

OF FIRE

A N D N E C T A R

yoga retreat in Guatemala

November 9-16, 2013

In the powerful presence of majestic volcanos, revive your inner fire and surrender to the sweet and exquisite nectar of your heart. Eliot invites you to beautiful Lago Atitlán, an ancient place of ritual and devotion for the Maya people and a sanctuary for yoga practice. Our retreat, at lovely Villa Sumaya (www.villasumaya.com), will include storytelling, chanting, asana and meditation to take you deep into your practice and stir an awakening to the unbounded beauty of your own life.

7-DAY RETREAT INCLUDES

- accommodations (arrival Nov.9 - departure Nov.16)
- three delicious and nourishing vegetarian meals a day
- sunrise and sunset meditations
- 2-hour morning & 1.5 hour afternoon asana practices
- pool, hot tub, sauna & ongoing tea/coffee service

SINGLE: \$1,300

DOUBLE OCCUPANCY: \$1,200 per person

COUPLE OCCUPANCY: \$1,150 per person

Travel costs to and from Villa Sumaya are not included in this price and are to be assumed by the individual participants. Immediate deposit of \$300 required to save your place. Full payment must be received by October 18, 2013

Contact and Registration: eliot.acuna@gmail.com or 819-332-1616



Eliot delights in guiding you in the practice of yoga to discover the beauty and magnificence of your true Self. Her passion for the connection of all things has lead her to study holistic nutrition, Reiki healing and yoga. She is a certified hatha yoga teacher, and gratefully continues to deepen her understanding of yoga with the inspiration of excellent teachers in Canada and the US, such as Barrie Risman, Robin Golt, Sianna Sherman and Marc Holzman.

Her classes emphasize proper body alignment and always include rich, inspirational teachings sourced in the wisdom and grace of Kashmir Shaivism, which she studies with her meditation teacher, Paul Muller Ortega.

