

Guatemala October 28th to November 6th

—RETREAT— TRANSFORMATION OF THE SELF

Andy Rocca & Denise Barrios

Immerse yourself in a journey of ancestral wisdom
and healing in the heart of the Mayan world.





ACTIVITIES

Circle of integration and landing meditation.

Walk of power in the forest.

Guided meditations.

HUMM WINAQ – Sound journey to connect to the origin, to self-healing, and to our own archetype.

Sacred Fire Ceremonies.

Workshop on the energies of the Cholq'ij, Sacred Calendar.

Discovering and connecting with one's personal Mayan energy.

Ritual of connection with the lake and the energy of water.

Cacao Ceremony.

Temazcal –Mayan sweat lodge—.

Healing massage of the abdomen.

Creation of an altar and ritual of connection to the ancestors.

Sacred Fire Ceremony in Tikal.

Sunrise mediation in Tikal.

Yoga session.

Gathering of healing elements.

Lineage healing work through the Mayan energies.



WHAT'S INCLUDED

9 nights accommodation in double room.

3 meals per day.

Traditional Mayan lunch.

Transportation to and from the airport.

Transportation in a private shuttle throughout the journey.

Boat transportation.

Flight to Petén.

Entrance fees to the sacred sites.

Guided visit of Tikal.

Rituals, meditations, workshops, ceremonies, and all activities that are mentioned in the itinerary.

The spiritual guide of renowned Mayan elders (Tatas and Nanas).

English-Spanish interpretation of the activities.



ITINERARY

DAY 1 – OCTOBER 28 – MAYAN ENERGY OF THE DAY 1 TIJAX



Jun (1) Tijax is a power that supports us in our processes of letting go so that we can bring significant change to our life. Its purifying energy allows us to become free of all that limits us, it heals our being and helps us to overcome illnesses, negative energies, and adversities, allowing us to find lightness and balance in each of the planes of existence and in this way develop all our power. Today Tijax is opening a thirteen-day cycle during which we can heal, release our limitations, open new paths of growth for our being, develop our strength and our connection with other planes and with our inner power.

Arrival at La Aurora International Airport, Guatemala City, from where we will take a private bus to the Colonial City of Antigua Guatemala. Today you will have free time to rest, walk around Antigua, and prepare for the healing journey that begins tomorrow. In the afternoon we will do an integration circle and a landing meditation. Then, we will share a welcome dinner that will give us the space and time to bond and be together. Lodging at Hotel Las Farolas, Antigua.

DAY 2 – OCTOBER 29 – MAYAN ENERGY OF THE DAY 2 KAWOQ



The polarities that inhabit us, the diversity that exists both inside and outside of us, is what makes us complete beings who are full of potential and who have the tools to achieve evolution. The energy created by Keb' (2) Kawoq in convergence with the healing and liberating force that Tijax offers us, speaks to us of working on the integration of our being both within and without. The power of the day indicates to us that finding unity in our diversity is what brings us harmony and strengthens us, that it is working together, understanding our differences not as something that separates us, but as something that if we know how to integrate through tolerance and love brings us an enriching experience, which will lead us to find the true evolution.

After an early breakfast, we will head to the El Hato community to visit the Bosque de los Cuatro Caminos. There we will take a conscious walk to work with the energies of fire, earth, air, and water, which are manifested in this natural space. At the end of the walk, we will do a meditation to become integrated and harmonized with our being, with nature, the universe, and everything that surrounds us. We will then share a picnic lunch. In the afternoon we hold a sound ceremony, after which you will have time to rest. Accommodation at Hotel Las Farolas, Antigua.

DAY 3 – OCTOBER 30 – MAYAN ENERGY OF THE DAY 3 AJPU



Ajpu, the representative of Father Sun, speaks to us of the importance of shining with our own light. The number Oxib' (3), which symbolizes the results of our actions, teaches us that through everything we do we are constantly creating our destiny, that we have the power to determine the life experience we wish to have. The convergence of these two energies reminds us that we are capable of going within without becoming at war with ourselves, that we possess the strength of the spiritual warrior to overcome any fear and achieve the growth of our being. That it is important that we do not stop walking, for it is our actions that bring results. Let us ignite our inner light and shine like the sun that we are.

