



Moving Intentions Presents:

2016 Journey to Lake Atitlán: Building a 21st Century Community

"Dear Friends from Taa Pit, almost every day I think of my visit one year ago to you. I miss your happiness and open hearts. The love and value-driven approach of helping your community is still a big example for me. It helps me to focus in my own life and professionally as well." J.V., the Netherlands.

ITINERARY HIGHLIGHTS

Antigua. Days 1-2. Spend the first two nights in Antigua. A UNESCO World Heritage Site and former Spanish colonial capital from the 16th to 18th centuries, Antigua is the most popular tourist destination in Guatemala. It is said to be the best-preserved colonial city in Latin America.

- Settle into Hotel Casa Antigua, off the main square, with its central garden and rooftop view of the city and volcanos.
- Follow our dynamic walking tour guide to learn about the extraordinary history and architecture of Antigua. Sip locally grown chocolate and coffee.

San Pedro La Laguna. Days 3-11.

- Spend 9 days and nights in San Pedro, an indigenous village of 13,000 Tzutujil Maya. It is on Lake Atitlan, regarded as one of the most stunning lakes in the world, situated at 5,000 feet. Temperatures range from 70-80 daytime, and 50-60 nighttime.
- Enjoy the comfortable rooms of Hotel Sak'cari, within feet of the water's edge of Lake Atitlan. Relax in hammocks or the above-ground swimming pool. Dine in restaurants that are within a 3-15 minute walk. hotel-sakcari.com.

- Deepen your experiences with the opportunity to ask questions during a cultural orientation with Nancy Lynn McCoy, board advisor to Taa Pit for 6 years.
- Join community elders and Taa Pit staff and parent board members for a welcoming dinner.
- Enjoy delicious food from one of the best Mayan chefs on the Lake, known for his Mayan fusion cuisine.
- Visit the indoor and outdoor class settings of the Taa Pit children and have an opportunity to listen to their stories and experiences.
- Join the children and their teachers walking and observing with new eyes as you visit the Qa Te Ya, Our Mother Lake (Lake Atitlan).
- Practice your skills in compassionate listening in a session taught by Sophia.
- Learn about the reclaiming of traditional and developing agricultural practices by walking through hillside farms with “people of the corn”.
- Experience traditional Mayan arts and customs in family homes.
- Learn about Mayan astrology and receive your personal Mayan astrological chart.
- See how this ancient wisdom is being applied to build community in the classroom.
- Participate in morning exercises that can enliven your own personal intentions with Dr. Sophia.
- Honor your own intentions at a traditional Mayan Fire Ceremony with a respected Mayan shaman.
- Enjoy personal time to rest, get a massage, read, and explore. Drink espresso at an internet café, kayak, swim, walk or hike with a guide. Visit and shop in nearby Mayan villages at women's weaving cooperatives and galleries to enrich your experience of Mayan culture.

Antigua and Tikal National Park. Days 12-14.

- Return to Antigua for further exploring.

- Leave early in the morning for a plane ride from Guatemala City to Flores and a bus ride to Tikal National Park.
- Tour the remarkable 8th century temples of Tikal in the jungle of Petén with our guide. Bring your walking shoes.
- Enjoy lunch in the park that is home to toucans, parrots, wild turkeys, howler monkeys, raccoon-like coatimundis and countless other creatures.
- Stay overnight in a hotel in Flores on Lake Petén and choose among local restaurants.
- Fly back to Guatemala and Antigua to say farewell before returning home.