

# A Blissful Journey to Lake Atitlan, Guatemala

*Enjoy a Yoga-Venture Retreat with Lisa Rueff*

May 13<sup>th</sup>-20<sup>th</sup>, 2012

Treat yourself to this blissful and rejuvenating yoga retreat, as we venture to the picturesque resort of Villa Sumaya on the shores of Lake Atitlan, Guatemala. We'll begin our days with a fun, invigorating morning yoga class, and finish the day with a meditative, relaxing evening practice.

The rest of the day is limitless. Enjoy the wonders and beauty of Lake Atitlan, simply enjoying the stunning views on a kayak, hammock or in the lake itself. We'll have plenty of opportunity to enjoy the inspiring and illuminating indigenous way of Mayan life with in nearby villages. Excursions include a scenic boat ride to the fascinating and pristine village of Santiago, visiting Thermal Vents in a Pristine Blue Lagoon, breathtaking hikes to the majestic peak of San Pedro Volcano, and climbing El Pico del Cielo, with spectacular views of the Atitlan basin below.

Delicious, healthy and organic meals are served 3 times a day. Enjoy the solar heated pool, hot tub and wood-burning sauna. Mornings are best for swimming in the lake and pool and in the late afternoon our hot tub is ready and steaming hot for a soothing soak. Late afternoons and evenings are the perfect time to benefit from a cleansing sweat in our sauna. Our on-site spa offers delightful, renewing and therapeutic treatments with an extensive menu of services.



## Join Lisa and Enjoy this Relaxing & Rejuvenating Retreat.



**Reserve your space today! All yoga levels welcome.**

Contact Lisa Rueff at 415.297.1944 ♥ [Lisa@yogaventures.org](mailto:Lisa@yogaventures.org)

**\$1,350 based on double occupancy, \$1,650 based on single.**

**Non-refundable deposit by March 1, 2012 of \$300 to reserve your space.**

**Final balance due April 15th, and its non-refundable at that time.**

**Travel insurance strongly recommended.**

**Included:** 7 nights based on double occupancy, yoga classes, delicious and healthy meals, group transport.

**Not included:** International airfare, dinners, spa services, excursions, alcohol and gratuities.

**Excursions:** Guided tours are available at an additional cost, but inexpensive and worth it!