

Five Night Reiki III/ART and Master/Teacher Class in Tulum, Mexico With Kristin Barton

August 5-10, 2010

Retreat Description: This all inclusive retreat offers students instruction in Reiki level III/ART, Master/Teacher, or both. In addition, it includes accommodation in our handmade yurt-palapas, daily breakfasts and dinner (except day 4), non-alcoholic drinks, snacks, transportation to and from airport and excursions, guidance, lectures, and entrance fees. Additional optional excursions may be added for additional cost. Retreat location is Mayab Center in the Sian Ka'an biosphere, Tulum Mexico. The private, eco-retreat center is on a secluded stretch of Caribbean beachfront. See below for itinerary and rates.



Reiki Level III/ART Course Description:

Review of Reiki I and II, advanced Reiki meditation, The Usui Master Symbol- uses and techniques, Reiki Crystal Grids, Reiki Psychic Surgery, Advanced Reiki Attunement, information on starting a professional practice, healing ethics, practice time. This class includes either an Advanced Reiki Manual, or if your plan is to take Master training from me, the Advanced/Master Manual. Reiki III/ART certificate awarded. Approx. 4.5 hours.

Reiki Master/Teacher Course Description:

Review of previous levels, Reiki Master Attunement, 2 additional symbols, learning and practicing the Healing Attunement, learning self-attunements, learning and practice of all Reiki attunements. Information about building your Reiki practice. A manual for Reiki Master/Teacher is included. Disc with all Master materials, and Master/Teacher Certificate is awarded. Approx 8- 10 hours.

Note: Students must be a Reiki II practitioner to participate.

This plan includes:

- ⇒ Reiki Level III/ART or Master/Teacher course (or combination)
- ⇒ 5 nights lodging in our yurt palapa rooms
- ⇒ Day trip to Sian Ka'an - Muyil
- ⇒ 4 day bike rental
- ⇒ Evening sea turtle lecture and beach walk
- ⇒ Transportation to and from the airport
- ⇒ Breakfast, snack and dinner daily (ONE dinner will be on your own in town)
- ⇒ Optional a la carte services (we assist in arranging, guests pay individually)

Five Night Itinerary:

DAY 1 – Welcome, Introduction to Mayab Center

Guests will fly into the Cancun airport. From there it is about a two hour drive south to Mayab Center in Tulum.

Upon arrival at Mayab (probably in late afternoon), guests will enjoy time on the beach, and in the evening be introduced to the mission and sustainable programs of the center while enjoying their first candlelight dinner in the beachfront dining room.



DAY 2: Reiki III/ART Coursework and relaxation on the beach

Each morning guests will meet in the beachfront dining room for breakfast. Following breakfast, level III students will meet for class for the remainder of the morning. Non level III students will enjoy a day of quiet time and relaxation on the beach.

For guests who would like to start exploring, we have arranged bikes for you to use. In addition, we are happy to call taxis, and assist with advice on additional things to see and do in the area.

This evening we will visit with a local biologist who will speak about sea turtles and local conservation efforts. Since we are in the middle of sea turtle nesting season, it is very likely that there will be turtles nesting on our beach in the evenings. After the lecture, we will offer guests the opportunity to walk the beach where they may observe the turtles.

DAY 3: Sian Ka'an/Muyil Tour

Sian Ka'an, which means, "where the sky was born" in the local Maya language, has been designated as a World Heritage Site by UNESCO, along with only a handful of other places in the world. This internationally protected reserve includes several habitats, including Caribbean coastline, the world's second largest coastal barrier reef, huge freshwater lagoons, 1.3 million acres of tropical jungle and mangrove, wetlands, dunes, and cenotes or sink holes to name a few. The reserve is inhabited by a variety of exotic plant and animal life; there are 800 plant species, 103 known mammal species and 336 known bird species. The area is an important nesting ground for 4 different types of sea turtles - green, loggerhead, hawksbill, and leatherback, which you may observe in the summer months on our beach. The area was populated by the ancient Maya as well; there are 23 known archeological sites (with relics dating up to 2,300 years old) within the reserve.

On today's tour, we will enter the reserve through the archeological site of Muyil. We will be guided by Pastor Camaal, a member of the local Mayan community. Pastor speaks English and brings a mix of traditional and modern knowledge to his guide services. After touring the small ruin, we will proceed into the jungle on a wooden boardwalk trail, where we will identify various local tree and plant species. On the trail, you may climb a tall lookout tower for a magnificent view of the jungle, the lagoons, and the peaks of a Mayan temple off in the distance. The trail ends at the shores of Laguna Muyil, where we will board our flat bottom boat for the tour through fresh water and brackish lagoons, home to several species of migratory birds.

On this section of the tour we will observe the lagoon and mangrove area of the biosphere up close. The mangroves of Yucatan peninsula are a threatened ecosystem- due mostly to human development in the area. The fragile mangrove system is rich in species and sheer numbers of living things, and is extremely important to the broader ecological community.

Next we enter the ancient Maya canals – narrow waterways thought to be constructed by inhabitants over 2000 years ago as an ancient trade route through lagoons and mangroves between the cities of Tulum and Muyil. Here you may enter the crystal clear water and be carried by the light current downstream, floating amid the mangroves and hanging orchids. We will dock for lunch at the ruins of a Mayan outpost before returning back to Muyil for a picnic lunch.



In the evening, there will be time for reiki group work.

