

# **Yoga in Maya-land**

## **A Yogadventure in Guatemala**



**On Lake Atitlan, "the most beautiful lake in the world"**

**-Aldous Huxley**

**February 13 - 20, 2010**

Please take the time to read this site in its entirety. It's filled with *everything* you will need to make the most of this journey.

### **Villa Sumaya, our home for the week**

The exquisite Villa Sumaya [www.villasumaya.com](http://www.villasumaya.com) is located directly on Lake Atitlan, just a short boat ride from the main port town of Panajachel (also known as "Pana") on the north end of the lake. Take note that Villa Sumaya, like most of the villages on Lake Atitlan, can only be reached by boat or by foot.

Wendy, the proprietor of our retreat center, created this haven several years ago and has taken a perfectionist's care to the details of this sacred space. The dramatic vista of three volcanoes on the opposite shore is seen from every room and gathering place. Villa Sumaya sits within an energetic vortex, gifted by the magic of the San Pedro, Atitlan and Toliman volcanoes. For a complete description please visit [www.villasumaya.com](http://www.villasumaya.com)

### **The Yoga**

Vinnie Hunihan (Bodhi Akal) masters at making people feel comfortable with yoga. Beginners, therapy and advanced practitioners all learn to love yoga under Vinnie's tutelage. His yoga teaching style is safe, intelligent and well-respected in the yoga community.

BJ Sadtler focuses her yoga teaching on the subtle, energetic aspects of the practice, especially breath awareness and guided meditation. Teaching since 2001 BJ has been studying Tantra with Rod Stryker in the Para Yoga tradition since 2005.

Both Vinnie and BJ are adept at teaching all levels with individual attention for whoever needs or wants it. Our practices will be geared to the energy of the group and the day. If you have any question or concerns about the suitability of these practices for you, please contact us directly. The registration form includes a waiver and a space for personal ailments/injuries, which need to be completed before we

leave the country. Have no fear! Both teachers are experienced Central American yoga trip leaders.

### **The Meditations**

Time has been set aside in the early morning hours for those who wish to sit and meditate in silence. No teachings will be offered, but the space will be held for those who incorporate meditation into their daily practice.

Sunset meditation will be guided. Q&A, teachings and practices will be offered.

### **Our Schedule**

Our schedule for the week is geared to nourish mind, body and soul. All activities are optional but recommended for the richest experience of Guatemala.

Noble silence is observed (and appreciated) before breakfast.

6:00-7:00 am	meditation
7:00-8:30 am	yoga practice
8:30-9:00 am	breakfast
9:00 am - sunset	activities
Sunset	meditation
7:00 pm	dinner and activities

### **Food, Glorious Food**

Villa Sumaya serves lovingly prepared, fresh vegetarian meals three times a day throughout the week, which are included in your fee. The bounty from neighboring farms is tremendous and nutritious.

Fish or chicken entrees are available by special order and at additional cost. Please indicate your food preferences on the registration form so that we may accommodate them. Alcohol is available but is not advised. Take advantage of the location by staying clean and clear.

### **Daily Activities**

The following group activities are included in your fee:

- Daily yoga and meditation
- Swims in the lake, pool and sunbathing on the dock
- Nearby hiking with no guide
- One guided tour of AMIGOS NGO project in nearby Santa Cruz
- Demonstration by Maya weavers
- Mayan teachings offered by BJ
- Traditional fire ceremony with a Maya shaman
- Half day workshop on the Mayan Calendar offered by an Mayanist and scholar

These activities are NOT included in the fee but are available and recommended:

- Personal Maya shamanic healings, body work, astrology and oracle readings (\$45-55)
- Boat fares, bus/shuttle fares to neighboring villages such as Santiago, thermal hot springs at Santa Catarina, shopping trips to Pana or Chichicastenango, hiking volcanoes
- Guided hikes, kayak rentals
- Shopping

There is so much to do around Lake Atitlan, but doing nothing is also an attractive option. Just being on this lake has a feel all of its own and is worthy of experiencing. It may be that finding balance between the *doing* and *being* becomes your only job this week.

## **Trip Registration Info**

**Registrations will be accepted FIRST COME, FIRST SERVED  
Please complete this form as part of the process**

[Download word document](#)

**Sign and mail or scan it with your check to:**

Barbara Sadtler P.O. Box 3351  
Glen Ellyn, IL 60138-3351

**Cost:                    \$1300 per person                    14 people maximum**

**Basis: We have 3 double rooms and 3 triple rooms available for the week.**  
Roommates for solo travelers will be selected and changes can be made as needed.

**BOOK EARLY AND SAVE AIRFARE!!!**

**Deposit:            50% required upon registration but no later than MONDAY  
January 4, 2010**

**Balance Due:            50% required by MONDAY, January 25, 2010**

**REFUNDS WILL ONLY BE MADE IF YOUR SPACE IS FILLED BY  
ANOTHER TRAVELER**

**Please send a check drawn on a US Bank and mail to:  
BJ Sadtler  
Breathe, Inc.  
PO Box 3351  
Glen Ellyn, IL 60138**

## **TRAVEL TIPS**

**Making your way to Guatemala, Antigua and Villa Sumaya and back**

You are responsible for your airline reservations and ticketing. You will need a round trip ticket to Guatemala City (airport code: GUA). Presently, RT airfares from Chicago are \$373. They can go as high as \$700, so please book early!

