



HOLISTIC RETREATS

# ANCESTRAL JOURNEY MEXICO

REMEMBERING YOUR TRUE ESSENCE

JAN 30 - FEB 8



*In this retreat you will journey into the most majestic temples in Mexico. Prioritize your healing and immerse yourself in pristine nature to create memories for a life time.*

*Our mission is to help the most divine essence of humans rise in the world.  
Our vision is to be part of a global community based on balance, justice, and harmony.*

# ANCESTRAL JOURNEY THROUGH MEXICO: OVERVIEW





# MEXICO MÁGICO

*Day 1 More than a destination*

Our meeting point is the International Airport of Mexico City.

We will have a brief but interesting tour around the main center of the ancestral city of Tenochtitlan, the city that was build on top of lagoon. We will see both the old and the new.

From the center of the country we will be transported in a private, elegant van to the most magical places: "*los pueblos mágicos*," or magical towns. These towns have magic that manifests in multiple socio-cultural aspects: symbolic attributes, legends, history, transcendent events and in everyday life.



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# THE JOURNEY STARTS WITHIN

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# TEPOZTLÁN

## Day 2 *Mystical & Charming*

Situated in a highland mountain valley and cradled by dramatic, copper-toned, mountain cliffs, Tepoztlán is one of Mexico's most alluring and unique colonial towns. With a breath-taking mountainous landscape, charming town center, rich echoes of ancient civilizations, and an interesting convergence of inhabitants, the town makes for one of the most remarkable mixes of colonial and indigenous experiences in Mexico.

We will be received at the ceremonial center of Tepoztlan's landmark archaeological site. The "Piramide del Tepozteco" is built atop a mountain cliff that overlooks the town and the entire valley beyond. This temple was built circa 1130 AD in honor of "Tepoztecatl", the Aztec god of harvest, fertility, and Pulque, also known as "the nectar of the gods". We will be rewarded with the most amazing view and the soft wind caressing our circle. We will celebrate the joy of being alive in the Aztec way with a Pulque ceremony.



# WELCOMING CEREMONY

## *Air & Temazcal*

We will ask permission to the guardians of this land to begin our journey, to develop deeper awareness of our own lineages and to be open to receive divine guidance.

We will have a meaningful evening ceremony in a Temazcal, or 'steam house', an ancient healing ritual that originates with indigenous Mesoamerican people (Aztecs, Mayans, Olmecs). With this ancient ceremony we will cleanse our body, mind and spirit. The fire is representative of the great Grandfather spirit, and the Temazcal itself represents the Mother Womb.

Special arrangements for a wonderful candle lit dinner are in place that will be a perfect way to finish the first night of an amazing journey. We will connect deeply and share space with an elder from our host Maytrelli's family and learn about their ways.





# DEEPENING INTO THE ANCESTRAL

## *Day 3 Earth Grounding Ceremony*

Teotihuacan is the site of the most architecturally significant Mesoamerican pyramids built in the pre-Columbian Americas. At its zenith (perhaps between 1 AD to 500 AD), Teotihuacan was the largest city in the pre-Columbian Americas. We will be visiting the place in a ritualistic way and have requested that elders receive us. We will sit with them to hear their stories and songs and to learn about their traditional way of life, connected to the earth.



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# THE RETREAT

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# RETREAT CENTER

*Days 4-7 Sleep in paradise*

For the retreat we are taking you to paradise. We will wake up feeling refreshed and immersed in nature in a beautiful corner of the seven colors lagoon.

You will sleep in either a cabana or a dome, and accommodations will be two people per room.

Your accommodations and meals at the retreat center in Bacalar, Cayuco Maya, are included.

We ask that you cover your flight from Mexico City to Chetumal and your transportation from the airport to the retreat center. You will be able to share a taxi with other retreat participants. The cost of ground transportation will be \$30 or less.



