



The Retreat
In-Person

Inner & Outer Exploration

Lake Atitlan, Guatemala

May 4-11, 2024

On May 4, journey to the magical Mayan mountains of Lake Atitlán, Guatemala for a 7-day journey of inner and outer exploration.

Designed to help you disconnect to reconnect with yourself, nature, and community—this retreat will be a transformative recalibration.

Bask in the sun, bathe in fresh water, and soak in a new culture and breathtaking landscape. Enjoy daily yoga, meditation, breathwork, and creativity. Take part in traditional Mayan spiritual ceremonies and explore the sacred land with local guides. Share deeply nourishing meals and conversations with a group of fun and inspiring humans. Slow down to connect back with yourself and this beautiful world.



what's INCLUDED

- 7-night Accommodations
- Daily yoga, breathwork, and meditation
- Daily journaling, self-exploration, and creative time
- 3 healthy and delicious plant-based meals daily
- 1 hr massage
- New Moon Ceremony
- 2 Traditional Mayan spiritual ceremonies
- Workshops on personal growth, wellness, and entrepreneurship
- Hike to San Pedro volcano
- Community of amazing & inspiring humans
- Daily dips and sunbathing
- Unlimited use of pool and facilities like sauna

Not included + optional BONUSES

- Airfare & transportation (we can help with this!)
- Travel insurance
- Extra spa treatments
- Extra excursions
- 1-on-1 coaching session
- Alcohol & extra snacks



