

Deeper Into the Heart of the Maya

2019 Guatemala Dance Retreat/Journey with

*Grace Marie, Hassan Paul Swanson, Elizabeth Dequine
and Elisabeth Cascada Rogolsky*

February 10-18, 2019

\$1050 includes lodging, in country travel, 2 meals per day, guides and admission fees



This fifth year of our dance journey in Guatemala we will focus on how the Dances of Universal Peace can be a vehicle for embracing and transmitting indigenous earth-wisdom in the world in a way that is authentic and respectful of the living indigenous cultures. We will meet in the UNESCO world heritage colonial city Antigua, then travel together to our beautiful hotel overlooking Lake Atitlan near the artisan village of San Juan La Laguna. We will spend mornings in retreat

together, sharing dances and practices and learning about the Mayan spirituality. In the afternoons, we will be sharing the dances with the local community and working with our Mayan friends on co-creating new dances which can be used both in Guatemala and as a way for us to bring their ancient wisdom to the wider world. There will be opportunities for those who wish to learn about Mayan spirituality, music and to visit neighboring villages, as well as for all participants to share in dance leading and/or other gifts they wish to offer.

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