



Dear Friends:

Thank you for your interest in the 2019 Guatemalan Dances of Universal Peace journey/retreat. Listed here are a few details. Please contact Elizabeth Dequine edequine@gmail.com or 206-842-5181 if you have any questions.

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 – Our eco-hotel at the lake is Uxlabil Atitlan
<http://uxlabil.com/en/uxlabil-atitlan/>.

Kitchen facilities will be available. 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. Itinerary - Our plans are still evolving. The general outline at this point is:

February 9 - 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 10 - 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 10-16: Early morning offering, followed by breakfast around 8am. After breakfast, we will have Dances and Practices. We will learn about the Mayan Cosmovision 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.

Grace Marie will be handling registration and will have information and forms on her website <https://lifeasagarden.com/events/> by September 15, 2018.