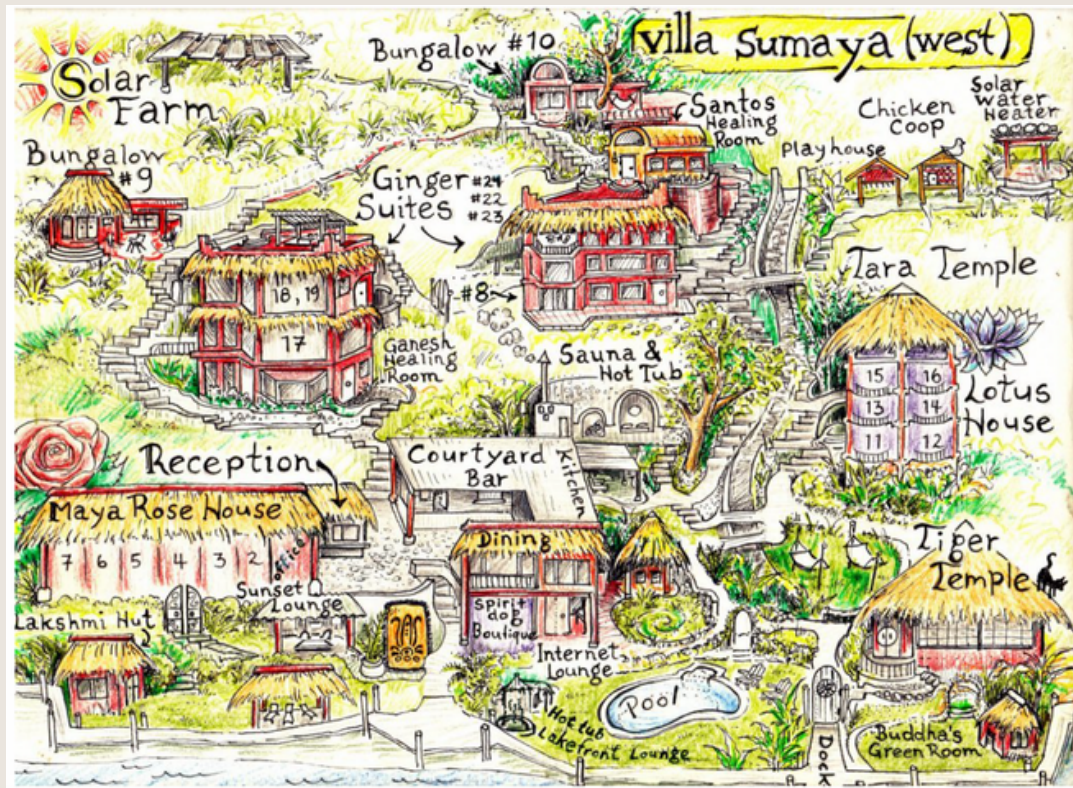
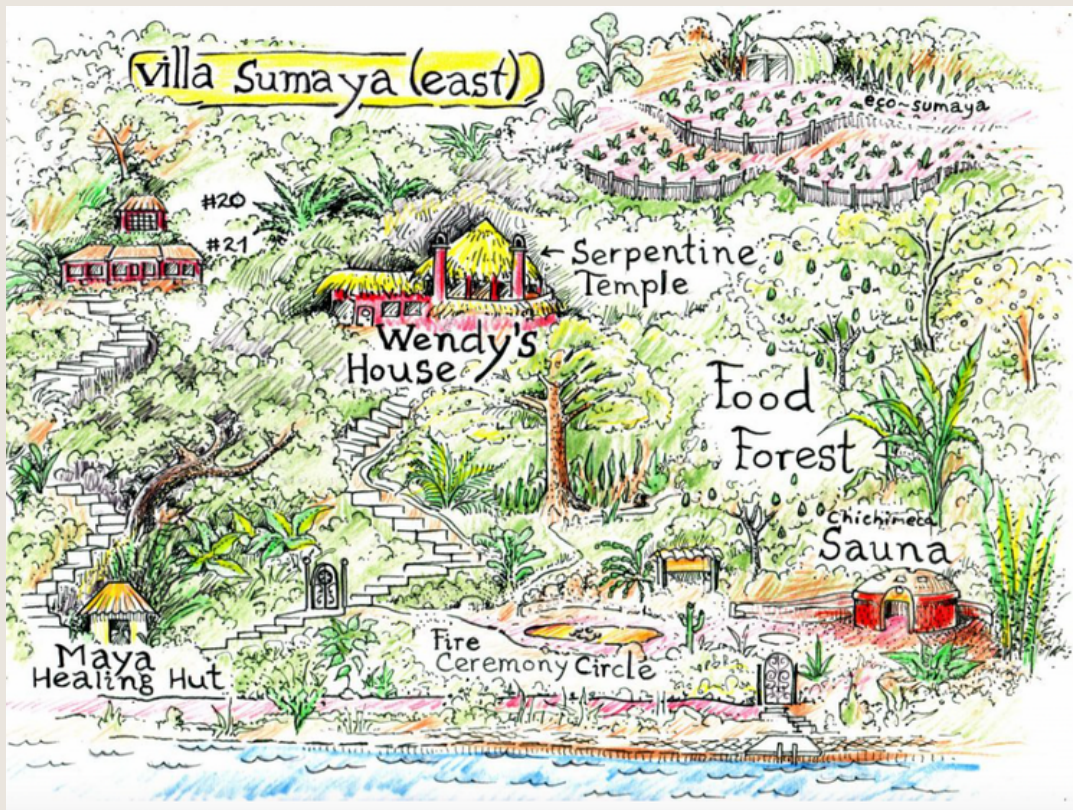
the ACCOMODATIONS

Villa Sumaya located on the shores of beautiful Lake Atitlan.

In Sanskrit, Sumaya means a long-awaited dream come true, while in Arabic it translates as a little piece of paradise. Both of these definitions mirror our hearts' intentions and inspire our service. Our logo is a Mayan glyph found in Chiapas, Mexico representing the fountain of life or the budding growth of a flower, and this too moves us ever forward. The energy we will be exploring this week.

We will be holding practice and workshops in the beautiful Tiger Temple for the week.





the ACCOMODATIONS





the NOURISHMENT



3 HEALTHY AND DELICIOUS PLANT-BASED MEALS DAILY

SHARED IN COMMUNITY

OPTIONS FOR EXTRA SNACKS AND NIGHTCAPS

DAILY BREAKFAST WILL BE ENJOYED IN SACRED SILENCE



sneak peek

DAILY ITINERARY example

7am Yoga & Meditation

830am Breakfast

930am check-in & workshop

11am free time

1pm lunch

2pm cacao ceremony / San Juan tour /

kayak / hike / spa

4pm free time

630pm dinner

8pm restorative yoga



your HOSTS



Alexa Batt

Food and travel guide.

