

# Reiki Master Alexandra Paul & Project Mayan Encounter

Prices per person from airport Cancun:

1. Degree \$2364

2. Degree \$2711

Nonrefundable deposit of \$800  
before September 30, 2013

**Early-Bird Discount  
\$150**

**until August 15, 2013**

NOVEMBER 6–14, 2013

RIVIERA MAYA, MEXICO



## Reiki Retreat

With this Retreat we want to draw you out of your daily routine and support you in reconnecting with your own healing powers – here in the land of the ancient Maya. Reiki is life-force energy and has always been within you. Aligning and sealing it lets you use it consciously to help our Earth and the people around you in their own evolution. On a more personal level, Reiki is a wonderful tool to cure and nourish yourself, others, animals, plants or situations with healing energies. The second degree prepares you to also send Reiki remotely. We launch our Retreat with a visit to the tallest pyramid of the Yucatan peninsula, followed by a Temazcal – a sweat-lodge ceremony to purify our souls for the following 3-day course with its seals. Then we are off to explore the charming Caribbean island of Isla Mujeres by bike, we visit the amazing Sian Ka'an biosphere reserve with its rich fauna and flora. You are welcome to extend your stay and book additional tours, or simply enjoy the Mexican Caribbean.

**Project Mayan Encounter** was launched in 2008 by Stefanie Baeker, and is all about creating meaningful travel alternatives—in harmony with Mother Nature and the local Mayan communities. They are made to nourish body, mind and soul. The tours we selected for this retreat only scratch the surface of an incredibly diverse environment. Just some highlights: the Great Mesoamerican Barrier Reef for snorkeling & scuba diving, whale sharks, lagoons, white sand beaches, underground river system and cenotes (sweet water ponds and caves), jungle & wildlife, colonial towns, Mayan temples and culture, today's Mayan communities, and so much more. We have composed a combination of culture, nature and relaxation for you, to blend with your Reiki class.

**Alexandra Paul** has been deeply involved in the health and healing field for 30 years. She is a certified yoga instructor (BYV, emphasis on Hatha), as well as a Reiki master in the traditional Usui System of Natural Healing. She began teaching Hatha yoga in Germany in 2001, and is now teaching in Norway, where the German native moved in 2008. Reiki is her passion, her "heart piece" as she calls it. She was attuned to the First Degree in 1998. In 2007, Alexandra began commuting between Germany, Norway and Ireland to hold Reiki seminars. As a licensed pediatric nurse and speech-language pathologist she brings fundamental knowledge and expertise to her current work.

### TIMELINE:

WED 11/6 ARRIVAL & INTRO

THU 11/7 COBA & TEMAZCAL

FRI 11/8 YOGA & REIKI CA. 9 AM—4 PM

SAT 11/9 YOGA & REIKI CA. 9 AM—4 PM

SUN 11/10 YOGA & REIKI KURS CA. 9 AM—4 PM

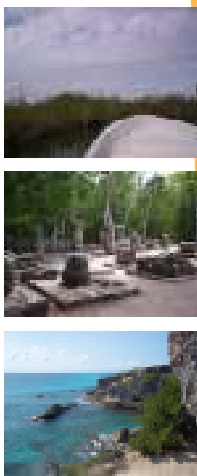
MON 11/11 ISLA MUJERES BIKE TOUR & JOYSKEE ISLAND

TUE 11/12 SIAN KA'AN BIOSPHERE RESERVE—BOAT TOUR

WED 11/13 FREE DAY (OPTIONAL TOURS: VALLADOLID & CHICHEN ITZA, CENOTES, RIO LAGARTOS (FLAMINGOS), SOLFERINO-ARBOL SAGRADO, BACALAR & KOHUNLICH (2 DAYS), PUNTA LAGUNA (MONKEY RESERVE) - THESE TOURS NEED TO BE RESERVED BEFORE OR ON ARRIVAL

THU 11/14 RETREAT ENDS (DEPARTURE)

(CALENDAR SUBJECT TO CHANGE)



### Included:

- Airport shuttle Cancun—hotel
- 8 nights at Sakol K'aax Jungle B & B
- Ca. 15 hours of Reiki instruction
- Reiki seals and certificate
- Course materials
- Yoga sessions on class days
- Snack-lunch on class days
- 3 guided day trips
- Entrances, lunches, gear, guides during excursions

### Not Included:

- Dinners
- Personal purchases
- Tips

### Contact:

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