

A TRANSFORMATIONAL JOURNEY THROUGH THE MAYAN ANCESTRAL WISDOM

Guatemala | Jan-Feb 2023



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WHAT YOU WILL EXPERIENCE

- ✧ Circle of integration, landing meditation, and gratefulness ritual.
- ✧ Consious walk in the forest.
- ✧ Guided meditations.
- ✧ Humm Winaq – Sound journey to connect to the origin, to 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 four elements.
- ✧ Preparation and drinking of Ceremonial Cacao.
- ✧ Ancestral healing work.
- ✧ Purification through Tobacco.
- ✧ Guidance through the Sacred Tz'ite Seeds.
- ✧ Sacred Fire Ceremony in Tikal.
- ✧ Sunrise mediation in Tikal.
- ✧ Guided tour of Tikal by a Maya Spiritual Guide of Itza lineage.
- ✧ Practice for awakening our power.
- ✧ Gathering of healing elements.

WHAT'S INCLUDED

- ✧ 9 nights of accommodation in a double room.
- ✧ 3 meals per day.
- ✧ Transportation to and from the airport.
- ✧ Transportation in a private shuttle throughout the journey.
- ✧ Flight to Petén.
- ✧ Entrance fees to the sacred sites.
- ✧ Guided visit to Tikal.
- ✧ Rituals, meditations, workshops, ceremonies, and all activities mentioned in the itinerary.
- ✧ The spiritual guide of renowned Mayan Elders (Tatas and Nanas).
- ✧ English-Spanish interpretation of the activities.

We invite you to embark with us on this 10-day transformational experience that will change your life.

Some of the
PLACES WE WILL GO



Some of the
**HEALINGS WE
WILL EXPERIENCE**



MEET 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 who shared with her. 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 Maya Count of the Days" which is a daily guide to the energies of the Sacred Cholq'ij Calendar.

You can follow Denise at @maya.ukux

MEET THE GUIDES

ANDY ROCCA



Andy embarked on his spiritual path in 2004 when he discovered and synchronized with the Sacred Mayan Calendar and then with the different Ancestral Medicines of the Native Peoples. He has been a Sound Engineer and Therapist for over 20 years. He is an Ajq'ij (Mayan Spiritual Guide) having learned from Elders like Carlos Barrios, Jorge Rivas, and others who shared with him their wisdom in Maya medicines and traditions. He was blessed with the opportunity to walk the most important Ceremonial Centers, Altars, Energetic Sites, and towns of the Maya world in Guatemala, Mexico, El Salvador, and Honduras. He is a Temazcal Runner, Reikist, Pranic Healer, Chi-Kung Instructor, Drum Journey Guide, Gestalt Therapy Facilitator, and a teacher of the wisdom of Native Plants and Guide in Ceremonies with Medicine Plants. At the same time, Andy is aware that he is nothing more than an instrument of the Ajaw.

You can follow Andy at @andyroccas



FOR MORE INFO AND TO BOOK YOUR SPACE CONTACT:

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*Be mindful there are only two spaces left!