# LAGUNA DE 7 COLORES

## *Day 4 Healing Embodiment*

Diving into the retreat we will be immersed in a ritualistic week of holistic practices, tapping into healing embodiment through voice, yoga and somatic movement. There will also be a study of your Mayan astrology sign given by Maytrelli. With this you will be able to tap into the magic of Mayan wisdom in your own essence.

MAYAN ASTROLOGY READING  
INCLUDES:  
YOUR PERSONAL MANTRA  
YOUR 4 ENERGIES:  
GUIDE, ANALOG, OCULT & OPPOSITE



# HEALING & JOY

*Day 5 Immersing you in the  
joy of being!*

This is a Healing Embodiment retreat where we will be taking the time to go deeper into what we want to change. We will guide you in the most useful practices that bring healing and joy, including:

- Rituals in nature
- Voice Healing Yoga
- Shamanik Yoga Dance
- Healing Dance
- Plant Medicine
- Breath Work
- Moving Meditation
- Cacao Ceremony





# SACRED CENOTE

## *Day 6 Diving deep in the heart*

One of our special times will be at the Cenote Azul: one of the most magical under water rivers in the area.

We will have a Water Ceremony as well as free time for snorkeling around this amazing vein of the Earth.

Swimming in these waters is healing and rejuvenating.

Life vests will be available at all times.

You can also enjoy the restaurant and purchase food and drinks if desired.







# TULUM

## *Day 8 Heaven on Earth*

On this wonderful journey we need to spend at least a night in Tulum, the most fun and hip town on the Riviera Corridor.

Tulum has become the meeting point for international travelers, influencers and nomads exploring the world. People usually go to Tulum for its beautiful beaches, temples and the great variety of eco-chic places where you can stay.

This town is full of music, art and a sense of community.

We will stay in the jungle, 5 minutes away from the beach by car, but where we will have access to cenotes, the underground rivers, and other jungle adventures.





# CHICHENITZA

## *Day 9 Closing Ceremony*

We could not leave without a visit to the main temple in the Yucatán Peninsula. At its height, Chichen Itza was home to Mayan people from all areas of the Yucatan Peninsula. The city exhibits a multitude of architectural styles, reminiscent of styles seen in central Mexico and of the Puuc and Chenes styles found in the Northern Maya lowlands

# CANCUN

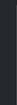
## *Day 10 Integration Day*

We will finish our journey together in Cancun. Here will have time to rest and integrate our experience, traveling together to the deeper layers of Self.

In the family home of our host we can relax and get ready to travel back home.

ANCESTRAL JOURNEY  
MEXICO

# MEET YOUR HOST



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# MAYTRELLI DIAZ

*Yogi, Ritualist, Life Coach*

Maytrelli Diaz trained as a yoga instructor at Diksha Universal Yoga in Mexico, at Sivananda Yoga School in Ner Dayam, India and at Agama Tantra Yoga in Dharamkot, India. She also took Teacher Training at Rainbow Kids Yoga in the USA.

She started exploring sound healing as a leader in training of Dances of Universal Peace in Colombia.

She has been a ritualist for over 10 years, coming from Aztec roots and leading different ceremonies, from rites of passage, sweat lodges, grief work, and women's circles.

While sitting in sacred plant medicine in Rishikesh, India she got the download from the guru Sri Prem Baba, to "awaken the love in everyone in sacred circle". Her main intention is always to integrate and create a strong and sane global community, inspiring people to a more holistic and joyful way of living.



# MAYTRELLI DIAZ

*Holistic Living is better living*

Maytrelli's mission is to inspire people to look further, to do more for the Earth and for others, to go deeper and to laugh more often. She especially loves bonding with groups of kids, elders and women, as they are often more open to experience.

Working in the Coyle Community Center in Washington, USA, she had the most fun diving into yoga & holistic practices with a group of elders for over 2 years.

In 2021 a download of information manifested into a Women Empowerment Healing Retreat that she called "Shakti Rising", where women in the Olympic Peninsula were led to tap into their full potentials.

