

Journey to the Ancient Mayan Ruins of COPAN, HONDURAS

November 1-9, 2008

PROPHECIES, THE SIXTH SUN AND 2012

Journey with us through the emerald green mountains of Honduras to the lost-in-time Mayan village of Copan, one of the most important Mayan cities of the ancient world. Copan, known as the *Paris* of Mayan art and culture, served as a scientific center and kingdom for the elite, leaving more hieroglyphic text on stone than any other site.



Join Cynthia and expert local guides as they share wisdom teachings and ceremonies at sacred sites permeated by the energetic essence of the ancient ones. We will explore the mysteries of **Copan Ruinas** and **El Puente**; venture into the jungles to cleanse in the sacred Mayan thermal hot springs of **Luna Jaguar**; visit a **Macaw Nature Reserve**; tour a coffee plantation and enjoy some leisure time shopping in the quaint village of Copan.

Our Honduran home is a charming 100 year adobe hacienda right out of a Hemingway novel! **Hacienda San Lucas** is an eco-retreat lodge on 300 pristine acres of tropical forest overlooking the Copan River and Mayan ruins. The dame belle of the hacienda, Doña Flavia Cueva is the loving guardian and spiritual force behind the magic of San Lucas. She will be our gracious hostess and storyteller of amazing adventures, as we enjoy magnificent sunsets and delicious 5-course meals prepared by the Maya Chorti staff on the candle-lit veranda!

Day 1: Afternoon group departure from San Pedro Sula airport by private van to the world renowned eco-retreat center, **Hacienda San Lucas**. Nestled in the hills above the tranquil Copan Valley, San Lucas is a 100 year old family owned retreat uniquely situated directly above the Mayan ruins of Copan. We will have time to settle in before we gather together to celebrate the sunset on the candle-lit terrace for a delicious 5-course welcome dinner prepared by the **Maya Chorti** staff. (*Gourmet 5-course welcome dinner*)

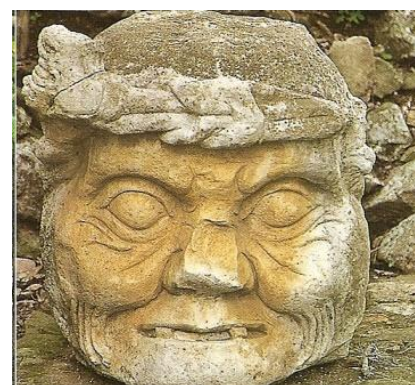


Day 2: After breakfast, we will gather at GAIA, with panoramic views of the entire Copan Valley for a blessing way ceremony, to ask for safe passage from the spirit guardians of the land. Then, off for a hike to a mysterious pre-Columbian site of ancient carved rocks, which the locals call **Los Sapos** (the toads, or frogs). Rock carvings of crocodiles, frogs and women giving birth; ancient pottery, and other relics found in this grove of living stones lend credence to the traditional belief that this was a sacred ceremonial site dedicated to fertility. In the afternoon, Mayan archaeologist **David Sedat** will present a private lecture on the mysteries of Copan and the latest discoveries at the ancient archaeological site. We enjoy another scrumptious dinner and story-telling under the star drenched skies of Northeastern Honduras. *Dulces Suenos!* (*Breakfast, 5-course dinner*)



Gaia meditation Pavilion

Day 3: After breakfast at San Lucas, we depart for an all day exploration of **Copan Ruinas!** Here you will witness incredibly breathtaking architecture, sculptures and amorphic carvings unique to the Mayan world. Our expert guide, **Jovanny Peraza**, president of the Copan Guide Association, will explain the cosmology of the Maya, leading us through **the Great Plaza; The Hieroglyphic Stairway** (63 stairs with more than 1250 blocks...the longest written text in Mayan civilization); **The Temple of the Meditations; Jaguar Plaza** and other temple sites throughout the entire complex! We will have a private, catered lunch in the Ruinas so that we can continue on to the Copan museum which houses a total reconstructed replica of **Rosalila Temple**, discovered buried and intact within Copan's underground tunnel system. (*Breakfast, lunch at the Ruinas, dinner*)



Day 4: Today we visit the **Macaw Bird Park and Nature Reserve**, a beautiful refuge with freshwater springs, pristine rivers and one of the last remaining old-growth forests in Honduras. Back for a leisurely free afternoon at San Lucas. Rest in a hammock, enjoy a massage, zipline through the jungle canopy or go for a hike on one of the many beautiful trails. Another glorious evening and delicious dinner in paradise! (*Breakfast, lunch at the Nature Reserve and 5-course dinner at San Lucas*)

Day 5: Deep in the lush mountains are natural hot springs that were sacred to the Maya and used in their purification rituals. We will experience the healing, rejuvenating thermal waters of **Luna Jaguar**...immersing our bodies and clearing our minds of all that no longer serves us. *AAHHH!* (*Breakfast, dinner at San Lucas*)

Day 6: After breakfast, we head for **Finca Santa Isabel** for a guided tour of a working coffee plantation and lunch. In the afternoon, we will meet at GAIA, where Cynthia will lecture on **Prophecies, the Sixth Sun and 2012**. Closing ceremony at sunset in thanks for all of the blessings received and new friendships made. Farewell dinner with Dona Flavia as we savor our last night in beautiful San Lucas! (*Breakfast, lunch at the coffee plantation, 5-course farewell dinner*)

Day 7: Morning departure from Copan by private van to **El Puente**, another Mayan archaeological site located along the Chinamito River, where several pyramids have been recently excavated. After lunch, we continue on to San Pedro Sula. (*Breakfast*)

Day 8: Transportation to Airport for Departures! **Hasta Luego y vaya con Dios!**



Hacienda San Lucas

Cost: \$1,350.00 per person (based on double occupancy) if deposit is received no later than September 15, 2008
\$1,450.00 per person (if payment is received after September 15, 2008)

What's Included: 6 nights lodging at Hacienda San Lucas, and one night lodging in San Pedro Sula for airport departures; delicious full breakfast each morning, 3 lunches, 6 delicious 5-course dinners at San Lucas; group ground transportation to designated sites; roundtrip airport transfers by private van; lecture by Mayan Archeologist, David Sedat; teachings & ceremony with Cynthia Signet and lecture on **Prophecies, The Sixth Sun and 2012**; entry fees to Copan Ruinas, El Puente, Luna Jaguar Thermal Springs, Macaw Nature Reserve and Finca Santa Isabel coffee plantation; gratuities to teachers and guides; baggage handling; hotel service fees; taxes and tips to staff.

We would love for you to join us, so please guarantee your space with a non-refundable deposit of \$250.00 by September 15th to qualify for the early registration discount. [Email](mailto:info@ancientwisdomteachings.com) or [phone Cynthia](tel:+50299999999) to verify space availability, and for Registration and Terms of Agreement forms. Roundtrip airfare is not included, but discount airlines such as www.spiritair.com services San Pedro Sula airport at very reasonable rates. Payment can be made by check, money order or credit card (Visa, MasterCard, or American Express), on our PayPal secure server. Payments made by credit card, will include a 3% processing fee.