



# Explore Guatemala with Mary Martha ...

“When you cultivate, balance and harmony within yourself, or in the world, that is Tai Chi”..... Roger Jahnke

## TAI CHI, QIGONG RETREAT

Join Mary Martha McNeel on a co-learning adventure as you explore the meaning of Chi. You will deepen and restore your spiritual practice amidst the beauty of Guatemala, while learning of the self-healing traditions of the Maya culture. Visit the *naturistas* as they practice their local herbal traditions. Walk in their medicinal herb gardens then visit their *farmacias*, where traditional herbal medicines are dispensed.

Explore the balance and harmony within yourself in a comfortable and beautiful setting in Guatemala on a retreat with Mary Martha, a mentor of the College of Tao and a graduate of the Integral Institute of Tai Chi and Qigong. Qigong (Chi-Kung) is an integration of physical postures, breathing techniques, and focused intentions. People do Qigong to maintain health, heal their bodies, calm their minds, and reconnect with their spirit. Our focus will center on internalizing these practices so they can be integrated into everyday experience.

Mary Martha Leads workshops and classes around the country, including: The Omega Institute in Rhinebeck, New York; Jackson, Mississippi’s well known Butterfly Yoga; the Sol Center of Light at the University Presbyterian Church, and the campus of Incarnate Word University, in San Antonio.

On this retreat you will discover how to focus on the inner and outer journey of healing and personal transformation while practicing the self-healing traditions of Qigong, Tai Chi, and meditation in magical and spiritual settings. Start your day with the gentle movements of Qigong in the lower gardens of the Hotel Atitlan, overlooking “the most beautiful lake in the world”. Let the Chi flow on the Upper Terrace of a 16<sup>th</sup> century monastery, the Casa Santo Domingo, with volcanoes Fuego, Agua, and Acatenango in the background. Previous experience in Qigong, Tai Chi, Yoga, or any martial art is not necessary. Join the adventure.

## Guatemala City...

Languish in the beauty of the **Quinta Real** ([www.quintareal.com](http://www.quintareal.com)) overlooking the City and facing the colossal “*Fuego*” and “*Agua*” volcanoes. Its feel and look is a resplendent blend of Guatemalan and Mexican art and architecture.

## Lake Atitlán and Villages...

Travel through the highlands of Guatemala with vistas of great mountain peaks, plateaus, and valleys. Lake Atitlán, “the most beautiful lake in the world”, with its three towering volcanoes standing guard over azure waters and twelve Maya villages is truly inspirational. You will feel suspended in time as you watch a Maya fisherman in his dugout *cayuco*, plying his trade as his ancestors have done for centuries. The color, the dramatic landscapes, the deeply entrenched Maya culture will create memories to last a lifetime. At the water’s edge **Hotel Atitlán** ([www.hotelatitlan.com](http://www.hotelatitlan.com)), sits surrounded by beautiful botanical gardens.

## Antigua...

In a verdant valley, surrounded by lofty volcanoes, the picturesque, time trapped city of Antigua will capture your heart. The romantic ambiance of its richly textured ruins, draped in vibrant bougainvillea, its peaceful parks, cobblestone streets, churches, monasteries, and colonial homes with courtyards provide artistic inspiration. You will stay at the **Hotel Casa Santo Domingo** ([www.casasantodomingo.com.gt](http://www.casasantodomingo.com.gt)), resurrected from the ruins of a 16<sup>th</sup> century monastery. The sounds of running water in the stone-carved fountains, candlelight throughout the hallways and fresh flowers everywhere will simply take your breath away.

## Chichicastenango...

The markets are the “crown jewel” of Guatemala, brimming with beautiful hand woven textiles and splendid works of art and crafts in designs and techniques passed on from generation to generation. The Maya/Catholic rituals and open-air market of the world famous Chichicastenango, and the blazing colors of everyday dress will enthrall you. Here you will stroll the market and visit the churches of this unique Maya village.