It has been her biggest dream to show the marvelous mysticism of her home country of Mexico, a dream that now is coming to life. We hope you can join us in this "Ancestral Journey" to remember your true essence.

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MEXICO

# MEET YOUR CO-HOSTS

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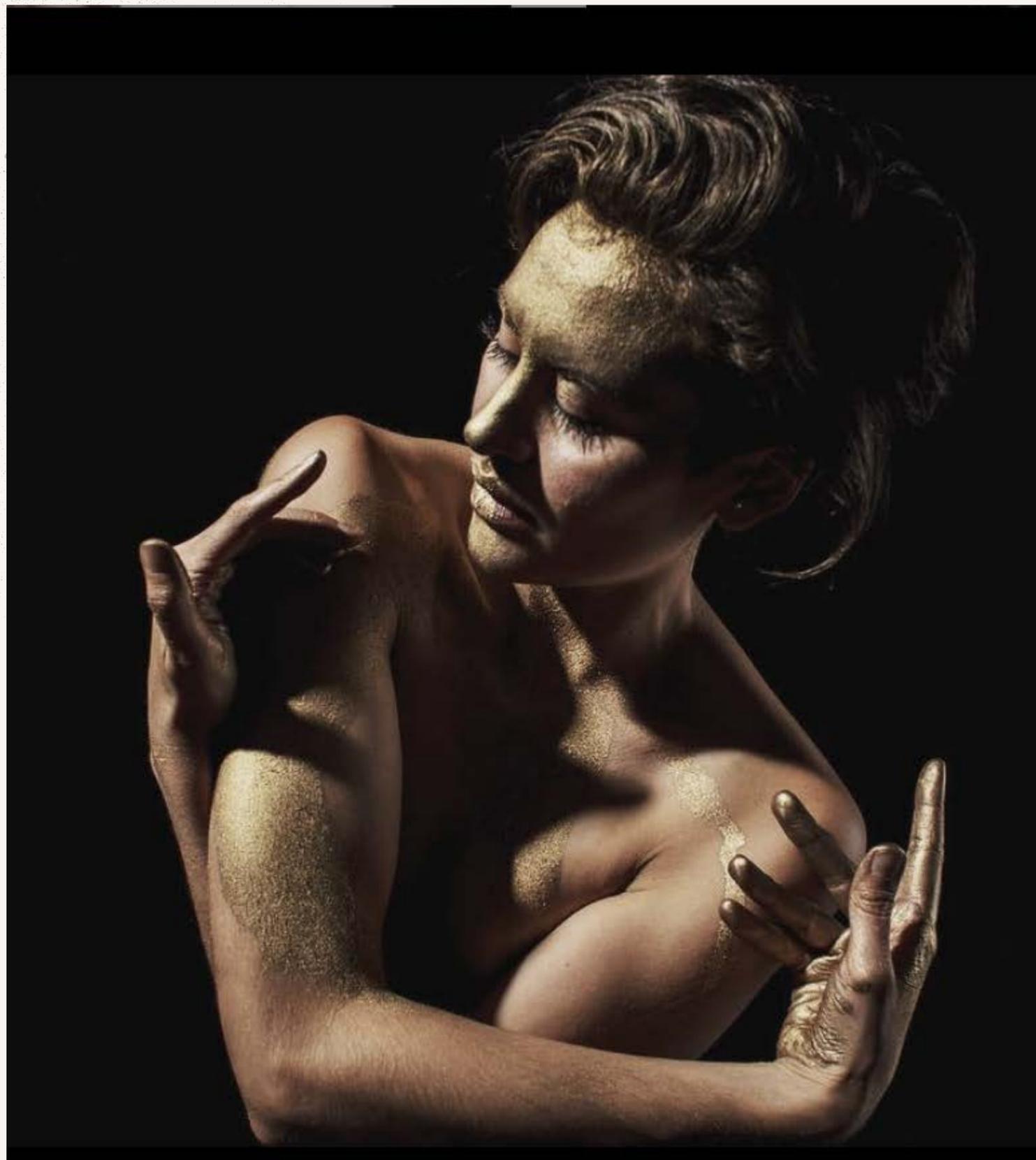


# MICAELA KINGSLIGHT

*Multi-instrumental sound healer*

Micaela is a trained teacher of Vocal Yoga, the Joy of Breathing, Singing and Sounding, techniques of sound healing, resonance training with tuning forks, and voice science. With these tools she will be leading us to promote deep breathing, vocal power, and resonance.

