



*lotus sojourns*

Connect. Explore. Transform.

# *Guatemala Sojourn*

Transformational Connection with Feminine Mayan Spirit:  
Explore your Purpose and Live your Dream



November 8-15, 2020



lotus sojourns

Connect. Explore. Transform.



Hi! I am Christine, the founder of Lotus Sojourns. I am so excited for this upcoming trip to Guatemala. I look forward to connecting with you and others we meet as we travel, exploring this beautiful country, and tapping into the transformational power held in groups of women having experiences.

Lotus Sojourns is a unique community of women, just like you, who travel together and experience a journey incorporating personal transformation, adventure, volunteerism or philanthropy, spiritual connection, and community building.

On this trip we will have the opportunity to visit several of the artisan cooperatives that are a part of Wakami Global. Wakami was founded by Maria Pacheco who has spent years working to create sustainable incomes for Guatemalans living in rural communities. She inspires me and so many others; she leads with passion and kindness and with a firm belief that change is achievable. I've had the luck to work with her organization over the past 3 years I have witnessed it and look forward to meeting these women in person. I'd love to share her dream with you!

I dream of a world in which  
The sound of the wind against the trees  
The songs of birds from their nests  
The jump of a lizard from one twig to another  
The footsteps of a deer in the ground  
The sound of the spring in the home and Peace between  
brothers and sisters  
Be everyday events.

"This dream seemed impossible at the time. Today I know that dream can come true for those who believe in dreams and refuse to stop trying to make them come true. As we say in Wakami, individual dreams are powerful; collective dreams are unstoppable. We hope you will come dream with us."

– Maria Pacheco



lotus sojourns

Connect. Explore. Transform.

# Guatemala Sojourn

Transformational Connection with Feminine Mayan Spirit

## Trip Highlights!

- ✿ Travel with like-hearted women who are also seeking authentic connection with their fellow travelers and our destination.
- ✿ Daily gathering to reflect on our shared experiences.
- ✿ Explore the beautiful city of Antigua.
- ✿ Meet the founder and artisans of Wakami, working to empower underprivileged communities.
- ✿ Participate in a traditional ceremony with a Mayan Shaman
- ✿ Be guided through transformational work to vision your dream and find your why.





lotus sojourns

Connect. Explore. Transform.

# Guatemala Sojourn

Transformational Connection with Feminine Mayan Spirit



*Your Sojourn will be  
co-guided by Danielle Golie*

Your soul's calling...are you listening?

I'm passionate about supporting spiritually driven women leaders experience life and career satisfaction. I do this through supporting them out of confusion and back into a place of clarity, balance and purpose.

As a Professional Empathic Intuitive, Spiritual Mentor and CEO of HiVibe Healing, I have 20 years of experience

mentoring individuals to embody their personal unique gifts so they may live more purposefully. As the Director of Public Health, I began to feel dissatisfied within my career and had the desire to live more on purpose with my passions. I began my journey of self discovery while working with mentors who helped me gain the clarity I desired in knowing my true self.

During this time, I personally aligned with my unique gifts to help women find clarity and confidence to live their true purpose. I believe when women express themselves authentically, we all benefit. I know that each woman is here to have more impact and that getting clear on their hearts desires is the path to living a deeply fulfilling and passionate life. A life of soul fulfillment.

Join us in Guatemala for a Sojourn where we will facilitate a transformational connection with the Feminine Mayan Spirit so that you may explore your purpose and live your dreams.



lotus sojourns

Connect. Explore. Transform.

# Guatemala Sojourn

Transformational Connection with Feminine Mayan Spirit

## *A Quick Overview of the Itinerary . . .*

Day 1: Arrive in Guatemala City & transfer to Antigua

Day 2: Welcome Circle and exploration of Antigua

Day 3: Visit Wakami Center & enjoy lunch with the artisans

Day 4: Enjoy a meditation on Lake Atitlan & Mayan blessing

Day 5: Yoga overlooking Lake Atitlan & water cleansing experience

Day 6: Clarity of you "Why" workshop & make your own bracelet

Day 7: Enjoy Antigua's Festival of Flowers & a New Moon Circle

Day 8: Breakfast in Antigua & transfer to Guatemala City

## *Trip Pricing . . .*

Eight Day Itinerary: \$4,100\*

Single Room Upgrade: \$300

\*Pricing does not include airfare to/from Guatemala City.



lotus sojourns

Connect. Explore. Transform.

# Guatemala Sojourn

Transformational Connection with Feminine Mayan Spirit

Day 1	Join Together
Sunday November 8	Arrive on your inbound flight to Guatemala City - La Aurora International Airport.  Group lunch and transfer from airport to Antigua.  Welcome gathering and dinner.
Accommodations	Casa Santo Domingo
Meals Included (D)	Welcome Dinner at Welten



lotus sojourns

Connect. Explore. Transform.

# Guatemala Sojourn

Transformational Connection with Feminine Mayan Spirit

Day 2	Own Awareness
Monday November 9	<p>We start our Sojourn by gathering in circle for the morning to connect and set intentions for our journey and begin the inner work that will accompany our experiences during this Sojourn.</p> <p>In the afternoon you will have time to relax and enjoy the hotel spa or on-site museums, explore Antigua and visit a market or set time aside to connect with other travelers.</p>
Accommodations	Casa Santo Domingo
Meals Included (D)	Dinner at hotel or nearby restaurant.



lotus sojourns

Connect. Explore. Transform.

