

JOURNEY OF THE WATERS

Spring Equinox Celebration

With Cynthia Flores-Signet

MARCH 19 - 21, 2010



FRIDAY, MARCH 19, 2010:

Our journey begins at 4pm at a private sanctuary in San Cristobal with teachings, songs and preparation for evening temazcal (purification ceremony). We will each bring a dish to share together after the ceremony. *(Temazcal ceremony and teachings)*

SATURDAY, MARCH 20, 2010:



We leave by carpool to Misol-Ha waterfall at 8am. On the way, we have a delicious brunch at a restaurant overlooking the scenic vistas of the Ocosingo – Tonina valley. At Misol-Ha, Cynthia will lead us in ceremony in the *Cave of the Turtle* and a Mayan Guardian of the Cave will expertly guide us in exploring the interior chambers and a hike to the top of the falls. We will play, heal, and purify ourselves in the etheric pools of the cascading waterfalls, and have a late lunch in the open air restaurant at the water's edge. After lunch, we depart for our hotel in Palenque. We will gather again in the evening for delicious brick-oven pizza at a favorite local restaurant, and rest well to the sounds of the jungle. Dulce Suenos! *(Overnight lodging based on double occupancy in Palenque, breakfast, lunch, dinner, teachings and ceremonies, entry fees; guide fees at Misol-Ha)*

SUNDAY, MARCH 21, 2010: We take an early morning local combi to the majestic temples of Palenque, the dwelling place of Lord Pakal Votan, the “magician of time”, and La Reina Roja, the only royal tomb of its kind in the Mayan world that was dedicated to a woman. Cynthia will lead us in an Equinox ceremony among the ruins, and we will also have the opportunity to go on a private guided hike following an ancient aqueduct with the Mayan City which leads to waterfalls and crystal spring waters. . Afternoon departure to San Cristobal. *(Breakfast; private equinox ceremony and guided tour through Palenque and guided hike; teachings at the temple sites; entry fees)*



(This journey is open to a minimum of 6 and a **maximum of 12 participants**. A \$500 pesos (or \$50 U.S.) deposit will hold your place on the journey as long as the maximum number has not been reached, so please get your deposit in as soon as possible, to avoid disappointment. Remaining balance is due March 5, 2010)

WHAT'S INCLUDED: (All ceremonies and teachings; guide fees, entrance fees; one night lodging (double occupancy room in Palenque); 2 full breakfasts; lunch and dinner on Saturday. You will be asked to bring a dish to share after the Friday evening Temazcal Sweatlodge ceremony. Transportation is not included, and we are asking for those with cars to offer carpooling and split fuel costs.

Cynthia@ancientwisdomteachings.com 967-103-4432 www.ancientwisdomteachings.com