

One Yoga Retreat Schedule  
May 8–15, 2010  
Villa Sumaya, Lake Atitlán, Guatemala

(All activities on this schedule are included in price of the retreat.)

It will be necessary to book an overnight flight on Friday night, or an early morning Saturday flight, to allow ample travel time to the Villa Sumaya retreat center.

Saturday, May 8

5:30pm-7:30pm	Yoga
7:30pm-8:30pm	Dinner

Sunday, May 9

7:30am-9:30am	Shamanic Protection Ceremony*
9:30am-10:00am	Breakfast
10:00am-11:00am	Free Time
11:00am-1:00pm	Yoga
1:00pm-2:00pm	Lunch
2:00pm-3:30pm	Free Time
3:30pm-4:30pm	Sauna
4:30pm-6:30pm	Yoga
6:30pm-7:30pm	Dinner

Monday, May 10

7:00am-9:00am	Yoga
9:00am-9:30am	Breakfast
9:30am-1:00pm	Free Time
1:00pm-2:00pm	Lunch
2:00pm-4:30pm	Free Time
4:30pm-6:30pm	Yoga
6:30pm-7:30pm	Dinner

Tuesday, May 11

7:00am-9:00am	Yoga
9:00am-9:30am	Breakfast

9:30am-1:00pm	Free Time
1:00pm-2:00pm	Lunch
2:00pm-4:30pm	Free Time
4:30pm-6:30pm	Yoga
6:30pm-7:30pm	Dinner
8:00pm-9:00pm	Hot Tub

Wednesday, May 12

7:00am-9:00am	Yoga
9:00am-9:30am	Breakfast
9:30am-11:00am	Fair Trade Market**
11:00am-1:00pm	Free Time
1:00pm-2:00pm	Lunch
2:00pm-4:30pm	Free Time
4:30pm-6:30pm	Yoga
6:30pm-7:30pm	Dinner

Thursday, May 13

7:00am-9:00am	Yoga
9:00am-9:30am	Breakfast
9:30am-1:30pm	Free Time
1:30pm-2:00pm	Lunch
2:00pm-4:30pm	Free Time
4:30pm-6:30pm	Yoga
6:30pm-7:30pm	Dinner

Friday, May 14

7:00am-9:00am	Yoga
9:00am-9:30am	Breakfast
9:30am-1:00pm	Free Time
1:00pm-2:00pm	Lunch
2:00pm-4:30pm	Free Time
4:30pm-6:30pm	Yoga

6:30pm-7:30pm                      Dinner

Saturday, May 15

7:00am-8:30am                      Yoga

8:30am-9:00am                      Breakfast

9:00am                                  Guest Departures

\* A traditional Mayan Shaman will lead a ceremony offering a blessing for protection during your travels. You will be encouraged to participate in the ceremony which will include the building of a fire in the age old Mayan tradition using herbs, chocolate, colored candles, lemons, eggs and copal (tree resin). The ceremony will take place in the morning followed by breakfast for all participants, as it is customary to offer the Shaman a meal after the ceremony. (Individual divinations are also available on a donation basis).

\*\*Local artisans will visit Villa Sumaya to display their wares and answer questions. A local representative will speak to group participants about the importance of fair trade, and the fair trade economy around Lake Atitlán. All goods displayed at this market can be purchased in good conscience, knowing that artisans are making a living wage for the arts and crafts they produce.

One Yoga Retreat FAQ  
May 8-May 15, 2010  
Villa Sumaya  
Lake Atitlán, Guatemala

### Practical Details

Where on earth is Lake Atitlán, Guatemala?

The Republic of Guatemala is a Central American country bordered by Mexico to the northwest, the Pacific Ocean to the southwest, Belize and the Caribbean Sea to the northeast, and Honduras and El Salvador to the southeast. The most populous nation in Central America, it is also the stronghold of the indigenous Mayan people, who are world-renowned for their weaving, crafts, and artistry. Popular places to visit include the ruins of Tikal, the colonial city of Antigua, the cloud forests, and peaceful and scenic Lake Atitlán.

Lake Atitlán is located in the volcanic highlands, approximately 4500 feet above sea level, and 3 hours from Guatemala City. It is famous for its natural beauty and colorful Mayan villages. The main town on the lake is Panajachel. It is also close to Antigua, considered to be Central America's best-preserved colonial city.

Although Guatemala has had a tumultuous history, the current socio-political climate is quite safe for tourism. Like any under-developed country, however, tourists should always use their common sense to avoid dangerous or unpleasant situations.

Guatemala is 2 hours ahead of Pacific Time, and one hour behind Eastern Standard Time.

How do I get there?

