

2-day Spiritual Weekend Lake Atitlán



Day 1:

- 06:00 Leave for Panajachel - you will be picked up at your hotel/homestay (05:45-06:15am).
If time allows, there will be a breakfast stop on the way!
- 09:30 Arrive in Panajachel. Our first stop is with **Richard Morgan**, now a resident in Guatemala for over 25 years; he dedicates himself to grow and cultivate medicinal plants grown in the Sololá region; local shamans still use those plants in their healing and protection rituals. Richard will invite us into his beautiful herbal garden and explain about use for healing purposes.
- 12:30-15:00 FREE TIME in Panajachel. This village is the second largest around Lake Atitlán, and also called "Gringotenango", it is a popular hang-out for foreign tourists; the town offers attractive shopping along its main strip with street vendors offering typical textiles, hammocks, clothes, wooden masks, etc.
- Approx. 15:30 Board boat launch to El Jaibalito. Our hotel is located in one of the indigenous villages at lakeshore - HOTEL CASA DEL MUNDO.
- 16:00 Check-in hotel. Free time to explore the area and enjoy the spectacular panoramic view.
- 19:00 Family-style dinner at hotel (included).

Day 2:

- 07:00 Meet to start Mayan Fire ritual with local shaman **MARIA CAN SAJON**, who will introduce you to typical Mayan shamanistic practices explaining about basic beliefs of the 4 elements - sun, wind, earth and water - and other holy traditions. You are welcome to address a certain issue in your life that you want to send energy to.
- 08:30 Breakfast at hotel (included).
- 09:00-11:00 FREE MORNING to swim & relax. Kayaking available at extra cost.
- 11:00 Check-out hotel.
- 12:00 Take boat launch back to Panajachel.
- 13:00 Depart for Iximché ruins.*
- 14:30 Arrive at Iximché ruins and visit archeological site.
- 15:30 Continue to Antigua.
- 17:00 Arrive in Antigua.

*This visit is only offered for groups with 8+ participants, otherwise transportation @ 16:00pm from Pana directly to Antigua.

Included services:

- SIB ground transportation Antigua-Panajachel-Iximché*-Antigua
- Boat transportation Panajachel-El Jaibalito-Panajachel
- Mini-seminar "Herbal Medicine" with Richard Morgan
- Mayan Fire Ritual with local shaman
- Breakfast on Day 1 and Day 2, dinner on Day 1
- Overnight in Hotel Casa del Mundo (El Jaibalito)

Not included: Other meals, drinks, tips.

To Bring: Sun protection, bathing suit, rain jacket, 2 pairs of shoes (1 that can get wet), hat, snack for the journey if you like...