



## **Guatemala Yoga retreat 2023**

### **Travel Itinerary:**

#### **March 15th, 2023**

Airport pickup time will be at 1:30 pm.

Please purchase your airplane ticket accordingly to the given time.

#### **March 20, 2023**

Leaving Lake Atitlan, Guatemala at 8:00 am.

Please plan your departure flight no earlier than 2:30pm on that day. It takes 4 hours from the lake to the airport. Transportation will be provided at no cost if flight arrangements can be made at the aforementioned times. Private transportation can be paid directly by individuals who can't join the group. Approximate price for 1-2 people is \$87 each way. This will cover a private transportation with a personal chauffeur and it can be arranged prior to arrival in Guatemala.

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### **Daily Activities:**

#### **March 15th.**

Arrival at the Yoga Retreat approximately 5:30 pm.

Restorative yoga class. 6 - 7 pm.

Dinner: 7:30 pm.

#### **March 16th:**

Mysore style practice. 7:00 am - 9:00 am

Meditation and chanting. 9:00 am - 9:40 am

Breakfast: 10:15am

Break time to relax at the pool or swim in the Lake Atitlan. (Paddle boat rental can be arrange, cost not included)

Lunch: 2:00 pm.

Journaling: 4:00 pm - 5:30 pm

Dinner: 6:30 pm

**March 17th.**

Mysore style practice. 6:30 am - 8:30 am  
Breathing practice and chanting. 8:30 am - 9:20 am  
Breakfast: 9:40 am  
Break time to relax at the pool or swim in the lake.  
Lunch time: 1 pm  
Visit to a local town: 3:00 pm  
Dinner: 7:00 pm.

**March 18th.**

Mysore style practice. 6:00 am - 8:00 am  
Meditation and chanting. 8:00 am - 8:40 am  
Breakfast. 9:00 am  
Optional day trip to explore the Iximche Mayan Ruins or day open to explore.  
Dinner:7:00 pm.

**March 19th.**

Mysore style practice. 7:00 am - 9:00 am  
Breathing practice and chanting. 9:00 am - 9:45 am  
Breakfast: 10:15 am  
Sound Bowl therapy. 12 noon  
Lunch. 2pm  
Tamazcal ceremony. 4:30 pm  
Dinner. 6:30 pm

**March 20th.**

Departure to Guate airport 8 am  
Take it to - go light breakfast will be included.