Music can help us unfold the layers of emotions that have been stored in the past in our body, and the voice is a mirror into the physical, emotional, and mental health of the being. Through the teachings and guidance of Micaela, we will be working through any blocks that have been hindering our creative expression in order to work through them. We will welcome whatever emerges with a new voice and aim to leave feeling new, fresh, and free.



# HAYLEY SHANNON

## *Somatic Movement*

Hayley Alaina Shannon (she/her) is a dance artist and embodiment coach channeling expressive arts for healing and empowerment. She is a former professional modern dancer who is currently devoted to guiding people of all ages and abilities into a more conscious connection with their body, heart, mind and soul. Hayley uses dance/movement therapy, meditation, and expressive arts therapy to empower adults to embody their innate wholeness. She's reached thousands of people through teaching privately and at festivals, retreats, schools, temples, shelters, orphanages and more since founding Dance Healing in 2016. She currently lives on Orcas Island, WA on unceded Coast Salish lands and facilitates international groups and coaches individuals primarily online. [HayleyShannon.co](http://HayleyShannon.co)



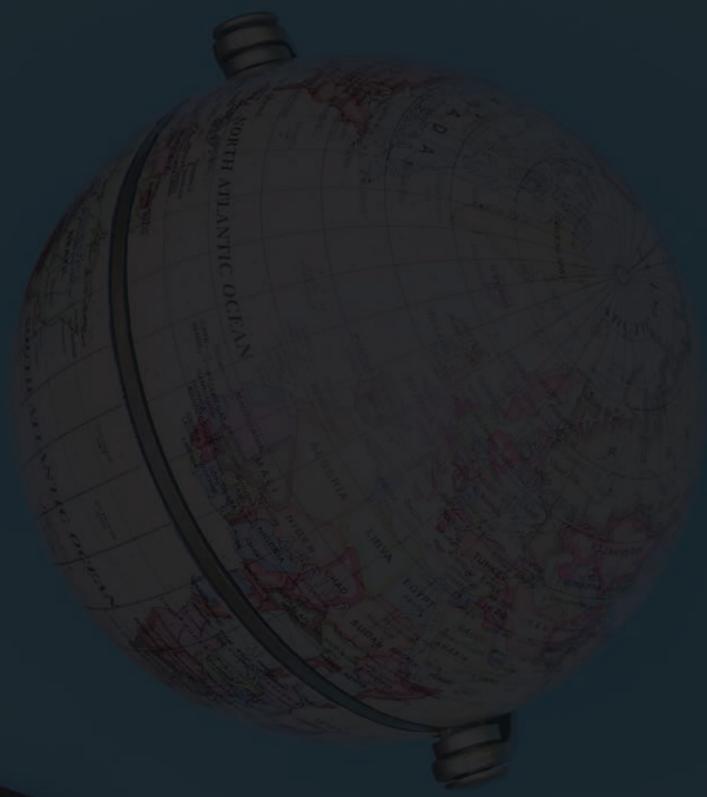
# ANA GABY FERNANDEZ

## *Cacao Ceremony & DUP*

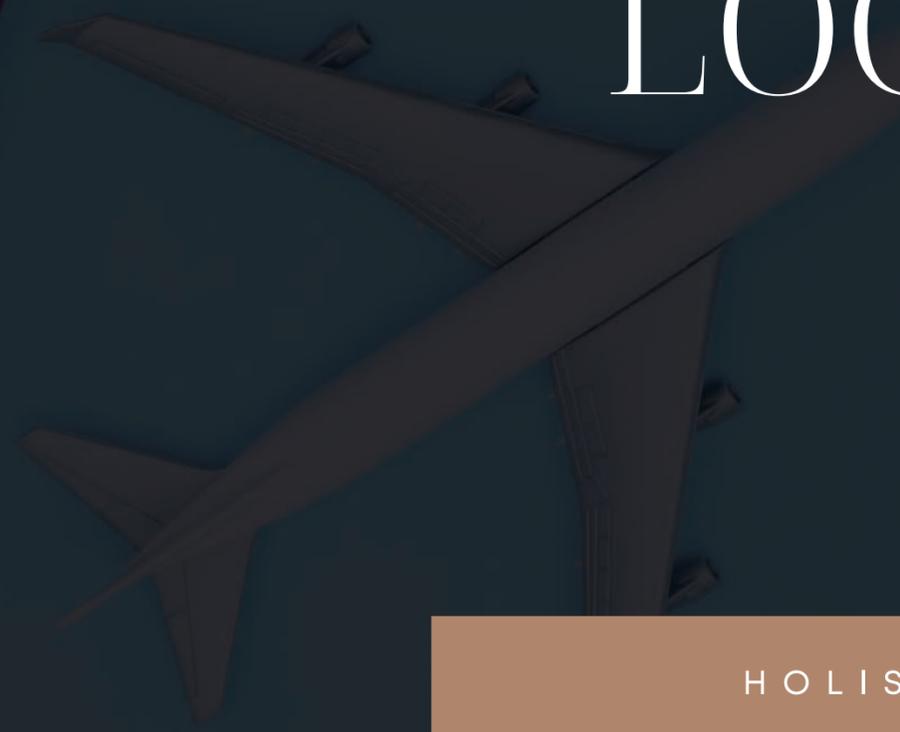
Ana Gaby Fernandez is a holistic therapist, and producer of events and has led dances of Universal Peace. For over 10 years she has travel the world, learning, teaching and sharing in sacred circle.

