)
- 5:30 pm arrival at Villas DeRosa Resort, Check In and freshen up
- 7:30 pm Dinner with Live Music on Rooftop of Villas or at the Beach
- 9:30 pm End Of Day

Day 5 Monday

- 7:30 Breakfast
- 8:30 am van ride to Tulum Ruins
- 9:00 am arrival at Tulum Ruins
- 10:30 am we walk 10 mins to get to Hotel Beach Zazil Kin
- 10:50 am free Beach Time and activities on the Beach
- 2:00 pm Lunch at Beach Club
- 3:00 pm van ride to Cenote...
- 3:30 pm arrival at Cenote to Swim (2 hours)
- 5:40 van ride to Villas DeRosa
- 6:00 pm arrival at Villas DeRosa Resort and Free Time
- 7:30 pm Dinner on Beach with Fire Show
- 9:00 pm Meditation and Stargazing
- 10:30 pm End of Day

Day 6 Tuesday

SHAMAN GABRIEL DAY

- 7:30 am Breakfast
- 8:15 am van ride to Gabriel's Scientific Area
- 9:00 am arrival at Gabriel's Scientific Area
- 9:30 am Introduction to Gabriel and Brief of Day
- 10:30 am Yoga and Meditation in temple
- 11:30 Presentation Mayan Cosmo vision and Worlds Agenda
- 12:30 am Free Time
- 1:30 pm Gardening and Nutrition Workshop
- 2:30 pm Lunch (Fruit)
- 3:30 pm Mayan Medicines Workshop
- 4:30 pm Temazcal (SWEAT LODGE)
- 6:30 Cenote Dip and fruit (Lite Dinner)

- 7:00 pm Mayan Fire Ceremony
- 8:30 pm van ride to Villas De Rosa
- 9:00 pm End of Day



Day 7 Wednesday CAVE DAY

- 7:30 am Breakfast
- 8:30 am van ride to Cenote Nic Te Ha
- 9:00 am Swim Time at Nic Te Ha (Snack Break too)
- 11:00 am van ride to Cave Santa Cruz
- 11:45 arrival at Santa Cruz Cave
- 12:00 pm Santa Cruz Cave Meditation
- 3:00 pm van ride to Villas De Rosa
- 3:30 pm Mayan Lunch Beach
- 4:30 pm Free Time / Movie
- 6:30 pm Workshop / Talk (On Beach To Watch Sun Set)
- 8:00 pm Dinner
- 9:00 pm Turtle Watching (Optional)
- 10:00 End of Day

Day 8 Thursday

- 7:00 am Yoga sunrise meditation
- 8:00 am breakfast
- 9:00 free time / beach time/ crystal grid on sand/Tanning with crystals
- 11:00 am Snorkeling the reef / more beach time
- 1:00 pm lunch
- 2:00 pm movie / workshop
- 4:30 Art Time on Beach
- 6:00 pm Free Time

- 7:00 pm Meditation
- 8:00 pm Dinner
- 9:00 pm Mayan Show
- End of Day

Day 9 Friday

- Free Time or Turtle Watching

Day 10

- Free day

Day 11 Sunday

- Travel Home

Cost of this adventure is \$2200.00

Deposit: \$660.00 will save your spot.

Non-refundable after Aug. 16

Final Payment due Sept 12

Excludes Air Fare

Contact Gary Merrill for more information

Gary Merrill

Quantum Life Center

1490 NW Skyline Dr.

Albany, OR 97321

Phone (541) 223-3005

gary@quantumlifecenter.com

quantumlifecenter.com