Today we will take the private shuttle to Panajachel, from where we will travel by boat to San Marcos La Laguna. In the morning we will take some time to talk about the energies of the Cholq'ij Calendar and to review our personal energy. Then we will do a yoga practice to connect with the energy of Grandfather Sun. We will end the day offering a Sacred Fire Ceremony to give thanks for being together in this journey of healing and connection with the ancestral grandmothers and grandfathers, during this Sacred Fire we will ask that this journey opens for each of us the experience that our being needs. Lodging in San Marcos La Laguna.

DAY 4 – OCTOBER 31 – MAYAN ENERGY OF THE DAY 4 IMOX



Today we are vibrating in the energy of Imox who brings the power of water, an element that has an extraordinary strength and subtlety and to which we are highly connected, as it is an essential part of our being and our planet. Imox is a force that heals and cleanses our emotional body bringing us balance, and now that it is flowing with the power of Tijax, it gifts us with the possibility of releasing the emotions that do not connect us to our inner harmony. The convergence of Imox with the number Kajib' (4) helps us to find balance in the physical, mental, emotional, and spiritual planes. The energy of this day opens a powerful space to awaken our intuition and inner magic.

We will begin this day with a meditation at the shore of the lake to connect with the wisdom and power that comes from the element water, which guides this day. We will then receive the visit of Nana Kajib' Tzik'in Chuj, Tata Wu'kub Kat Saq'ik, and Nana Lucy. In the morning the Tata and Nana will guide us in an ancestral Sacred Cacao preparation. In the afternoon, Nana Lucy will work with us in a ceremonial temazcal (Mayan Sweat Lodge) to help our healing process. She will then give us a healing massage of the abdomen to free us from any negative charges. Lodging in San Marcos La Laguna.





DAY 5 – NOVEMBER 1 – MAYAN ENERGY OF THE DAY 5 IQ'



Today we are guided by the energy of the wind, which is the element that brings the messages and wisdom of the great grandmothers and grandfathers, integrating them into our being through our breathing. This day, November 1st, is a special day for the Mayan and Guatemalan people, as we celebrate the connection with our ancestors, honor our lineage, and thank the life and journey of those who transited this plane before us opening our path of growth, healing, and learning.

In the early morning we will travel to Chichicastenango where we will meet with Tata Juan and Tata Miguel. In the sacred space that is in their home we will create an altar to our ancestors and we will share lunch with them, during this time we will gather as a group to remember their stories and to make an offering for their lives. We will fly kites to raise our messages to the grandfathers and grandmothers of our lineage so that we can communicate with them. In the afternoon, those who wish to can join us to visit the cemetery of Chichicastenango, where we can experience and be witnesses of the celebration of this special day. Accommodation at Hotel Santo Tomás, Chichicastenango.

DAY 6 – NOVEMBER 2 – MAYAN ENERGY OF THE DAY 6 AQ'AB'AL



Aq'ab'al brings the power of dawn and dusk, of light and darkness; it is the polarity of two opposing energies that complement each other and flow in harmony. It is the ray of light that gives us determination and strength in the moments of darkness, it is the renewing force that transmutes and transforms. Waqib' (6) is a number that can bring imbalance, tests, and conflicts, its energy drives us through its challenges to make the changes that are necessary for our learning and growth. The energy today invites us to seek our healing in the acceptance and integration of the shadow, it indicates us to find the inner light that illuminates our path.

In the morning we will share a ceremony with Tatas Juan and Miguel, who work the paths of the light and the shadow to help people in their harmonization and integration processes. The integration of our being will be the purpose and intention of the Sacred Fire that we will offer on this day. At the end of our work with these great teachers, we will take the private bus to Guatemala City. Accommodation at Hotel Villa Toscana, Guatemala City.





DAY 7 – NOVEMBER 3 – MAYAN ENERGY OF THE DAY 7 K'AT



Today Wuqub' (7) K'at converges with Tijax, the power that liberates us and supports us in our processes of inner development. The energetic fusion of this day reminds us that we cannot hope for change to come from the outside, as we are the only ones who have the capacity to create our reality; that having this awareness empowers us, as it frees us from the belief that we depend on others to find our happiness.

We will take an early morning flight to Flores, from where we will head to Tikal. After arriving to this sacred site, those who feel like it can take a guided tour of this ancestral city lead by an Ajq'ij of the Itz'á lineage. In the afternoon, after a meditation where we will open ourselves to the connection with the ancient grandfathers and grandmothers, guardians of this space, we will share a Sacred Fire Ceremony accompanied by one of the last Elders of the Itz'á lineage of the Petén area, Elder Gilberto Chayax. Lodging at Hotel Tikal Inn, Tikal National Park.

