



MAYA Zenith Sun Retreat

Discover the Traditional Maya Wisdom



We invite you to embark on a unique experience of spiritual transformation that will change your life and help you explore your Inner Universe in connection with portals and powerful energy centers of the Earth.

This is a 7-day retreat that will take place on the sacred land of the Itza Maya People in Peten, Guatemala. It will happen in resonance with the Zenith Passage of the Sun, which will occur during those days, and in connection with the energies of the Sacred Cholq'ij Calendar. This cosmic event is of utmost importance for the Maya Cosmovision, being the most powerful and energetic event of the year.



Ancestral Teachings



Traditional Ceremonies



Energetic Sites

The Experience

ACTIVITIES

- Ch'umilal reading (Maya Natal Chart).
- Traditional Ceremony with the Medicine of Cacao.
- Introduction to the energies of the Sacred Mayan Calendar (Cholq'ij).
- Traditional Sacred Fire Ceremonies with a Maya Elder.
- Ancestral Connection Rituals.
- Guided visit to the city of Tikal, its history and writings.
- Traditional Ritual with the Zenith Sun in the city of Tikal.
- Dawn at Temple IV in Tikal.
- Sound Healing.
- Connection with the Magic of Nature.
- Water Rebirth Ceremony.
- Meditations.

WHAT'S INCLUDED

- Ground transportation.
- Accommodation.
- 3 healthy meals a day.
- Snacks with a variety of native infusions.
- Entrance to the Sacred Sites.
- Accompaniment of authentic Maya Wisdom Keepers.



The Guides



Denise Barrios

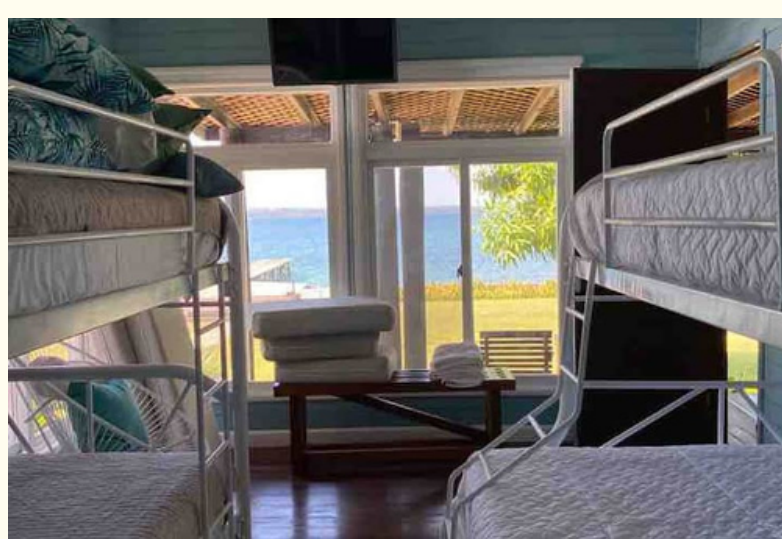
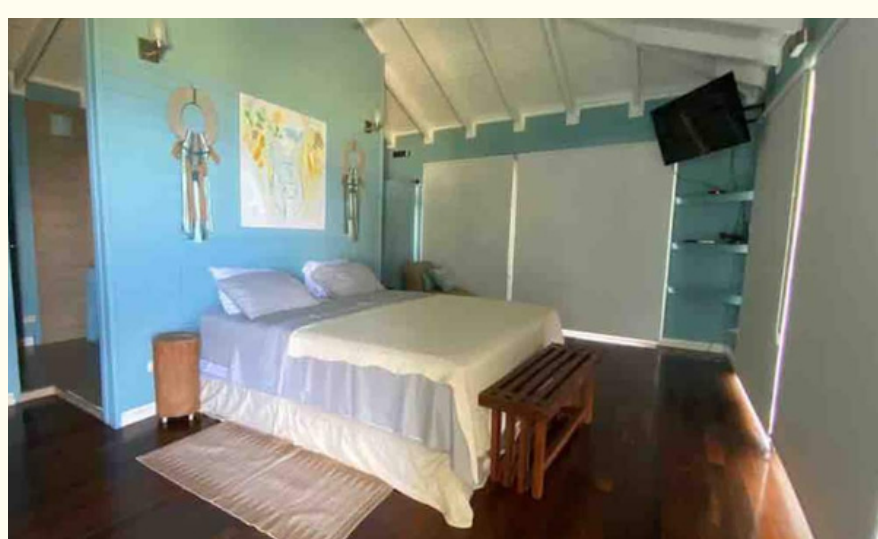
Following in the footsteps of her family, Denise began her spiritual journey at the age of 15, when she started to travel regularly to the highlands of her country, Guatemala, to learn from different Elders who shared with her. Part of her work as Ajq'ij, Time Keeper and Mayan Spiritual Guide, focuses on supporting and transmitting the sacred knowledge of this millenary tradition, a work she has been doing together with Saq' Be', an organization dedicated to this purpose. For more than thirty years she collaborated with her father, Elder Carlos Barrios, from whom she learned many of the secrets, techniques, and wisdom that she transmits today.

Andy Rocca

Andy is an Ajq'ij (Mayan Spiritual Guide and Time Keeper) who walked the path with the guidance of Elders like Carlos Barrios, Jorge Rivas, and others who shared with him their wisdom in Maya medicines and traditions. Andy 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 sound therapist and engineer, 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.



Accomodation



*The price of the retreat
is US\$1,989 in a double room
or US\$1,750 in a shared
dormitory for four people.*



TIKAL

**If you'd like to register or have any questions,
reach out to denise@mayaukux.com now.**