# Guatemala Sojourn

Transformational Connection with Feminine Mayan Spirit

Day 3	Uncover your Dreams
Tuesday November 10	<p>We visit with a Wakami artisan group where we will participate in their beautiful Dream Circle.</p> <p>In Luisaiana we'll have the opportunity to further connect with local women and children and join them in their kitchens or volunteering to support a small community project.</p> <p>In the late afternoon we will transfer to Tolimán on the shores of Lake Atitlan.</p>
Accommodations	Casa Santo Domingo Hotel Tolimán
Meals Included (B, L, D)	Breakfast at Casa Santo Domingo. Lunch at Wakami Center. Dinner at Hotel Tolimán.





lotus sojourns

Connect. Explore. Transform.

# Guatemala Sojourn

Transformational Connection with Feminine Mayan Spirit

Day 4	Reveil Your Mayan Purpose
Wednesday November 11	<p>During morning excursion we'll connect to the powerful spiritual energy of this area during a boat trip across sacred Lake Atitlan, where we'll pause for a guided meditation, then continue on to participate in a Mayan blessing ceremony led by a local Shaman.</p> <p>We'll end our day in reflection and sharing during a fireside circle.</p>
Accommodations	Hotel Tolimán
Meals Included (B, L, D)	Breakfast at Hotel Tolimán. Lunch along our journey. Dinner at Hotel Tolimán.



lotus sojourns

Connect. Explore. Transform.

# Guatemala Sojourn

Transformational Connection with Feminine Mayan Spirit

Day 5	Nourish Your Soul
Thursday November 12	<p>We'll start our day with a yoga practice overlooking Lake Atitlan and then begin to make our return to Antigua stopping along the way for lunch and time for a water cleansing experience.</p> <p>During this day we will be using movement of our body and water as a way to nourish our bodies and release energy that has been stored along the journey so far.</p>
Accommodations	Casa del
Meals Included (B, L, D)	Breakfast at in Quetzaltenango. Lunch in San Cristobal Totonicapán. Dinner at Tertulianos.



lotus sojourns

Connect. Explore. Transform.

# Guatemala Sojourn

Transformational Connection with Feminine Mayan Spirit

Day 6	Establish Clarity
Friday November 13	<p>Our morning will include a visit to a local tea shop where we'll learn about local production and medicinal and healing properties of the large teas they offer, as well as hand crafted chocolates with unique flavors. You can purchase delicious a custom crafted tea blend to take with you.</p> <p>We'll enjoy lunch near the Plaza Central Park and then walk together to the Wakami center where you'll take part in a workshop to establish clarity around your "Why" and the Wakami artisans will teach us how to make our own bracelets that represent our "Why".</p>
Accommodations	Casa Santo Domingo
Meals Included (B, L)	Breakfast at Casa Santo Domingo or nearby. Lunch at near Plaza Central. Dinner at nearby restaurant in Antigua.



lotus sojourns

Connect. Explore. Transform.

# Guatemala Sojourn

Transformational Connection with Feminine Mayan Spirit

Day 7	Your New Vision
Saturday November 14	<p>We'll head out early in the morning for breakfast at a local coffee shop and enjoy wandering the streets as the city transforms for the annual flower festival.</p> <p>You can spend the morning exploring together or on your own, we'll meet at a local restaurant for lunch and then you can spend the afternoon at the festival, or you may wish to enjoy the luxurious spa or one of the museums on the hotel property.</p> <p>In the evening we'll share a Farewell Dinner followed by a New Moon circle. This circle will bring together all we have learned and shared during this Sojourn. With the energy of the New Moon to support us, we'll look to the future and set our intentions; we return from Guatemala back to our daily lives with a strong connection to your Dreams, your Purpose, your Why and deep awareness you can build on as you return from your Sojourn.</p>
Accommodations	Casa Santo Domingo.
Meals Included (B, D)	Breakfast at Casa Santo Domingo. Lunch on your own. Dinner at Epicure.



lotus sojourns

Connect. Explore. Transform.

# Guatemala Sojourn

Transformational Connection with Feminine Mayan Spirit

Day 8	Transfer to Guatemala City
Sunday November 15	Transfer from Antigua to International Airport in Guatemala City.  Staying on in Antigua? There is so much more to do!  Possible tours include: Pacaya Volcano Cooking Class at the Chocolate Museum Filadelfia Coffee Farm Zipline Tour at El Tenedor del Cerro
PLEASE NOTE:	Lotus Sojourns will attempt to follow this itinerary; however, certain conditions may require changes. Lotus Sojourns reserves the right to make necessary changes based on these conditions (political, environmental , or cultural).
Meals Included (B)	Breakfast along the way.



lotus sojourns

Connect. Explore. Transform.

## Need to Know

### What's Included...

#### INCLUDED:

- All transformational exercises facilitated by Christine Winebrenner Irick and Danielle Golie
- Accommodations based on double occupancy
- All meals as listed in the itinerary
- All ground transportation
- Entrance fees
- English-speaking guides throughout the trip
- Tips for luggage porters and waiters

#### NOT INCLUDED:

- International airfare
- Domestic airfare
- Trip Insurance
- Meals not specified in the itinerary
- Alcoholic beverages
- Fees for passport or immunizations
- Cost of hospitalization, emergency transportation, or evacuation
- Items of a personal nature
- Gratuities for guides and staff