DAY 8 – NOVEMBER 4 –MAYAN ENERGY OF THE DAY 8 KAN



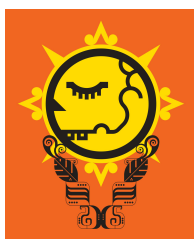
Para los abuelos Mayas la serpiente, simbolizada por Kan, es quien representa la energía, el movimiento y la acción. Kan es esa fuerza que se mueve por nuestra columna y se expande hacia nuestro cuerpo, que con su fluir activa cada uno de nuestros centros energéticos. Kan es el fuego interno que activa nuestra conciencia, la Serpiente Emplumada que conecta lo cósmico con lo terrestre. Este Ch'umil trae evolución espiritual, es el crecimiento en todo sentido. El número Wajxaqib' (8) simboliza la manifestación física y el sagrado masculino. La confluencia de estas energías nos recuerda que eso que queremos ser y experimentar puede surgir de un acto consciente o inconsciente, podemos ser nuestras circunstancias o podemos escoger intencionar y crear la vida que queremos.

We will walk before dawn to temple IV where we will receive Grandfather Sun and through meditation, we will seek to harmonize ourselves with the energy of the Cosmos and Mother Earth. This will be a moment of silent encounter with our being. Then, we will take the shuttle to El Remate, where we will have free time to rest and practice Chi Kung in order to work with our energy. Lodging at Hotel Gringo Perdido, El Remate.





DAY 9 – NOVEMBER 5 – MAYAN ENERGY OF THE DAY 9 KAME



Kame represents the cycles of life, it is the energy that guards our existence in this dimension. Its power protects us since the moment we are born until we fulfill our purpose in this plane. Kame also brings the wisdom of the ancestors, it connects us to our spiritual masters, to the wise grandmothers and grandfathers who have already transcended, so that they can transmit to us their advice, protection, and guidance. Let us embrace our ancestors today, let us receive with love their strength and wisdom, but let us also work on healing the wounds and traumas that were transmitted to us, with the awareness that we have the power to break cycles, that the healing we achieve in ourselves is passed on to the next generations, that when we decide to heal ourselves we also open for our lineage a path of healing, love, and freedom.

On this day we will work with the energies of the sacred calendar to make through them a work of healing and connection with our lineage. After this, we will share a farewell lunch at the hotel. Then, we will take the bus to Flores to fly back to Guatemala City. We will end the day with a circle of gratitude to share our experiences. Accommodation at Hotel Villa Toscana, Guatemala City.

DAY 10 – NOVEMBER 6 – MAYAN ENERGY OF THE DAY 10 KEJ



Kej awakens our kindness, intelligence, and inner strength. This Ch'umil contains within it the power and wisdom of the four directions and the four elements, which are the forces that nourish human destiny. On this day Kej converges with the number Lajuj (10), which invites us to explore our being and opens a channel of connection with what surrounds us. This is a day to find balance, nurture our bond with nature, and go deep within ourselves so that we can awaken the strength, harmony, and authority we possess.

Transportation to La Aurora International Airport to return to your place of origin.





THE GUIDES



Denise Barrios - Following in the footsteps of her family, Denise began her spiritual journey at the age of 15, when she started to travel regularly to the highlands of her country, Guatemala, seeking to learn about the Mayan culture from different grandfathers and grandmothers. Part of her work as Ajq'ij, Time Keeper and Mayan Spiritual Guide, focuses on supporting communities and the preservation and transmission of the sacred knowledge of this millenary tradition, a work she has been doing for over ten years, together with Saq' Be', an organization dedicated to this purpose. For more than twenty years she collaborated with her father, Elder Carlos Barrios, from whom she learned many of the secrets, techniques, and wisdom that she transmits today. She is also the author of the book "The Energies of the Day" which is a daily guide to the energies of the Sacred Cholq'ij Calendar.



