

Maya Tulum Retreat
Tulum, Mexico
December 13-20, 2008

Twice daily Yoga Intensives
Excursions to Mayan ruins
Wisdom traditions and ceremony
from Pre-Columbian Mexico



Yoga & Nahuatl (ancestral) traditions of ancient Mexico

Vinyasa and Iyengar-inspired Yoga, excursions to Mayan ruins, wisdom traditions, teaching and ceremony from Pre-Columbian Mexico with Phoenix Artemisia and Mazatzin Acostas

Join us in Mexico for a week of diverse Yoga practices, pristine beaches, exploring nearby Mayan ruins, and learning about indigenous traditions of ancient Mexico from traditional teachers.

Maya Tulum is on the Yucatan Peninsula and is close to Cancun. The retreat center is famed for its peerless location on white sand beaches, gourmet organic vegetarian and seafood dishes, and also for its spacious and inspiring Yogashala and beautiful, traditional Palapa-style accommodations. Maya Tulum is in the vicinity of the Mayan citadels of Muji and Coba, which we will visit on two separate, guided excursions.

Your Guides on the Journey:

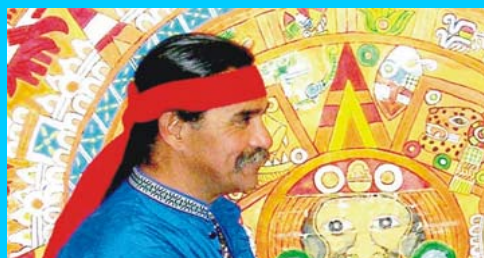
Phoenix Artemisia, B.A., RYT 500

Mazatzin Acostas, Ceremonialist and Tonalpouki (Calendar Keeper)

Phoenix Artemisia, RYT 500 has been leading inspired Yoga retreats internationally for several years and draws from her fortunate studies with Indian and western Yoga teachers and indigenous healers in her understanding and transmission of Yoga and mind-body-spiritual integration.



She leads creative Vinyasa and Iyengar-influenced Yoga classes that include energy practices such as pranayama, mudra and chanting. Her classes are rooted in techniques for conscious embodiment, mindfulness, and a peaceful, open heart ~ reflected in the timeless Yoga philosophy.



Mazatzin Guadalupe Acostas is a special guest teacher coming to be with us as a guide who will bless our gathering with facilitated group ceremony and daily teachings on ancient indigenous Mexican Indian culture. Mazatzin has been called to travel all over the world and has studied, participated in, and facilitated ceremony with Native elders from the U.S., Mexico, Central and South America. He is a respected ritualist, teacher, astronomer, linguist, and public speaker whose life work is based on the Aztec Calendar of the Fifth Sun. During mid-morning, we gather in circle to understand these potent teachings based on Aztec astrology and indigenous traditions from the Calendar, which is based on a cycle of time governed by the elements, and their seasonal and social influence on human psychology and relationships.

Your Guides on the Journey (continued)

Mazatzin is called by the title "Tonalpouki", one who keeps count of the symbols of the days of the Sun on the Aztek Calendar. Mazatzin teaches the personal, social and spiritual truths revealed by the Calendar and how to use it on a daily basis for your personal benefit, self-understanding and evolution. He invites you to a "Re-Encounter with your Cosmic Identity". The teachings of the Calendar are an accumulation of thousands of years of observation and study so that people of all backgrounds may be able to live a just and HAPPY life, with a strong heart and their own identity signature, given as your Nahuatl name according to your birth astrology. Mazatzin will give daily seminars on the Calendar and is available for personal appointments and counseling sessions during the weeklong retreat.



Phoenix and Mazatzin have worked together over many years with groups of adults and children, co-facilitating these teachings, and are looking forward to bringing them back into context with participants near the ruins of ancient Mexico.

Retreat Schedule of Yoga Classes and Events

7-7:45AM	Pranayama, morning Sanskrit prayers and meditation
8-9:30AM	Asana I: Vinyasa Yoga class
9:30-10:30AM	Breakfast
11:30-12:30PM	Ceremony and Teaching given by Mazatzin
1-3PM	Lunch is served until 3, and there is free time until 5:30pm
5:30-6:30PM	Asana II: Iyengar Yoga and special topics workshop
7-9PM	Dinner

This schedule reflects the regular retreat rhythm for the week, beginning on Sunday December 14, and ending on Saturday the 20th after breakfast and a closing circle together. Exceptions occur on Tuesday and Wednesday when we take our excursions to visit the Mayan sites of Muyil and Coba. During those days the following schedule is in effect:

MUYIL: Tuesday, December 16. From 1:30-5:30PM we will visit this temple complex, trade center, and the neighboring water reserve of S'ian Kaan.

