



# Yoga, Art, and Mayan Culture:

## A Fabulous Retreat in Guatemala!

January 10 – 20, 2013

*Journey to Guatemala's Mayan Paradise!* Immerse yourself in the experience of a lifetime: a chance to transform, revitalize, be inspired, and deeply nourish your soul. Join us on this unique travel, art and yoga adventure that will inspire you to step into the New Year with health, happiness and brilliance. All levels of yoga are welcome.

Our adventure will start in the charming, colonial town of Antigua, a UNESCO world heritage site. Antigua has some of the world's greatest landmarks; every block holds a majestic view. Guided tours to historical sites, museums, markets, and dining at fabulous restaurants will introduce you to this picturesque town. We will stay in the unique and artistic Mesón Panza Verde, a boutique hotel offering a stunning roof-top view of the volcanoes with privacy, tranquility, and exceptional cuisine.

*Bask in the awe-inspiring beauty of Villa Sumaya,* on the shores of Lake Atitlán. This world-class Yoga Retreat Center will be our home for seven luxurious days. Called "the most beautiful lake in the world" by novelist Aldous Huxley, Lake Atitlán is the closest thing to heaven on earth. The goal of Villa Sumaya is to "provide a space where guests can seek and discover their deepest personal and spiritual desires." Complete with gorgeous gardens, café & bar, pool, hot tub, sauna, stylish rooms and orthopedic beds, Villa Sumaya is true paradise.

We will greet the serenity of each day in meditation and yoga as the sun rises over Lake Atitlán. Local excursions of your choice include hiking, kayaking, climbing a volcano, visits to colorful Mayan villages, and ample time to reflect and relax in the tranquility of the retreat center. We will enjoy outstanding food while dining on the patio with panoramic views of three majestic volcanoes.

Our absolute goal is for you to return from this retreat with a song in your heart, unforgettable memories & a joyous step forward into the next phase of your life. We are thrilled to offer this retreat at the unbelievable cost of \$1,999 (early bird special before September 1st) or \$2,099 (after September 1st). Double occupancy – single rooms available at additional cost. Price is all-inclusive (excludes airfare & tipping). Contact us now to reserve a spot. This retreat is a gift to your soul!



**Sharon (Shar) Hills-Bonczyk** is an experienced (500hr) Kripalu yoga teacher and inspirational retreat leader. She has practiced yoga for over 30 years around the world. Shar has an MPH in Health Education and spent 15 years in healthcare management. She is a dynamic leader with a passion for transformational teaching. You will love her!

**Summer Joy Hills-Bonczyk** has an MFA in Ceramics and a BA in Fine Arts & Spanish. She is a practicing visual artist and a certified Kripalu yoga teacher. Her performance art incorporates clay, yoga, dance, ritual and history. Summer has lived in Argentina and works as a Spanish interpreter in the Twin Cities. She adores Latin dance, global art and craft history, and the outdoors.



**Space is limited! If you are interested in this extraordinary adventure, contact us now for more details or to make a reservation. A deposit of \$300 will hold a spot for you.**