Andy Rocca - He began his path in 2004 when he discovered and synchronized with the Sacred Mayan Calendar, and later with the different Ancestral Medicines of the Native Peoples. He has been a Sound Engineer and Therapist for over 20 years. He is Ajq'ij (Mayan Spiritual Guide), having been a direct disciple of Elders like Carlos Barrios and Jorge Rivas, who were his Teachers, and of many others who shared with him their knowledge in the K'iche', Kaqchikel, Mam, Lacandon, and Yucatec Mayan Medicines and Traditions, for more than 5 years. He had the opportunity to walk along the main Ceremonial Centers, Altars, Energetic Sites, and Towns of the Mayan World in Guatemala, Mexico, El Salvador, and Honduras. He is a Temazcal runner initiated in 2010 in Argentina and later in Mexico. He is a Reikist, Pranic Healer, Chi-Kung Instructor, and Gestalt Therapy Facilitator (Claudio Naranjo). And at the same time, he is nothing, just an instrument of the Ajaw.

THE GUIDES



Lucy Culum - Lucy is a Mayan woman from San Pablo La Laguna, Atitlan. She was born in a family of medicine people, her grandfather bequeathed her his knowledge since she was a young girl and she has followed his steps in helping people. Her specialty is lineage healing, as she has a strong connection with the ancestors and the family lineage of each person. She works with medicinal plants, the Temazcal (Mayan sweat lodge), abdominal massages, and full body massages. Her work is based on an integral knowledge, feeling the flow of energy and the direct cause of illnesses and situations.



Kajib' Tzik'in Chuj - Born in the region of Tzotz'il Jay, the place known today as Sololá, Kajib' Tzik'in is a Mayab Kaqchikel woman who fifteen years ago began her path of deepening in the wisdom of her grandmothers and grandfathers about the ancestral uses of the Sacred Kak'aw. Kajib' Tzik'in has been recognized by the community as an Aj Kak'aw, an authority of this Sacred Medicine. Her western education is as a chef with specialization in nutrition and chocolate making.



Wu'kub Kat Saq'ik - Wu'kub Kat Saq'ik is the partner of Kajib' Tzik'in Chuj, together they practice the work of the Sacred Cacao. Wu'kub Kat is originally from Xe'abaj Tzoloj'ya and he dedicates his life to the investigation of the wisdom of this sacred plant. He is recognized as a guardian and historian of Cacao and he conducts his research and work from the perspective of a decolonized way of thinking.

THE GUIDES



Juan León - Juan is an Ajq'ij (Mayan spiritual guide and time keeper) of K'iche' lineage, who was born in Chichicastenango. Juan began his path working in the Calendar of Life, but the messages from the ancestors guided him to also specialize in the paths of Xib'alb'a, the underworld. Together with his twin brother, Miguel, they work with the paths of light and shadow to bring healing and balance to people. Juan has a great gift for communicating with the ancestors to receive messages and guidance from them to help people. Juan is also an artist and painter.



Miguel León - Miguel is an Ajq'ij of K'iche' lineage, who was born in Chichicastenango. Miguel works with the Calendar of Life, along with his brother Juan, who manages the energies of Xib'alb'a, the underworld. Miguel has a great gift for healing and is highly connected to the power of Grandfather Tobacco which he uses not only for healing purposes but to open paths and to provide guidance to people. In addition to being a recognized spiritual guide, Miguel is a great artist.



Gilberto Chayax - Elder Gilberto Chayax is a kind-hearted being who is not only a person of love and subtlety but someone who holds great power. He has worked for many years as a guardian of Tikal and is highly connected to the energy and wisdom of this ancestral city. Elder Gilberto is one of the last grandfathers of Itza lineage in the Petén area who still continues to speak the Itza language. He is the founder of the only Itza school, which is located in San José Petén, to ensure the preservation of the ancestral Itza Mayan language.



BOOKING

The price of the trip per person in a double room is **US\$2500**.
Spaces are limited and must be booked in advance.

Includes:

9 nights accommodation in a double room.

3 meals per day.

Transportation according to the itinerary.

Entrance fees to sacred sites according to the itinerary.

Ceremonies, workshops, and rituals according to the itinerary.

The spiritual guide of renowned Mayan elders and timekeepers.

English-Spanish interpretation of the activities.

Not included:

International flight to Guatemala.

Meals other than those mentioned.

Any additional food and beverages.

Minibar, phone calls, or additional services in the hotels.

For more information or to reserve your space, please contact us at:

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Note: The itinerary is subject to change without previous notice in the event of circumstances beyond our control. If for any reason any of the guides or Ajq'ij are not available to accompany us, we will work with other tatas and nanas who can offer the same experience. Hotels are also subject to change if there is no availability, if they are changed we will provide a hotel of equal or better quality.