Your inbound flight should have you in Guatemala City no later than 4 or 5 PM on Friday, February 12, so you have time to get to the lake the next day, Saturday the 13th.

We recommend that after clearing customs at GUA airport, you take a shuttle to Antigua, the old capital which is about a one hour ride. These shuttles line up in a staging area to the left as you walk out of the main doors of the airport.

An overnight in Antigua is not only convenient, but is a must for capturing the feel of Guatemala. The city's ambience is unsurpassed in Central America. A traveler's haven, hotels, restaurants and transportation in all price ranges can be found.

Arrange for a shuttle to take you to Pana on Lake Atitlan the next day, February 13. It's a three hour trip, and you want to be at Villa Sumaya by mid-afternoon, so it's best to leave Antigua no later than noon.

Have the shuttle drop you at the boat dock in Pana that takes passengers to Santa Cruz Laguna, the closest village to Pana. Tell the captain that you wish to go to Villa Sumaya, they all know the place. It's only about a 15 minute boat ride.

Once you arrive at Villa Sumaya, you will be greeted and your luggage handled for you. We'll meet in the yoga room at sunset to begin our retreat.

Your outbound flight should be no earlier than 3 or 4 pm if you are flying out on Sunday, February 21. 3 hours are required for international check-in.

Be advised that there may be an airport departure tax. Ask your ticket agent when you buy your ticket as sometimes they include it in the ticket price.

You will need a valid passport to enter the country. Keep it on your person at all times in a secure, not visible, money belt. Make two copies of your passport, giving one to me and stashing another in your belongings.

### **MONEY and Additional Funds**

Please bring \$US in cash. There is a hefty surcharge on credit cards and ATM's. You can exchange dollars for quetzals ("Q's) at a decent exchange rate at a bank. You may want to cash some at the airport or in Antigua. Traveler's and personal checks are obsolete. Villa Sumaya often will not be able to exchange for you.

Compared to Mexico or Costa Rica, Guatemala is relatively cheap. You can easily travel on about \$65 day, including rooms, meals and travel expenses. The shopping, however, is very tempting. Gratuities for the Villa Sumaya staff should be about \$35-60. If you need more guidance on this, please feel free to ask BJ.

**Please send me your flight itinerary as soon as possible.**

**For details and assistance with your travel arrangements, call BJ Sadtler at 630.334.7826, email at [bj sadtler@breatheinc.com](mailto:bj sadtler@breatheinc.com) and visit [www.breatheinc.com](http://www.breatheinc.com)**

### **WHAT TO PACK**

Pack light. Become a minimalist. Shed your jewelry, resort wear and fancy shoes. Guatemala is a very poor country and you will fit in better if you're not sporting any affluence. Plus, there is so much great shopping that in a matter of days you will be wearing what they do!

We will be in the Guatemalan highlands, where weather is spring-like. Evenings and mornings are cool; the sun in the day is hot. This is the tropics, though, so you shouldn't need a wrap any heavier than what you take on the plane with you (shawl or fleece will do just fine).

If you need help laundering some items, charges are minimal. The voltage in Guatemala is the same as in the States, so no adapters are necessary.

Here is what to bring:

- Tops: 3 light weight, short and long sleeves
- Shawl and/or fleece for warmth
- Shorts/Pants: 2-3 light weight, zip pants are perfect
- Ceremonial skirt/sarong – sign of respect for women to wear
- Yoga clothes - 2 or 3 changes, long pants are fine
- Shoes 1 pair hiking boots or solid walking shoes, 1 pair backstrap water (Keen sandals are the most versatile I've found)
- Underwear 4 changes
- Swim suit, goggles
- Poncho or rain jacket, light weight – plenty of boat splash on Lake Atitlan
- Hat, bandana
- Flashlight or head lamp ESSENTIAL!!
- Typical toiletries
- Bug spray, with deet, or lavender oil (repels mosquitoes), small jar or can
- Sunscreen (SPF 30 or 50)
- Water bottle
- Daypack
- Money belt
- Camera, film, binoculars
- Plastic bags
- 1 good read (ask me for reading list, if interested)

### **Is Guatemala Safe?**

Guatemala is a developing country and, as such, has plenty of issues. I've found that a traveler's common sense, human decency and conservative behavior fit the protocol optimally in this environment. Wearing a money belt, planning your walks, being with a buddy, flaunting nothing, getting off the streets at night and not acting like, well, an asshole, keeps you in the flow and makes for a trip of a lifetime. Please let me address any concerns you may have regarding this or any other issue.

## GET STARTED

To reserve your spot, please complete the attached registration form and send it back to us with your deposit to my PO Box address. Please email us or call 630 334-7826 for any additional information.

[Download word document](#)  
[Print or email us the form](#)

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Glen Ellyn, IL 60138-3351

**Vamos, Guatemala!!!**