The longest leg of your journey will be by plane. Guatemala City is approximately 4 ½ hours from LAX, and 8 ½ hours from JFK. Current flights prices are \$310 from LAX, and \$350 from JFK (prices current as of May 23, 2008). Flight prices are expected to rise as the date nears, so it is advisable to book your flight as soon as possible.

Once you arrive in Guatemala City, the retreat center will have arranged overland transportation from the airport to Panajachel. This trip will take three hours. From Panajachel, it will be an additional 15 minute boat-ride to our retreat center, Villa Sumaya, which is located in the small lakeside village of Santa Cruz.

Please check with the teachers before booking your flights so that your overland trips can be coordinated with those of other participants. Please note, overland transportation represents an additional expense.

What do I need to bring with me?

A valid passport is necessary to visit Guatemala. A Visa is not necessary for US citizens.

It is recommended that you exchange at least \$100 into Guatemalan currency (quetzals) before leaving the airport in Guatemala City. This can be done at any major airport in the US, or can be done once you arrive in Guatemala. Visa and Mastercard are accepted at most larger restaurants or hotels. Many smaller local vendors operate on a cash-only basis.

For a complete list of suggested packing items, please see the Suggested Packing List listed on Villa Sumaya at: [www.villasumaya.com](http://www.villasumaya.com).

Where will I be staying?

Villa Sumaya is a stunningly beautiful retreat center located on the shores of Lake Atitlán. With an uninterrupted vista punctuated only by a skyline of three perfect volcanoes, this unpretentious, thatch-roofed complex has comfortable rooms, two beautiful yoga spaces, spacious gardens, a restaurant and bar, an entertainment center, hot tub, sauna, and outdoor pergolas. The buildings are all designed to blend in with the natural surroundings of the breathtaking setting.

What is it like there in November?

November is the beginning of the dry season and is considered to be one of the most pleasant times to visit. The landscape will still be green from the rainfall of the preceding months, and it is well before the major tourist season around Christmas and New Year's.

Average daytime temperature is expected to be 85 degrees; average nightly temperatures may dip to 65 degrees.

What are the rooms like?

Retreat pricing is based on double-occupancy. You may choose your roommate, or the teachers will assign one to you. Villa Sumaya has a total of only 14 rooms, so the entire site is designed to accommodate no more than 28 guests at a time. Each carefully-appointed room is fully equipped with an in suite bathroom/shower with hot and cold running water, and electricity. Each room is connected to a spacious veranda that showcases the best of Lake Atitlán and Guatemala's timeless nature and history. In your room you'll be surrounded by flowing fabrics (the hallmark of Guatemalan artistry), hand-crafted ceramic tiles, and wooden furnishings that are blended in a down-to-earth palate of adobe browns, indigo blues and stone-washed siennas.

What will I eat?

Three daily, vegetarian meals are included in your retreat package. Cafe Sumaya, Villa Sumaya's restaurant with a stunning view of the lake, offers a culinary-conscious menu for slow food aficionados and eco-epicureans. An eclectic blend of local and international cuisine—created from Guatemala's cornucopia of fruit, vegetables, and grains—will be available three times a day. Fresh breads and tortillas are made daily, their scent wafting from the kitchen to whet your appetite after a vigorous asana practice.

Sounds great. What does it cost, and what's included in the price?

\$1530 if paying for double occupancy

\$1740 if paying for single occupancy

All prices include a \$700 non-refundable deposit.

Please inquire about payment plan options or reduced rates for yoga teachers.

Four hours of yoga instruction are included in the retreat pricing. All classes will be taught by your favorite instructor, so students will benefit from a broadened knowledge base and a great sense of humor.

Pricing also includes double/single occupancy lodging, complete buffet breakfasts, international lunches, and lavish family-style dinners each night, as well as a welcome drink upon arrival. House garden fresh tea and purified water will be available all day to all participants. One evening hot tub and one sauna will be offered as part of the weekly package (additional hot tub and sauna visits are an added expense). The package price includes the 22% Guatemalan Tax, so no additional taxes will be added.

Also included in the price of the retreat are the following group activities: a protection ceremony with a traditional Mayan shaman, a tour of sustainable buildings and projects in the local community of Santa Cruz, visiting a fair trade market where crafts made by local artisans can be purchased in good conscience, a trip to a local hot springs, and a trip to a local village where Mayan peoples still dress in traditional indigenous clothing. For a detailed activities list, please see the Retreat Schedule.

What is not included in the retreat pricing?

Air transport and land transport to the Villa Sumaya retreat center are not included in the group package. These are considerable expenses so it is important that you factor them in. Flights are currently \$400 from LAX, and \$550 from JFK. Prices generally go up as the date approaches, so please book early. Before booking flights, please check in with the teachers.

