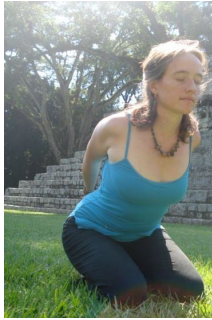


Maya Heart Journey

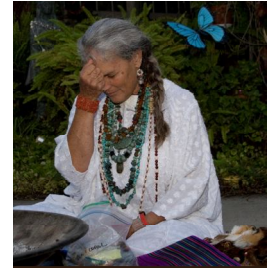
At the Heart of the Americas : Copán Ruínas, Honduras



Yoga Maya Fusion

April 4-7, 2008

An evolving experience
merging the wisdom of yoga
with the ancient Maya science.



**Awakening the Path of Maya Consciousness through
yoga, meditation, shamanic healing,
and sacred ceremony.**

This very unique weekend will be filled with spiritual inquiry, breath, movement, and an initiation through the elements. The theme of each day is based on the energies of the Maya Calendar and will serve as the lodestar for all activities with Aumrak and Leah.

Accommodation	2 Nights	4 Nights
Single Occupancy	\$637/pp	\$997/pp
Double Occupancy	\$577/pp	\$877/pp
Triple Occupancy	\$547/pp	\$817/pp

You may choose 2 nights or 4 nights accommodation at Hacienda San Lucas.
Prices are per person with all taxes, entrance fees, and transportation for tours included.

It is our intention to create sacred space for you to:

- ∞ Learn to follow the Maya timekeeping energies for personal and spiritual development
- ∞ Explore a practice of yoga and meditation leading you to Shamanic Consciousness
- ∞ Experience the alchemical sacred fire ceremony based on the ancient Maya tradition
- ∞ Enhance your attunement to your heart to help bring balance to yourself and the world
- ∞ Synchronize with nature's cycles, your subtle body, and life-force energy as they guide your renovation process

Come and be part of this experience.

**SPACE IS LIMITED.
RESERVE YOURS NOW**

Maya Heart Journey ... A living practice of spiritual alchemy

The full itinerary:

Intention for Enlightenment

Day 1 Friday, April 4

4:00 Afternoon Yoga and meditation
5:00 FIRE: Sacred Fire Ceremony
7:00 Candelit dinner
9:00 Circle Gathering

Manifesting Our Spirit Nature

Day 2 Saturday, April 5

7:30 Light fruit breakfast
8:00 Departure for Luna Jaguar Spa
9:00 WATER Yoga
10:30 AIR Shamanic Voyage
12:30 Brunch
1:30 Natural Spa Ritual : The Blessing of the Sacred Waters
2:30 Live Meditative music
4:30 return
Free time
6:30 Dinner
9:00 Circle Gathering

Liberating our Creativity

Day 3 Sunday, April 6

7:00 Sunrise Yoga Flow
8:30 Breakfast
10:00 EARTH: Vidanza and Chanting (A sacred dance of the soul)
1:00 Lunch
(departure for some)
Free time
4:30 Restorative Yoga
6:30 Dinner
9:00 Circle Gathering

Embodying the Sacred Maya Yoga

Day 4 Monday, April 7

Early ceremony in Maya Ruins Copan
Sacred Maya Yoga: Static postures, Guided Meditation, Picnic Brunch,
and Tour of Archaeological park
Afternoon Free time
6:30 Dinner
9:00 Circle Gathering

Details:

Prices are based upon occupancy. For confirmation, a 50% deposit is required by March 31. Check-in time is 3:00 pm Friday at Hacienda San Lucas. Departure time is 1:00pm Sunday or 1:00 pm Tuesday. For transportation information please check www.hedmanalas.com or contact us for private airport transfer.

For additional information or inquiries please contact us or visit our websites for full details.

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AumRak: aum_rak@yahoo.com www.aumrak.com

Unable to Attend?? We have a full week planned for July 20-27, and for the Fall Equinox. Contact us for advance reservations today.