Ana will be guiding us in through the medicine of cacao and the dances to find a collective sense of union.

She has organized and led workshops in crystal therapy and will bring the magic and protection of those beautiful helpers.



CENTRAL JOURNEY MEXICO ANCESTRAL



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# LOGISTICS



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# BOOK YOUR TRAVEL ASAP

## 1 - FLIGHT TO MEXICO CITY

*Meeting point:* International Airport GATE 1

We will gather during the morning of Jan. 30 and then leave together as a group in our van AT 11:00 AM.

(More details provided upon registration.)

**MAKE SURE YOUR FLIGHT ARRIVES IN TIME TO MEET US BEFORE 11:00 am**

Maytrelli recommends using [WWW.VOLARIS.COM](http://WWW.VOLARIS.COM), a Mexican airline with great routes, prices & discounts.

**Red eye** flights are less expensive and leave from Seattle at night and arrive at 9AM in Mexico City.

### COVID Protocols in place:

Proof of vaccination is required. TESTING will be administered when we gather, before getting in the van.

Thank you for understanding, we want to protect everyone and feel safe on our journey.

## 2 - FLIGHT FROM MEXICO CITY TO CHETUMAL

February 2, 2022

Flight NUMBER Y4 824

Airline: Volaris

Leave Mexico City - 1:35 PM

Land at Chetumal - 4:25 PM

Transportation to the Airport leaves Teotihuacan at 9:00 am  
arrives at Mexico City Airport at 11:00 am)

**Meeting point: National ARRIVALS**

Transportation to the hotel is not included, approx. \$30  
Cost can be shared among participants.