Alexa has traveled to over 35 countries exploring new cultures and food. She helps others plan their dream vacations from helping with the best spots to stay, activities to do, restaurants to dine, and more.



Carley DeMarco

Yoga, meditation, and breathwork instructor.

Carley is founder of The Good War, The Retreat, and Clayton Yoga studio. As a holistic health coach and yoga instructor, she works 1-on-1 with people helping them reach their wellness goals and connect with their most authentic selves.



Sammi Levin

IFC life coach and travel guide.

Sammi is a certified IFC life coach that has helped women from all over reach wellness, career, and relationship aspirations. Additionally, Sammi has traveled to over 34 countries, exploring different cultures and immersing herself in local spiritual ceremonies all over.

TERMS & CONDITIONS

Please read our terms and conditions before booking your spot on the Lake Atitlan Retreat!

We want everything to run as smooth as possible for you and make your retreat and travel dreams come true (: so we'd like to get on the same page

Deposit: If you chose our deposit option, you are required to pay a non-refundable under any circumstances deposit. Only once we have received your proof of payment will your reservation be officially confirmed. You will be required to pay half of the remaining balance by November 1 and the final balance by March 1. Each payment made is non-refundable after processed. If we do not receive your full payment by March 1, we have no choice but to make your spot available again and you will forfeit your deposit. There will be no refund, no exceptions.

Cancellations: Please make sure you can make it before signing up. Refunds for cancellations are only possible if you cancel within 4 weeks of your next payment. Then only that payment will be refunded.

Unforeseen circumstances: due to non-recoverable payments we must make in advance to secure the retreat space, there will be no refunds due to reasons such as, but not limited to, natural disasters, acts of terrorism, illness, pandemics, health conditions, bad weather, strikes, missed, delayed or canceled flights, weather circumstances, medical or personal or family or work emergencies, or change of mind. If you arrive late or need to leave the retreat early, you will not receive any refund on the remaining time of your stay.

COVID-19: We will follow all protocols for COVID-19 in Guatemala. Should there be proof of negative tests required, you will be notified no later than a week before the retreat begins.

In the case of an accident or incident, retreat participants will claim against their individual travel insurance and not The Retreat, The Good War LLC, or any of its hosts.

You participate in all classes, workshops, hikes, ceremonies, and activities at your own risk. You must employ your own judgment when participating in activities as to what is appropriate for your physical, mental, and spiritual stability.

Every participant must sign a copy of the participation and liability form before starting the retreat. Failure to do so breaks the contract between the proposed participant and the retreat.

Photography: the retreat and its hosts have the right to capture all special moments on the retreat. All photos and videos will be used for future promotion of the retreat. If you do not feel comfortable being in pictures or videos, we will respect your choice, please let us know beforehand.

Phone use, content, and social media: this is an investment in you. This is not the place to promote products or services to other participants. Phones during yoga practices and workshops is not allowed. Please respect the privacy of other participants and do not photograph or film unless given consent.

In case we have to cancel: if we must cancel the retreat for any reason beyond the aforementioned reasoning, we will let you know as soon as possible. You will receive a full refund minus the deposit. We are not accountable for your expenses incurred in preparation for the retreat such as loss of work, visa fees, airline tickets, transportation, etc.

Services: hosts of the retreat have the right to change the program or services offered in the brochure or website at any time due to extraordinary circumstances or external conditions.

Cancellation due to retreat booking numbers: we reserve the right to cancel any retreat prior to departure if there are too few people booked. You will no as soon as possible. You will not be entitled to compensation for injury, loss, expenses or damage, or for any loss of time or inconvenience which may result. We recommend that you purchase travel insurance. If this happens, you will receive a full refund beyond the deposit.

We reserve the right to remove a participant if behavior is disruptive with no refunds.

We reserve the right to hold the participant liable if the participant brings damage to the retreat center or any other participants belonging etc.

We reserve the right to make changes to this policy at any time. The current policy always stands valid.

Thank you for respecting these conditions. Please reach out with any questions:

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carley@thegoodwarco.com