

3:00pm Exchange with a Community Health Center in the community of Temozon. Here we will engage & learn about public health indicators.

5:00pm Our evening is free to enjoy dinner and the amenities of the hotel. Enjoy the pool till 10:30

November 5th (B, L, D)

Breakfast

8:00am Chichen Itzá ! This morning we visit this amazing archeological site where are local guide will share their knowledge! You will have a bit of free time to wander on your own, take pictures & absorb the power of this place. <https://www.chichenitza.com>

12:30pm Lunch

2:00pm We spend our afternoon enjoying the refreshment of another cenote! Then we get “Hands on” with cooking experience in the community of Yaxunah. This is a real community based exchange w where you will learn how to prepare traditional Yucatecas cuisine. The style is to cook in an underground oven. This will be an early dinner.

Evening is free perhaps some of us will try local mezcal at Mezcaleria DonTrejo.

November 6 (B, L)

Breakfast

7:30am Enjoy an hour of Yoga this morning

9:00am Our excursion today is the Parque Apícola Xlopek. <https://www.facebook.com/xkopezmx> here we will learn about the medicinal & health benefits of bee keeping! The get to know the process of melipona bees & their production. This bee is endemic to the Mayan region.

Lunch.

2:30pm Exchange with the Chulután community, for an intimate conversation with traditional Mayan médicos.

4:30pm We end our afternoon with a brief tour of San Servacio Church to tour learn about history of colonialism & Catholicism in Mexico.

Evening and dinner are free tonight. Maybe enjoy some local music at a local cantina after we walk the Calzada de los Frailes, one of the prettiest cobblestone streets in town that dates back to the 16th century.

November 7 (B, L)

Breakfast & check out of our hotel.

9:00am We are off to Tulum! On our way we will stop at the Cenote Vhoj – Ha , & the Nohoch Aktun cave.

After lunch we will visit the Punta Laguna Reserve and the monkey sanctuary: araña and aullador monkeys!

Check into our hotel /

November 8 (B)

Breakfast

7:30am Enjoy an hour of Yoga this morning.

9:00am We are to visit the iconic 13th-century, walled Mayan archaeological site at Tulum National Park overlooks the sea. It incorporates the clifftop Castillo, built as a watchtower, and the Templo de las Pinturas, with a partially restored mural.

Lunch

2:30pm Our afternoon includes snorkeling in the caletas of Akumal. We will swim in cenote dos ojos (two eyes). Although the time for marine turtles is in the summer, in the caletas, all year round you will find turtles. We will keep our distance but enjoy the majesty of these animals.

Pm Exchange with local Mayan community leader to learn about gentrification, social justice & the impacts of tourism in the Yucutuan.

Evening free for dinner & beach time, or even our hotel's spa services.

November 9

(B,L,)

Breakfast

9:00am Our excursion to day is the beautiful Isla de Mujeres. The former fishing village of Isla Mujeres (whose name translates to “Island of Women”) lies just eight miles off the coast of Cancun. In pre-Hispanic times the island was dedicated to Ixchel, the Mayan goddess of the Moon, love, and fertility, and believers would bring offerings in feminine forms and leave them on the beaches. In fact, on the very southern tip of the island, known as Punta Sur Isla Mujeres, you can admire the statue of Ixchel.

10 am. We start our immersion with a hands on jewelry making class.

After lunch enjoy have free time to swim, snorkel & rest. Or you can rent a golf cart & explore on your own.

Evening free for dinner & beach time, or even our hotel’s spa services.

November 10

(B,L)

Breakfast

9:00am Facilitate discussion circle with Kathleen & setting of intention for the Temazcal ceremony.

10:00am Visit a local organization to learn about their community development projects. We will leave our donations here & visit their Medicinal Garden project. This permanent installation aims to promote within the community knowledge of medicinal properties of local plants with the help of guest speakers and herbalists from neighboring pueblos.

Lunch

3:00pm Time for a temazcal ceremony , one that is steeped in Mexican heritage. We will sit in a traditional sweat lodge for therapeutic health benefits. Ceremonies usually last for two or more hours. We will be stewarded by our temazcalero/a.

Evening free for dinner.

November 11

(B, D)

Breakfast.

10:00am Exchange with Mayan Healer.

12:30pm Free time for lunch!

2:00pm We are off to learn about Sacred Symbology of the Wixárika cosmovision at the local Arteyawí store.
Then we en our shopping time with a visit Chocolate Cielo Maya Tulum to enjoy artisanal chocolate! We will be back in the hotel at 4.

6:00pm Closing Circle at our hotel.

7:30pm We end our journey celebrating together our Farewell Dinner.

November 12

(B)

We will check out of the hotel and drive to the airport to transfer back home.

This Journey is Powered by ...