# ANCESTRAL JOURNEY MEXICO 2022

## Overview

*JANUARY 30 to FEBRUARY 8, 2022*

- DAY 1: Jan. 30 **México City (Van leaving Airport at 11 AM)**
- DAY 2: Jan. 31 **Tepoztlán, Morelos**
- DAY 3: Feb 1 **Van to Teotihuacán, Estado de Mexico**
- DAY 4: Feb 2 **Flight to Chetumal, Quintana Roo**
- DAY 5-7: Feb 3-6 **Bacalar, Quintana Roo**
- DAY 8: Feb 4 & 5 **Tulum, Quintana Roo**
- DAY 9: Feb 7 **Chichen Itza, Quintana Roo**
- DAY 10: Feb 8 **Cancun International Airport**

# ANCESTRAL JOURNEY MEXICO

## Includes:

- All Lodging
- All Meals (except 3 lunches while we are touring)
- All Rituals & Classes
- Tour to Chichenitza
- All Transportation  
(except flight to Chetumal and from Airport to Bacalar)

**TOTAL COST:        \$2247.00**



**REGISTER NOW with \$500 deposit**

[www.holistikliving.com/retreats](http://www.holistikliving.com/retreats)  
or text for details 360 821-8764

SIGN UP NOW &  
GET **\$250** DISCOUNT  
EARLY BIRD until DEC 1st:  
**\$1997.00**

**\$100 Extra OFF Each**  
**if you sign up with a friend**

**Payment plans available**



# WHAT PEOPLE ARE SAYING ABOUT

## *Holistic Living & Maytrelli's retreats*



### *Diving into the Divine Feminine*

"Shakti Rising was a dip into the divine feminine, a dive into sensuality and beauty. It was loaded with ceremony and ritual, dress up, dance & music, sharing circles, and therapeutic practices designed to help free us from old paradigms and patterns.

Maytrelli led us with energy, fire and passion. Her commitment to each of us, to our well being and self care was very loving and kind. She promoted an environment of sisterhood and inclusion, safety and permission. Thank you so much Maytrelli!"

Carolina, Shakti Rising, July 2021



*"The immense care and planning put into this retreat was reflected in how each soul emerged as a more empowered being. Maytrelli's keen awareness tapped into the divine spark that each of us carry. Her leadership, along with her powerful co-leaders, encouraged us to reach in to bring that spark forth, empowering each woman to see it before them. The introspective instructions and one-on-one interviews preparing me for the weekend inspired me to ask myself questions I hadn't thought to ask and helped me know myself more completely. She and her team inspired me to express myself with joy, pure love, and authenticity. I left feeling deeply connected to myself, the divine elements of life, my ancestors, the other women, and my partner once I returned home. I felt my own beauty matched by the radiance within every other woman's expression of themselves. This retreat was a powerfully joyful and opening experience and I have gained skills that keep that knowledge alive for me each day since! Thank you!"*

*Dana Nixon Shakti Rising Spring 21*

# WHAT PEOPLE ARE SAYING ABOUT

## *Holistic Living & Maytrelli's retreats*



### *Profundly Healing & Liberating*

*"Shakti Rising retreat was a profoundly healing and liberating experience. I was amazed at the thought and attention to details that went through out the entire weekend. From the altars, food, retreat center, forest, beauty was everywhere. The instructors were so knowledgeable, present and empowering. I learned so many new skills and shed old limiting beliefs. Authentic prayer, music and dance lifted my spirit. I left feeling lighter, more courageous, connected to my own Divine feminine, Creation and my Sisterhood. I am truly grateful for being part of this experience."*

*Julia Alban-Buggy*



"I did the Chakras reconnection training with Maytrelli, I definitely recommend to have this experience, it was incredible, I felt things that I've never felt before, the knowledge the ambient, the music, and everything else made a unique experience that I look forward to repeat! Maytrelli has an incredible knowledge of yoga, holistic therapies and deep sense of what was happening with me in all the process, she supported me every step of the way"

Daniel Torres,  
México 2021

AN  
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ARE YOU READY?

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# AND WHAT AFTER?

