

MAYAN & VEGAN FOOD



The first three days of our journey will be Yucatan themed foods. At the request of Shaman Gabriel we will be eating vegetarian and vegan foods. This is to prepare and cleanse our bodies and to maximize our experience in the Mayan sweat lodge (Temazcal) and fire ceremonies.

Meet your Spiritual Leaders and Guides

Alaina and JC have been actively pursuing their spiritual paths since childhood. They grew up in the Riviera Maya and have been visiting the archeologic sites. JC has been involved in excavations of two archeologic sites. Alaina has taken part in sacred light and sound rituals known only to the ancient Mayan bloodline.

Jose Carlos Ponce (JC)		Alaina DeRosa
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Join us on this journey of self-discovery and enlightenment that our cosmic brothers the Mayans have left for you!

Gary Merrill		Karen Merrill
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**Quantum Life Center
 Mayan Spiral Retreat**

**Experience
 The Yucatan on a 10
 night journey into the
 Mayan culture**



**A Spiritual Transformation
 Experience**

Oct. 31 to Nov. 10 2019

Mayan Retreat-The adventure starts

This trip is for anyone who is serious about spiritual growth, learning more about the Mayan culture and diving into self-discovery. This will be an intensive spiritual experience for everyone with an emphasis on immersion in nature, specifically the Mayan jungle and the water worlds of cenotes, underground streams and the Caribbean Sea. There will be many opportunities to meditate and do yoga in natural settings with your fellow travelers. Attending traditional Mayan ceremonies of Temazcal (sweat lodge) and fire ceremony is one of the highlights of the adventure.



3 Nights lodging Hotel Oka'an and access to a private entry to Chichen-Itza

Touring and learning about the Mayan culture at the archeologic sites is another major theme. We start our journey at Chichen-Itza! The Mayans held special ceremonies to balance the earth's energy. Our group will be doing a heart meditation and Spiral Activation at the archeologic site.

7 nights Villas De Rosa Beach Resort



Activities:

- Yoga and Meditation.
- Traditional Mayan Ceremonies
- Explore the pools (cenotes), underground stream and caves
- Meditate in the cave
- Temazcal (sweat lodge) and Fire ceremony with Shaman Gabriel
- Swim/snorkel in the beautiful Caribbean sea
- Climb pyramids (Coba and Ek Balam)
- Fire show
- Turtle watch
- Workshops: Vegan cooking, Nutrition and Gardening, Mayan medicines
- Star Gazing
- Free time- last 2 days

Sites included:

- Chichen-Itza
- Chichen-Itza evening light show
- Ek-Balam
- Valladolid
- Coba
- Tulum
- Nicté-Ha Cenote
- Cave Santa Cruz
- Cenote Eden
- Cenote Multun Ha

Inclusions:

- Transportation to the hotels, back to Cancun airport and all sites on the Itinerary will be provided in A/C vans
- 10 nights stay- double occupancy
- 3 meals per day plus snacks and hydrating beverages
- Entrance fees to all sites

Exclusions:

- Airfare
- Tips to guides, driver and Shaman
- Personal phone calls and laundry services at hotels
- Translator device for the Sound and Light show at Chichen Itza

Cost: \$2200.00

Deposit: \$660.00 will save your spot.

Non-refundable after Aug. 16

Final Payment due Sept 12

Excludes Air Fare



For further information please call or email