

**Deeper into the Heart of the Maya, Guatemala
A Dances of Universal Peace Journey**

February 10 - 18, 2019

Cost: \$1050

General Information and Trip Registration

Please contact Elizabeth Dequine edequine@gmail.com or 206-842-5181

Or Hassan Paul Swanson at paul1aj@aol.com with questions.

No Scholarships are Available.

What IS included in your fee beginning February 10, 2019

- Transfer to and from Guatemala City Airport, up to 3 days before or after the journey.
 - All hotels, breakfast and one other meal per day, it may be lunch or dinner depending on where we are, lunch is traditionally the main meal in Guatemala.
 - All in country transportation.
 - All guides, workshop fees, entrance fees.

What is not included

- Airfare to Guatemala
- One meal a day. Alcoholic beverages and other special additions to meals
- Tips, the norm is 10%.
- Personal snacks and special dietary needs. We will make every effort to make all meals fit your needs but if you need something special, we may not be able to provide it.

GETTING READY

Grace Marie will **ONLY** be handling registration.

IF YOU HAVE ANY OTHER QUESTIONS BESIDES REGISTRATION, PLEASE CONTACT:

Elizabeth Dequine edequine@gmail.com or 206-842-5181

Hassan Paul Swanson at paul1aj@aol.com

When you are ready to register:

Please fill out the registration form and send it with your deposit or full amount by check or money order to:

Grace Marie
PO Box 2454
Fort Collins, CO 80522

or e-mail the registration form to lifegasgarden@gmail.com and you may call [970-498-8422](tel:970-498-8422) to process your deposit over the phone with your credit card for an additional \$50.00.

CANCELLATION POLICY

Please read this carefully! Cancellations must be in writing.

- * Cancellations up to 30 days before trip departure result in full refund minus \$100 office fee.
- * Cancellations less than 30 days before trip departure are refundable minus a \$100 office fee only if we fill your space. We may have a waiting list.
- * In the unlikely event that less than 6 persons sign up for this trip 30 days before departure, it will be cancelled and full refunds of trip costs paid to Grace Marie will be issued. We do not refund air tickets.

- * Neither Grace Marie or Elizabeth Dequine, can be held responsible for issuing refunds if the participant misses the trip or a flight due to illness, emergencies, or other events beyond our control. Travel insurance recommended!

TRAVEL INSURANCE is recommended! Depending on which one you choose, Travel Insurance will cover you for many things and it is inexpensive. Some airlines have an option online when you book your flight to choose travel insurance they are affiliated with.

BOOKING AIRLINE TICKETS

Flight tickets: Book your own international tickets to Guatemala City.

International flight to and from Guatemala: Your airline tickets **MUST** be made out with the exact name, initial, and spelling of your name as it appears on your passport! Otherwise you may not be able to get on an international or internal flight. When you have made your flight, please send your flight information.

PASSPORT

You need a current passport with six months before the expiration date. **If you don't have a passport, allow up to 2 months for the application processing.** There is an extra fee for expediting it.

If you have a passport, check to be sure you have enough blank pages, and be sure it does not expire within six months after our journey.

Dates:

1. **February 10, 2019** - first gathering for dinner in Antigua, Guatemala
2. **February 18, 2019** – final circle is after breakfast.

If you would like to come early or stay later to further explore Guatemala, we can help you make arrangements.

Cost - \$1050 - covers pick up and return to Guatemala City Airport, all in country transportation, guides, workshops, entry fees, lodging and two meals a day.

It does not cover airfare to Guatemala, alcoholic beverages, or gratuities.

3. **Lodging** – Antigua and San Juan la Laguna

Antigua

Our hotel in Antigua is currently being negotiated, and will let you know when we have found one that will serve our group. You may arrive anytime on February 8 or 9. For those who want to come early, Elizabeth and Cascada will meet you, and share some of their favorite Antigua adventures with you.

Our eco-hotel at the lake in San Juan la Laguna is **Uxlabil Atitlan**

<http://uxlabil.com/en/uxlabil-atitlan/>

Kitchen facilities will be available at the lake. We will eat breakfasts and a few other meals in the restaurant there.

4. The focus of our journey together this year is 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.

5. Preliminary Itinerary, subject to change due to weather or unforeseen circumstances.

Our plans are still evolving. The general outline at this point is:

February 10 - Arrive and gather in Antigua, a beautiful colonial city. We will have a driver waiting to pick you up when you arrive at the Guatemala City Airport, for an approximate hour drive to Antigua. Many previous participants have enjoyed coming a day or two early to explore the city and surroundings.