COBA: Wednesday, December 17. Leaving at 9:30AM and returning at 2:30pm. An evening circle will be held with Mazatzin at 5:30PM instead of Yoga.

Namaste~

Thank you for your interest in joining us this year on the Maya Tulum Yoga and Nahuatl (Ancestral) Traditions retreat, taking place from the 13th to the 20th of December in Tulum, Mexico. This is a transformative journey that will bring your soul home to a deepened perspective on your Yoga practice and tactile experience of the culture, geography, and history of ancient Mexico in beautiful Tulum on the Mayan Riviera.

On most days we will start with a 2-hour morning practice blending pranayama, kriyas, and meditation, and move into a creative, dynamic asana practice taught in the Vinyasa method. Except on excursion days, there will be two opportunities a day to practice Yoga. The afternoon practices are specialty seminars given to deepen our understanding of the body through asana from the Iyengar perspective. These classes are ideal for those who want a therapeutic practice infused with stillness, derived from longer holds in the postures. All Yoga classes are taught with modifications for all levels of practice.

The weeklong retreat at Maya Tulum includes seminars on the Aztec calendar and ancient indigenous Mexican culture, in an informal circle-setting on the beach or in the Yogashala, after our morning practice and breakfast. Maestro Mazatzin Acostas will help us to learn about the Aztec and Mayan people's history, language, architecture, art, and religion, which exemplify cultures that revolved around the reverence for nature and the mysteries of the earth and heavens. There is time during the afternoons for you to make an appointment to consult with Mazatzin for a personalized reflection on the Calendar, which reveals your birth and destiny signature and illuminates your life purpose.

Retreatants fly in to Cancun International airport (CUN). You will want to plan to arrive after 12PM noon on your flight, so that you can transfer by early afternoon to the oceanfront Maya Tulum Yoga Retreat. It takes about 2 hours and fifteen minutes to get to Tulum from Cancun airport. Please let us know of your travel details, so that transportation can be arranged for you from your arrival at the airport. The retreat begins that afternoon with an opening circle and a Yoga practice in the early evening to help you to ease in from your traveling!

Gourmet vegetarian and traditional Mexican dishes including seafood and wines are available at Maya Tulum's cabanas. All meals from December 13th (Saturday evening) dinner to December 20th (Saturday morning) breakfast are included in the cost of your retreat, and alcoholic beverages such as beer, wine and cocktails are available to purchase if you like.

Maya Tulum also has a world-renowned bodywork and massage center which came to my attention all the way out in Greece this year from a couple of retreatants who had enjoyed the services while vacationing at Maya Tulum. The cost of treatments varies per service. For more information, please visit Maya Tulum's website.

During the month of December the weather on the Mayan Riviera is moderate to hot, averaging between highs in the 80's and lows as "far" as 65 degrees. This journey will allow you to dip your toes and more into the Caribbean Sea. It is advisable to bring swim goggles or a snorkeling mask for viewing the dramatic colors of the ocean floor.

An Overview of the Excursions to Mayan Sites



Tuesday, December 16th: Sian Ka'an and Muyil

Reaching the ruins of these coastal ruins, a guide will show you the Muyil ruins and explain to you all about this ancient Mayan trading post and the importance of Ixchel, the moon goddess, in this city. On the way to reach the Muyil lagoon you will climb in the highest viewpoint of Sian Ka'an and enjoy a unique view on the reserve. We'll meet a local skipper and go for a 2-hour boat trip across the wetlands. We will visit a Mayan temple, obscured by the jungle, and jump in an ancient canal. You can let yourself float in the translucent fresh water; the natural current will drive you across the beautiful mangrove. Once back to Muyil, we will share our experience of this wonderful day around a little appetizer of cheese and wine—to help you store a lot of unforgettable memories...

This journey includes: Guidance in English/Spanish/French, A/C transportation, entrance fees, boat trip, and appetizers



Wednesday, December 17th: Coba Ruins

Coba is located among five lakes in the middle of the jungle and was once home to about 50,000 people. One of the most outstanding features of Coba is the incredible number of sacbe (elevated roads) that connect parts of Coba with other Mayan cities many miles inland. The journey includes roundtrip transport, entrance fees, drinking water and a multilingual guide. Bike rentals to explore ruins are highly recommended as the complex is vast, and are an additional 25 pesos per bike.

During the outings to the ruins please bring sun protection and a swimsuit, and of course, your camera!

If you are interested in preparing yourself with some excellent reading about the history of the Mayas and of the Aztecas, we recommend:

A Forest of Kings: the untold story of the ancient Maya
by Linda Schiel and David Freidel

The Aztecs by Richard F. Townsend

We sincerely hope that you will honor us with your company in a spirit of celebration and learning this winter, for a colorful and rejuvenative delving into the wisdom traditions of Yoga and ancient Mexico, in beautiful Tulum.

Timo Itazke~ See you soon,

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