



Dia de los Muertos Guatemala

A celebration of life and death.

October 30 - November 3, 2024

Honour the cycle of life by celebrating those that have gone before us



Welcome to our carefully crafted program nestled in the heart of Guatemala, a place where the vibrant tapestry of life and death intertwine.

Step back far enough from your life routine to get a glimpse of the big picture. The Dia de los Muertos Holiday offers a perspective from which the boundaries between the living and the departed blur, and stories of our loved ones find volume and clarity once again.



When

Oct 30-Nov 3, 2023

Where

San Juan la Laguna

Small group 10-15 people

Deepening our connection to the seasons of life

The depth to which one is able to open themselves to grief will provide foundational strength for future growth.

We invite you to join us, to explore your process of grief through connection vs isolation, conversations vs silence, expression vs suppression.

Nightly community bonfires will be held with an opportunity for each participant to honour their departed through storytelling. It is what they deserve! This retreat provides a renovation to the spaces our lost hold in our hearts.



About Dia de los Muertos in Guatemala

Many are aware of the Mexican traditions celebrating day of the dead, popularized by Hollywood in recent times. What few outsiders realize; Day of the Dead is celebrated throughout Latin Culture with different variations and flavours.. This Holiday brings opportunities examine a full spectrum of emotions within a gentle and non judgemental community.

Lake Atitlan is renowned throughout Guatemala for its authenticity and preservation of Mayan cultural roots.. The village of San Juan comes alive with procession. People dressed in traditional clothes walk the streets and visit the decorated cemeteries, leaving trails of marigold petals in their wake. This is truly a magical time to be here.

On this journey you will . . .

Spend a week in San Juan La Laguna that is a small town situated 3.5 hours away from Guatemala City on the shores of the majestic Lake Atitlan. Community life is a core value of Latin American culture.

The combination of the area's cultural and traditional depth along with San Juan's rural setting has provided us with a vibrant and active lifestyle where interactions, celebrations and cooperation amongst neighbours are a part of everyday life.



Cultural immersions

Celebrating the Day of the Dead in a local community, visiting the cemetery, exploring Mayan rituals around death



Travel experience

Enjoying mountain hikes for sunrise watching, kayaking and private boat tour in the unique place



Local mayan teachings

Learning how local Tzutujil people observe death within their calendar every 20 days.



Community experience

Be surrounded by individuals who uplift, acknowledge, listen to, and support you on your path

This retreat is for you if . . .

You have experienced loss and want to learn how other cultures process grief.

You love to travel.

Want a beautiful space to reflect and celebrate those that have departed from your life

Need a timeout to grieve

Feel isolated and want to connect with other live humans

Are expressing grief in an unhealthy way and don't know where to start in turning things around



You aim to make grief a more accepted part of life, in all its variations, while also recognizing and rejoicing in the happiness that fills your life

Being “busy” has caused you to procrastinate grieving the loss of someone important to you.

What to do by days...

Day 1

Oct 30,
Wednesday

- Meet in Guatemala city
- Travel to lake Atitlan with a stop for lunch in Tecpan
- Stop at swings before descending into lake
- Arrive at hotel: unpack, settle, free time
- Dinner
- Orientation
- Fire

Day 2

Oct 31,
Thursday

- 6 am – sunrise, fire, coffee/tea, story time
- 8 am – breakfast
- 9-12 pm – guided traditional weaving/kayak/horse tour, (pick one of the 3)
- 12-3 pm – free time
- 4 -5:30 pm – group session on history of Halloween
- 6 – 7 pm – Temezcal
- 7:30-9:30 dinner, fire, story time

Day 3

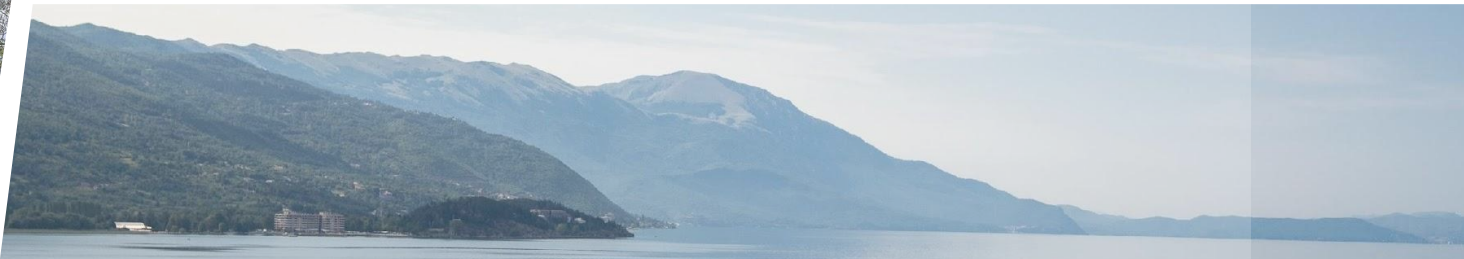
Nov 1,
Friday

- 6 am – sunrise story session
- 7:30 am – leave for Sumpango kite festival
- 9 am – breakfast along the way in Tecpan
- 11:30 am – arrive/explore
- 12:30 pm – lunch TBA
- 3 pm – leave Sumpango
- 4:30 pm – dinner in Tecpan TBA
- 7 pm – arrive back to hotel
- 8 pm – group fire session

Day 4

Nov 2,
Saturday

- 6 am – sunrise story session
- 8:30 am – breakfast
- 10 am – kayak
- 12 am – free time
- 4 pm – group session Mayan vs modern customs & beliefs around death
- 6-8 pm – street food & cemetery tour
- Guided prayer



What to do by days...

