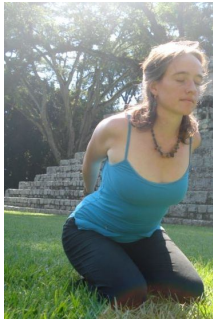


Maya Heart Journey

At the Heart of the Americas : Copán Ruínas, Honduras



Yoga Maya Fusion

July 20-27, 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 week 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.

Visit <http://aumrakshaman.blogspot.com> and www.seedoflightcopan.com to meet the presenters.

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

Accommodation	7 Nights	Per Day*	Weekend*
Single Occupancy	\$2012/pp	\$291/pp	\$582/pp
Double Occupancy	\$1898/pp	\$262/pp	\$584/pp
Triple Occupancy	\$1777/pp	\$243/pp	\$486/pp

You may choose accommodation for a 7 night package or per day for July 25 and 26.

All accommodation is provided by Hacienda San Lucas.

Prices are per person with all taxes, entrance fees, and transportation for tours included. **

Be part of this integrative experience.

SPACE IS LIMITED. RESERVE YOURS NOW

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

The full itinerary:

Karmic Transformation: Dharma

Day 1 Sunday, July 20

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

Planting the Seeds of Dharma

Day 2 Monday, July 21

- 7:00 Sunrise Yoga and Pranayama
- 8:30 Breakfast
- 10:00 AIR: Shamanic Voyage (an integration of our physical, emotional and energetic bodies)
- 1:00 Lunch
- Free time: energy massage /Maya oracle readings /hiking/ shopping
- 5:00 WATER: Temazcal (Ritual Maya Steam Bath) followed by dinner
- 9:00 Circle Gathering

Gestating Witness Consciousness:

Day 3 Tuesday, July 22

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

Wisdom of the Ancients:

Day 4, Wednesday, July 23

Embodying the Sacred Maya Yoga

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

Birthing our Dharmic Bodies: Walking the Path of Light Day 5 Thursday, July 24

- 7:30 Light fruit breakfast
- 8:00 Departure for Luna Jaguar Spa
- 9:00 Water Yoga
- 10:30 Shamanic Voyage
- 12:30 Brunch
- 1:30 Natural Spa Ritual
- 2:30 Live Meditative music
- 4:30 return
- 6:30 Dinner
- 9:00 Circle Gathering

Initiation in The White Path of Destiny: Day 6, Friday, July 25

- 8:00 Sunrise Yoga Flow
- 9:30 Breakfast
- Free time: energy massage /Maya oracle readings /hiking/tours/shopping
- 3:30 Guided Meditative Hike to Los Sapos , Fertility and prosperity ceremony :
The Magic of Intention (Metta Meditation)
- Free time for Dinner in town
- 9:00 Circle Gathering

Empowering Your Radiant Selfhood Day 7 Saturday, July 26

- 8:00 Early Yoga 2 hr
- 10:00 breakfast
- Free time
- 4:00 Yoga Flow and Sunset Ceremony: Creating and expressing ourselves through
sacred harmonic rhythms
- 7:00 Dinner
- 9:00 Circle Gathering

Details:

Prices are based upon occupancy. For confirmation, a 50% deposit is required by June 17.

Check-in time is 3:00 pm Sunday at Hacienda San Lucas. Departure time is 1:00pm Sunday.

*Per day price is based on the activities for those days and applies only for July 25 and/or 26.

**Price includes 6 dinners at San Lucas and two picnic lunches. We have not included other lunches to allow for flexibility.

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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