February 11 - Leave Antigua after breakfast, travel by van to San Juan La Laguna. Lunch stop at Iximche, a Pre-Columbian Mayan archeological site and the first capital of Guatemala. Arrive at our hotel, Uxlabil Atitlan, by dinner time.

February 11-17: Early morning offering, followed by breakfast around 8am. After breakfast, we will have Dances and Practices. We will learn about the Mayan Cosmivision and Spirituality in a workshop. Mayan Spiritual Guides will meet with us to share their wisdom and co-create sacred music and dance, which can become a part of their practice, as well as possibly become a new Dance of Universal Peace.

We welcome and encourage participants to share your gifts with the group during this time. Part of the Mayan wisdom is that each person has unique gifts to offer and both they and the world flourish from the sharing of these gifts, whether it be leading a dance or meditation, listening deeply, telling a story or sharing wisdom from your life,

Afternoon activities will be in nearby villages.

San Juan la Laguna is a beautiful village with a strong Mayan identity and a wealth of traditional weavers, artists, musicians and natural medicine gardens. We will share our Dances as well as learn about their lives, work and culture, visit a weaving cooperative which uses only organic cotton and natural dyes, visit a wonderful artist who expresses Mayan spirituality in his art, visit a program for children with disabilities, visit a medical clinic and more.

We will travel for a day to Santiago Atitlan, another strongly Mayan town on the lake where the culture, music and art have survived persecution and civil war. We plan to include opportunities to meet with local Mayan musicians and share our dances and learn about their music.

Evenings, we will Dance and Sing together and enjoy the beauty of the lake. At least 2 open Dances will be offered where people from around the lake will be invited to dance with us.

The itinerary may change for your comfort, interest, and safety. Generally speaking, Dances and meditation will be during the mornings and evenings. Afternoons will be used for optional excursions to various locations.

February 18 - Our time together ends after breakfast. **Please note that it may take as long as 5 hours to get from the lake to the airport, so schedule flights late afternoon or evening.**

If you need to fly out early on February 18, we can help you find a comfortable and inexpensive place to stay by the airport where they will take you to your flight as early as you need to go.

If you would like to stay on and explore this magical country, we have a travel agent in Panajachel who can assist you with plans. Most of the travel [planning](#) does not need to be done ahead of time, several of our participants have found their plans changed as they got to know Guatemala during the journey together.

Air travel to Guatemala City. Delta, United, American, Aeromexico and Spirit all fly to Guatemala City. We will have a driver meeting your flights and will arrange for a shuttle to Antigua if you come earlier. It's safer and more convenient if you arrive during the day.

If you arrive at night, and you would rather stay near the airport instead of traveling more, we have names of bed and breakfasts next to the airport that are in gated neighborhoods and have airport pickups at night that will take you directly to your accommodations. We will make arrangements for a shuttle to bring you to Antigua the next day.

Physical Body Attention

On this trip, we will be walking at varying elevations. Being reasonably physically fit, healthy, and comfortable outdoors, will help you enjoy it! Aerobic exercise, deep breathing, and an iron rich diet prior to the trip will help you!

Temperature/Clothing

It is cool at night in January, Lake Atitlan is a mile above sea level. Bring a warm sweater or a fleece for evenings and something warm to sleep in. Days are sunny and warm, sandals and summer wear are fine. Because we will be interacting with local people, fairly conservative dress is preferred, with over the knee skirts and short sleeve tops. If you need anything, there are many "Pacas" which sell second hand clothes very inexpensively.

Food

We will be having 2 meals a day together, breakfast and either lunch or dinner. In Guatemala, the lunch meal is the primary meal of the day. There are good places to eat in all locations where we will be staying and we will provide information. Please let us know what your food preferences and needs are, and we will do our best to accommodate them.

Health/Vaccinations

Vaccinations for Hepatitis A and Typhoid are recommended. January is not a time when there are mosquitoes that high up, so chance of malaria or dengue is very low. Some people like to use pepto bismol or grapefruit seed extract to prevent stomach problems. There are pharmacies and doctors in each town that can help if you need anything.

Transportation

Duncan Aitken of Turisticos Atitlan will be handling much of our transportation. We will be traveling in modern, comfortable vans on land and private boats across the lake. Duncan can also arrange for transportation before or after our tour to Copan, Honduras, to Tikal, to the wonderful hot springs at Fuentes Georginas, and many other magical places in this beautiful country. You can contact him directly at turisticosatitlan@yahoo.com or Elizabeth can put you in touch with him.