Day 5

Nov 3, Sunday

- 7am - Sunrise stretches on the deck
- 8:30 Breakfast and wrap up, final words and blessing of participants
- 10:00 Wrap up and checkout.
- 11:00 Paid shuttle leaves for Guatemala City



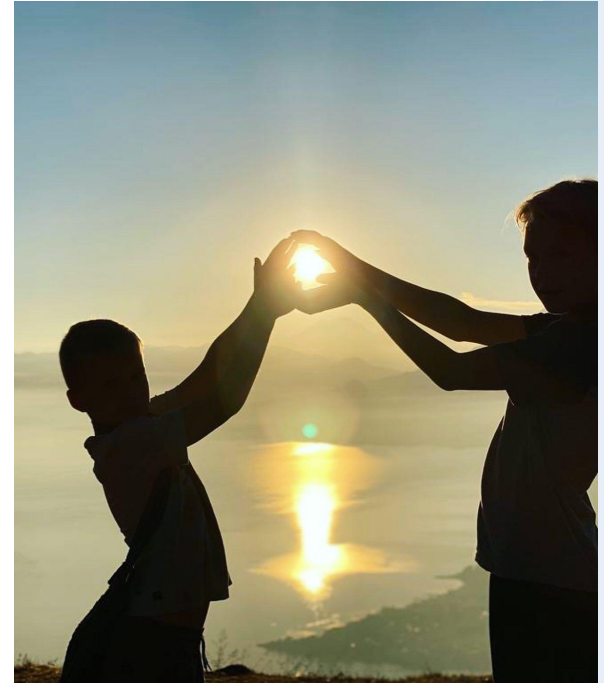
SIGN UP TODAY, LIMITED SPOTS AVAILABLE

PAYMENT PLANS AN OPTION

Price

Our Dia de Los Muertos retreats are offered on a donation basis. We want this experience to be one of healing and connection in a stress free environment.

Please consider 750\$ as a suggested donation but if you have financial limitations, we do not want that to get in the way of you participating. If you have had a friend or someone close experience recent loss, please consider getting some friends together to support them in registering them for this retreat.



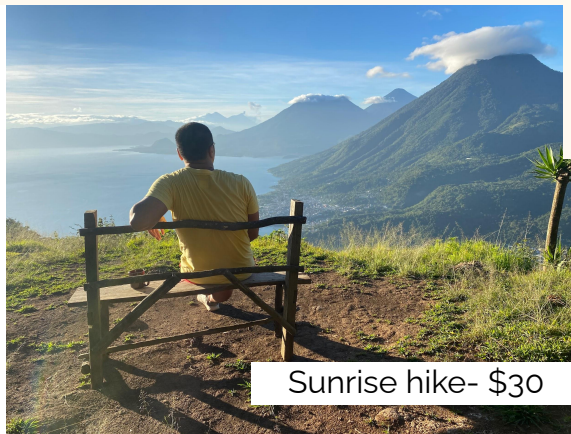
What's included...

- Accommodation with shared kitchen
- Shuttle to/from Guatemala City airport
- Tour to Sumpango (meals excluded)
- Group sessions'
- Temezcal
- Kayaking
- Breakfasts and dinner at the hotel
- Gift bag

...AND MUCH MORE.



Embroidery class - \$15



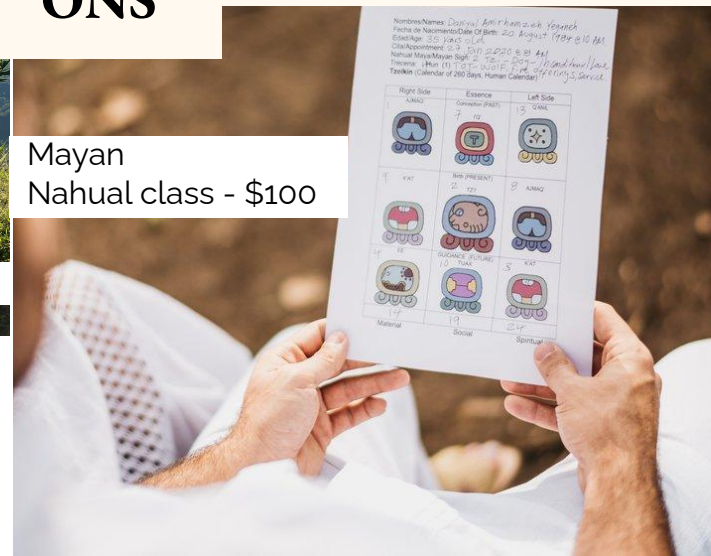
Sunrise hike- \$30



Weaving class - \$15

ADD ONS

Mayan
Nahual class - \$100



The story of a Canadian family of 7 living in Guatemala



Three years ago we took the leap as a family and decided to take a crack at raising our children in another country with the goal of fostering a broader world view and emphasizing generosity as a way of life.

There have been many challenges along the way, yet it has been an incredibly rewarding experience. Our children are enrolled in the local Guatemalan school system and we are so happy with the way they have been welcomed into the community. Throughout our time in Guatemala we have witnessed amazing cultural traditions when it comes to dealing with mortality, we wish to help Guatemala share these gifts with the world.

We've realized that this journey is about more than just our family. It's about the rich traditions, the warmth of the people, and the spirit of giving that we've encountered along the way. We believe in the power of cultural exchange and the impact it can have on shaping a more compassionate world.



Come to Guatemala

Keep the Connection **Alive**



Culturechalk.org



<https://www.instagram.com/culturechalk/>



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San Juan La Laguna, Guatemala