## Tikal Option January 15 - 16, 2006

Discover Tikal, the lost world once inhabited by the ancient Maya more than two thousand years ago, a legacy to one of the most refined civilizations in the history of the world. Mammoth pyramids with temples on top attest to the skill, intelligence, and high civilization of these ancient peoples. Who were they? Why did they disappear? Their voices speak from the dust through the ruins they left behind, ruins that rival any Egyptian sites. You do not want to miss this experience of a lifetime.



## To enroll...

Detach the registration form and send it with your deposit or full payment check (**group size limited**, date of registration request determines priority of space) made **payable to Explore Guatemala, L.L.C.** Upon enrollment, additional information will be provided to assist you in planning your trip. *Do not make airline arrangements until you have received confirmation of your reservation from Explore Guatemala.*

**January 16 – 26, 2006**

**Mary Martha Qigong Retreat in Guatemala**

**Tel 210-599-7098 Fax 210-655-1451**

**e-mail: [exploreguatemala@idworld.net](mailto:exploreguatemala@idworld.net)**

**web site: [www.exploreguatemala.com](http://www.exploreguatemala.com)**

## Registration Request

Name as it appears on your passport: \_\_\_\_\_

Passport Number – (**Current passport required**): \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Home phone: \_\_\_\_\_ Other phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Sex: M/F \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Occupation: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Medical/dietary considerations: \_\_\_\_\_

\_\_\_\_\_ I am on my own but wish to share a room.

\_\_\_\_\_ I am a smoker.

\_\_\_\_\_ I prefer the single supplement charge.

\_\_\_\_\_ Tikal Option

Enclosed is check/money order

**Payable to Explore Guatemala, L.L.C.**

Deposit: \$ \_\_\_\_\_ or Total Fee: \$ \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_



(indicates you have read our Terms and Conditions)

*Tai Chi, Qigong Retreat  
With Mary Martha in Guatemala  
January 16 - 26, 2006*



### **Tikal Option January 15 - 16, 2006**

**Sun 15<sup>th</sup>:** Fly into Guatemala City, overnight at Hotel Quinta Real, on a mountainside overlooking the city and volcanoes.

**Mon 16<sup>th</sup>:** Your Tikal experience begins with a short flight to Flores, then on to the jungles of the Peten to the “Center of the Maya Universe” and a life changing experience. Return to Guatemala City in the late in the day to join the rest of the arriving group at Hotel Quinta Real. (B,L)

### **Tai Chi, Qigong Retreat January 16 – 26, 2006**

**Mon 16<sup>th</sup>:** Fly into Guatemala City, overnight at Hotel Quinta Real, on a mountainside overlooking the city and volcanoes.

**Tues 17<sup>th</sup>:** Visit the Ixchel (textile) and Popol Vuh (archaeological) museums. Travel by coach to Lake Atitlán. Stopping at a mountain chalet for lunch then travel through the magnificent Guatemala highlands with spectacular vistas and scenes of the Mayas in a world not too changed from hundreds of years ago. Explore traditional movements, emphasizing the traditional and contemporary forms of Tai Chi and Qigong. (B,L,D)

**Wed 18<sup>th</sup>:** Wake up to majestic volcanoes and the lake. Mary Martha will review several methods for nourishing and expanding our qi, or life force. After lunch, time for garden exploration and optional personal practice of Tai Chi or Qigong with individual instruction from Mary Martha. presentation by author Richard Morgan on “Lake Atitlán and the Surrounding Area”. (B,L,D)

**Thurs 19<sup>th</sup>:** Boat across Lake Atitlán...beautifully terraced mountainsides and volcanoes, to the village of San Pablo La Laguna for a visit to the herb gardens of *naturista* Andres Culum Matzar. He owns a *Farmicia* in town and sells products made from his own medicinal herbs. A Tz’utujil lunch at a private home (featured in Architectural Digest, Aug, 2002), built in the traditional style of Tz’utujil architecture will thrill you. (B,L,D)

**Fri 20<sup>th</sup>:** Practice the meditative and self-healing aspects of traditional Chinese medicine through Qigong and Tai Chi. After lunch, free time to walk up the Nature Trail, relax in the gardens of the hotel, or go into the local village of Panajachel. (B,L,D)