*Coming back home... do it if you must!*

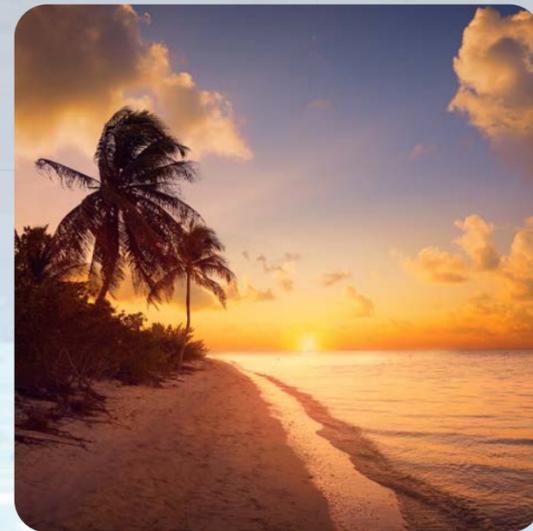
**FLY FROM CANCUN TO ... - wherever you wish to go...**

I must say, once I am in a new place, I want to stay longer. Once you witness this magical place, you will see that Mexico is easy going and welcoming to travelers.

The Yucatán Peninsula is rich in adventure, folklore and great little beach towns to visit. I highly recommend:



Isla Mujeres



Holbox



Cozumel



Cenotes



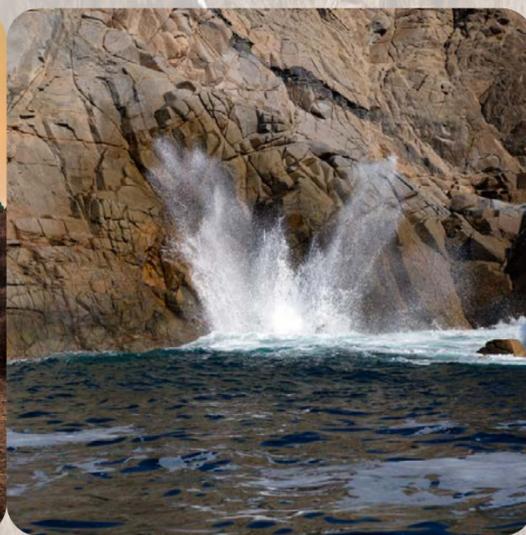
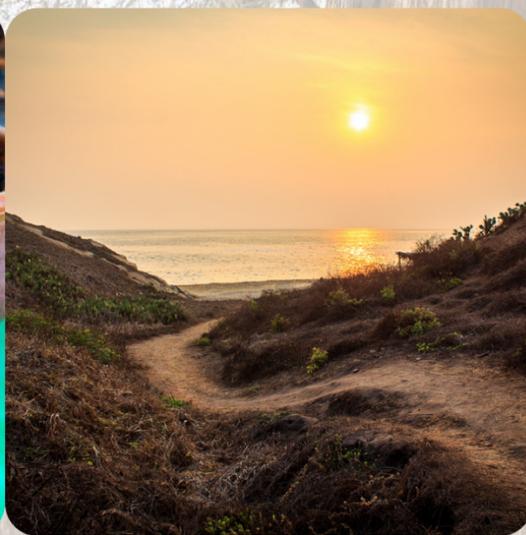
Xcaret

# WHERE TO GO?

*Feeling a bit more adventurous?*

I don't blame you!

So many cool places to visit that are only 1 hour by plane, some I can totally recommend are:



## OAXACA

Mazunte, Huatulco, Montealban, San Agustín de las Flores,

## CHIAPAS

Palenque, San Cristóbal de las Casas,

**GRACIAS!**

**JOIN US NOW!**

**LIMITED AVAILABILITY**

**LET'S REMEMBER OUR TRUE ESSENCE TOGETHER!  
QUESTIONS AND MORE:**

**INFO@HOLISTIKLIVING.COM**

**360 821-8764**

**REGISTER NOW!**

