

In the Lake of the Heart

a 7-day yoga retreat in Guatemala
January 30 to February 6, 2016

Lake Atitlán is held sacred by the people of Guatemala. Symbolically, it is honored as the source place of all creation. Bathing in its waters is a blessing to your body, mind and soul.

In the yoga tradition, the sacred lake, source-place of all creation, is the exquisite space of the heart, symbolically called the lake of the heart.

Eliot warmly invites you to take part daily in yoga practices of asana, meditation, chanting, contemplation and the study of inspiring sacred texts intended to open the channels that take us deeply into the space of the heart, source place of all creation.



www.villasumaya.com

Daily

2.5 hour morning asana
2 hour afternoon restorative
sunrise and sunset meditations

3 delicious vegetarian meals
elegant and comfortable accommodations
beautiful gardens for rest and relaxation

Price per person

Single occupancy \$1400 (txs incl)
Double occupancy \$1300 (txs incl)
does not include airfare or transportation

Registration

detailed information at
www.centreyogaaylmer.com

contact: eliot.acuna@gmail.com
819-332-1616



Eliot is the founder and caretaker of Centre Yoga, in Aylmer, Quebec, where she lives with her husband and three children. Her passion for the connection of all things has led her to study holistic nutrition, Reiki healing and yoga. She completed Anusara Teacher Training in 2010, holds certification in hatha yoga.

Always teaching according to what she practices herself, Eliot's classes emphasize proper body alignment in a heart-warming and loving way. To introduce students into a deeper inquiry of the Self, she infuses her classes with the essence of the elegant, authentic, wisdom teachings of non-dual Tantra.

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Registration details

Prices per person

Single occupancy \$1400 (taxes included)

Double occupancy \$1300 (taxes included)

What is included?

3 delicious and nourishing vegetarian meals per day and ongoing coffee and tea service
Elegant and comfortable accommodations for seven nights
Morning and evening meditation practice
2.5 hour morning asana practice
2-hour afternoon restorative practice
Fire protection ceremony with a shaman



What is not included?

Airfare to and from Guatemala

usually can find cheap deals of approx. 750\$-800\$ if booked in advance.

Transportation to and from Villa Sumaya (is organized by Villa Sumaya)

approx. 90\$ US plus boat fee of 15\$ US one way for a single passenger.

If travelling in a group of three, it would be approx. 35\$US per passenger plus 15\$ US for boat each way

Any additional snacks and beverages during your stay
Any additional spa and tour services (see website for their offerings)



Registration

Deposit of \$300 upon registration

Total payment required by January 1, 2016

Cancellation policy

If there are a minimum of 6 confirmed participants and your spot can be replaced with a new participant you will be reimbursed 100%.

Otherwise,

the \$300 deposit is non-reimbursable

the total amount is non-reimbursable after January 1st, 2016.



Registration contact:

Eliot Acuna

eliot.acuna@gmail.com

819-332-1616

photos: Villa Sumaya.com

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About the practices

Asana

Eliot teaches asana according to her own practice and experience. During an asana class, she pays close attention to the students strengths and needs and adapts her classes to support each student accordingly. Though her classes emphasize proper body alignment Eliot continuously studies and refines, she also weaves the teachings of yoga elegantly into the poses to guide students to the subtler realms of the Self and to become more conscious of their inner power.

Pranayama

Breath awareness brings us into greater intimacy with our bodies and is a vehicle to take our awareness to our subtler, peaceful and powerful selves. In every class, Eliot guides students to be aware of the breath in specific ways to support their understanding and their ability to breathe fully and freely. To more advanced students she teaches techniques of pranayama.

Chanting

Thanks to Eliot's continued studies with great masters of non-dual Tantra and sacred scripture, she has acquired a love for sacred Indian chants and mantras. Having experienced the beneficial power of chanting herself, she is grateful to be able to share them with others. Mantras and sacred chants awaken potencies within, which we usually don't pay attention to in ordinary life.

Meditation

During the sacred times of the rising sun and the setting of the sun, Eliot guides students to sit and repose their awareness in the continuous rising and setting pulsation in the heart center and infuse with the nectarean essence of the highest Self.

Study of sacred scripture

The retreat will be based on the sacred text *Pratyabhijñā-hṛdayam*, a text on the ancient science of the soul written by Kashmiri sage Kṣemarāja in the 11th century. Eliot will guide students in its reading, pondering and how to interpret its wisdom-filled messages to support our daily lives.

(we will be using the translation by Swāmī Shāntānanda, titled "The Splendor of Recognition".

Mauna (silence)

Participants will be invited to be in silence during the mornings in order to enjoy the inward turning of awareness and rest from the usual outward moving lifestyle.



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