Villa Sumaya will help us to arrange transportation to and from Guatemala City and Panajachel by private mini bus. This is approximately \$75 and up per mini bus (total, not per person), depending upon the number of people and current gas prices, so it is highly advisable to work with the teachers to coordinate your trip timing so that you can share the mini bus with other participants. It is necessary to pay the drivers directly for the ride, and either US currency or credit card is accepted.

Villa Sumaya will also arrange boat transportation to and from Panajachel. It is a 15-minute ride, and costs \$17 total per pick up, regardless of the number traveling in the boat. Once again, it is necessary to pay the boat driver directly, and US currency is acceptable.

Any additional snacks or drinks that are ordered from the restaurant or bar outside of regular meal times or different from the menu offered are not covered in the package price.

One sauna trip and one hot tub visit is included in the retreat pricing. Because of the time and manpower needed to heat and prepare these treatments, however, additional saunas are \$15 (total, not per person), and additional hot tubs are \$40 (total, not per person).

Retreat pricing also does not cover tips for Villa Sumaya staff. Approximately \$35-\$60 per person for the retreat stay is highly appreciated. If given to the manager at the end of your stay, it will be split among the entire staff, including even the gardeners and boatmen, so that no additional tipping is necessary.

What else can I do while at Villa Sumaya?

Massages, energy work, facials, and other spa activities are available from highly qualified professionals, and these activities are very popular with retreat participants. Sessions must

be booked in advance by appointment – usually during the first day of the retreat. Prices range from \$45 to \$55 per hour.

The spacious veranda at Villa Sumaya offers handmade lounge chairs and tasseled hammocks for resting, reading and bird watching; while the courtyard fountain provides a peaceful setting for inner contemplation. Walking around Villa Sumaya, you will also find a wide variety of interesting tropical plant life. Visitors can bathe, kayak, or take a boat ride across what Aldous Huxley hailed “the most beautiful lake in the world”.

You can also visit the largest town on the lake, Panajachel; explore a nearby traditional Mayan village; or hike the magnificent lake basin.

What else can I do in Guatemala?

Guatemala is a country that boasts natural beauty—in the form of rainforests, cloud forests, the Pacific and Caribbean oceans, and volcanic highlands—as well as colonial history and Mayan culture and ruins. The most populous country in Central America, it has become fairly accessible to tourism in recent years.

If your schedule permits it, you could add a few days on to your trip to explore the colonial city of Antigua, ancient Mayan ruins, hit the beaches, or hike in one of the national parks. For more information, we recommended checking out the Fodor’s link below.

How can I keep in touch with my family while I’m gone?

Villa Sumaya has one laptop on which they rent Internet access. They charge \$4 per hour. If you bring your own laptop, Internet service can be provided for \$25 for the week.

Your cell phone will only work if it has international coverage. You can also rent a cell phone from Villa Sumaya for \$1.25 per minute to the US.

What websites might I be interested in?

Our retreat center: [www.villasumaya.com](http://www.villasumaya.com)

Travel bookings: [www.travelocity.com](http://www.travelocity.com), [www.expedia.com](http://www.expedia.com)

Our tour of Santa Cruz: <http://www.amigosdesantacruz.org/HOME.html>

Guatemala:

[http://www.fodors.com/miniguides/mgresults.cfm?destination=antigua\\_western@236](http://www.fodors.com/miniguides/mgresults.cfm?destination=antigua_western@236)

[Oh yeah: Yoga.](#)

There are a lot of exciting things to do on your trip to Central America, but let’s not forget that the primary reason we’re going on retreat is to dedicate a week to exploring and deepening our yoga practices.

What level of student should go on this retreat?

This retreat is intended for yoga students at any level. Beginners are welcome, but to get the most out of the retreat, it is recommended that you have at least six months of yoga experience. Will is comfortable and has worked with students with injuries and health concerns.

How much yoga will we be doing?

You will be doing two sessions for a total of approximately four hours of yoga each day. The retreat will be structured in a workshop style, allowing ample time to explore standing poses, forward bends, backbends, hip openers, arm balances, twists, and inversions. Pranayama, meditation, mantra, mudra, and yogic philosophy will also be incorporated for a complete One Yoga experience. For a complete schedule of yoga classes, please see the Retreat Schedule.

What style of yoga is this?

This is One Yoga. No, it's not a catchy name for a new style—it's simply based on the philosophy that "Truth is One; paths are many." Rather than creating a description based on a particular style of yoga, Will believes that yoga is ultimately about finding your own path and creating a sustained practice that is most appropriate for the individual. Teachings on this retreat will draw from classical Hatha yoga, Raja Yoga, Ashtanga Yoga, Iyengar Yoga, Anusara Yoga, and Will's own experiences based on their personal practices over the past seven years.