**Sat 21<sup>st</sup>:** A beautiful drive through Guatemala’s *Altiplano* to Almolonga, a fascinating, colorful village, and Indian produce market (not tourist). Stop in Quetzaltenango for lunch. There will be time for meditation, Tai Chi or Qigong in the afternoon. B,L,D)

**Sun 22<sup>nd</sup>:** Travel to Chichicastenango. Its world famous market is colorful, exciting; a maelstrom of furious commerce and the best place in the country to buy textiles and handicrafts. The magic of the Maya and their religion is everywhere. After lunch we travel to colonial Antigua. Feel the romantic ambiance of its flower-filled courtyards, its narrow cobbled streets, and Spanish architecture. Dine at the Casa Santo Domingo. (B,L,D)

**Mon 23<sup>rd</sup>:** In Antigua, take time this morning to explore your hotel, full of opportunity for inspiration with its architecture, colonial artwork (magnificent treasures) and special details in every corner. It is an ongoing archeological excavation site of a 16<sup>th</sup> century Monastery with several “world class” museums. Visit the jade factory/museum and shop, whose archeologist owners rediscovered the lost jade mines of ancient the Maya. Dine tonight in a wonderful French restaurant. (B,L,D)

**Tues 24<sup>th</sup>:** Walk to the grounds of the ruins of the Capuchin Convent for a tour and some practice of Tai Chi and Qigong. After we break for lunch the day is free to roam Antigua (B,L,D)

**Wed 25<sup>th</sup>:** movements in Tai Chi, and the self-healing forms of Qigong. After lunch free. This evening we will celebrate our trip to Guatemala and share our experiences. (B,L,D)

**Thurs 26<sup>th</sup>:** Departures for home. (B)

### **Accompanying your Workshop/Tour**

**Anita Rogers** lived in Guatemala for 25 years, speaks Spanish, and was a collector of Maya weavings and Spanish Colonial antiques. She has been around the travel industry most of her life, as her family owns the beautiful Hotel Atitlán on Lake Atitlán in the Guatemala highlands. **John Korte** has traveled to Guatemala for the past 20 years. They understand local customs and business practices. They stay in the hotels, eat in the restaurants, and ride the transportation, personally experiencing every aspect of their workshop/tours. They know the “hidden treasures” as well as the little bits of information only the locals know. Their experience, relationships, and knowledge of the country allow them to provide a worry-free, life enriching travel adventure.

### **Included in your Tai Chi, Qigong Retreat:**

- A superbly crafted travel experience to the most enchanting, magical land of the Maya...Guatemala.
- Travel and experience with Mary Martha McNeel.
- 11 days, 10 nights at unique, luxury hotels with most meals included (per itinerary).
- Deluxe motor coaches and private boats viewing the most scenic and colorful venues...a serene paradise.
- Hotel baggage handling, driver, and meal service tips. All entrance fees, and excursions included in itinerary.

**Tikal Option** (pre-retreat) January 15 - 16, 2006

Includes round trip airfare to Flores, hotel, guide, meals (per itinerary) ground transportation, park entrance fee and gratuities.

### **NOT included:**

- Airfare from your hometown to Guatemala City. Our flexible plan allows you to:
  1. use your Frequent Flyer miles to obtain your own ticket
  2. **or**, purchase your ticket through your own sources
  3. **or**, go through our **discount ticketing** resource, eXito, a company that specializes in low-cost airfare to Latin America. Call Emma at 1-800-655-4053 ext. 8502 or 0 if not available. Tell her you are traveling with **Explore Guatemala – Mary Martha Group**. Emma will arrange for everyone to arrive in Guatemala City by the appointed time.

Obviously, the sooner you make your reservation, the better the price and availability. Do not make airline arrangements until you have received confirmation of your reservation from Explore Guatemala.

### **Prices:**

- **\$1885** Plus airfare (based on double occupancy).
- Single room supplement: **\$350**
- Tikal Option **\$262**
- **Reservation Deposit: \$500** (reserve now, class size limited)

**BALANCE MUST BE RECEIVED BY  
November 15, 2005**