DAY 4: Reiki Master/Teacher Class – all day

This evening, for dinner, you will be free to explore the many restaurants on the beach and in town on your own. Some are walking distance from Mayab Center. In addition, we are happy to arrange for cabs and offer advice on good places to eat.

Day 5: Optional Excursion Day/Group Reflection Time

The group may discuss which of the optional excursions they would like to participate in, if any, during the stay. For the cenote trip, we need a minimum of 5 people.

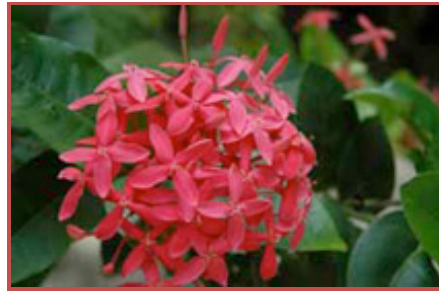
In the evening, there will be time for reiki group work.

DAY 6: Final breakfast, depart for airport

Optional additional excursions (These excursions are not included in the retreat price, but may be added for an additional fee):

TULUM ARCHEOLOGICAL SITE - The ancient walled city of Tulum – positioned on a cliff over the crystalline waters of the Caribbean ocean – is only 6 miles up the beach from Mayab Center (and easy bike trip). Believed to have served as a trading outpost for the ancient Maya, the city is protected by a wall that encircles it on three sides and the cliff on the fourth side. Views from the temple of the wind atop a rocky outcropping are spectacular.

After visiting the ruins, guests may spend the afternoon relaxing back on the beach at Mayab Center, or they may bike or taxi into the village of Tulum where they may wander through town shopping in the art stalls, sampling fish tacos and fruit drinks, and practicing their Spanish.



SNORKELING IN AKUMAL BAY: The Mesoamerican coral reef, which runs along the Caribbean coast in front of Mayab Center, is the second largest barrier reef in the world. This snorkel trip to Akumal Bay is perfect for beginners. The bay is protected from strong currents and big waves, and you don't need to swim far to interact with a variety of marine life and reef formations. During this trip you will likely encounter: giant black or spotted manta rays, schools of brightly colored fish, barracudas, sea turtles munching on the seagrass in the bay, lobster, angelfish, and many more fishes, and waving and pulsing coral formations.

In addition to snorkeling, visitors can explore the beach town of Akumal, known for its commitment to conservation and sea turtle research. You may visit the Centro Ecological Akumal, to learn more about the local turtle protection programs, shop at the boutiques selling high quality Mexican handicrafts, or relax at one of the local restaurants for lunch.

JUNGLE BIKE AND SNORKEL CENOTE TOUR: This tour begins early in the morning with a bike ride through the jungle, guided by Hugo, who will share his knowledge and passion for the plants and animals of this area. The ride ends at Dos Ojos, a beautiful underground cenote with amazing blue water and caverns to explore. Snorkel gear is provided and Hugo will help guests navigate the waters to experience this unique and intriguing part of the geography of the Yucatan peninsula. Once considered as sacred portals by the Maya people, these caverns connect through a series of underground waterways, eventually emptying out in the Caribbean ocean nearby.

Retreat Rates: The cost per person for this 5 night retreat includes lodging, breakfast and dinner meals (except for dinner on day four), transportation to and from Muyil excursion and the airport, snacks, lectures and educational materials, tour fees, and personalized guidance, and all reiki instruction. Airfare is not included.

Retreat with Reiki III/ART class:

\$790.00 per person, double occupancy

\$1035.00 per person, single occupancy

\$670.00 per person, triple or quad occupancy (available if we have 3-4 people who want to share 2 double beds in the big yurt)



Retreat with Reiki Master/Teacher class

\$990.00 per person, double occupancy

\$1235.00 per person, single occupancy

\$870.00 per person, triple or quad occupancy (available if we have 3-4 people who want to share 2 double beds in the big yurt)

Retreat with both ART and Master classes

\$1190.00 per person, double occupancy

\$1435.00 per person, single occupancy

\$1070.00 per person, triple or quad occupancy (available if we have 3-4 people who want to share 2 double beds in the big yurt)

Retreat for Reiki Practitioners not participating in coursework

\$590 per person, double occupancy

\$890.00 per person, single occupancy

\$470.00 per person triple or quad occupancy

Extended stay – Individual guests may choose to stay longer than 5 nights. Add \$50.00 for each additional night’s stay (includes room rental and breakfast only).

Room configuration:

3 yurts with 2 single beds

1 yurt with 1 double bed

1 yurt with 2 double beds

Maximum 12 participants



About Your Instructor, Kristin Barton:



Kristin Barton has been a Reiki Master/Teacher since 2004. Her Reiki education includes Usui/Tibetan Master/Teacher, Seichem Master/Teacher, Karuna (R) Master/Teacher #44982, and Lightarian Master/Teacher. Kristin holds a B.A. in human services administration and is an ordained minister through Covenant of the Goddess, Northern Dawn. She specializes in healing circles for survivors of abuse, and is a published writer.

Her website is <http://gaiatransformations.21doors.com>

Special Note on the Yurt-Palapas and Mayab Center's Sustainable Practices

One of our main goals at Mayab Center is to create a model of sustainable tourism. We have built a small center which houses up to 14 people with minimal impact on the environment. Our yurt-palapas were hand built on decks above the sand, and are removable structures. Guests use a shared bathhouse where water is filtered through plant beds so that no polluted water seeps into the ground. All waste is composted and filtered on site as well to avoid any further pollution of the local groundwater and degradation to the reef system. The Tulum beach is off the grid, and our electricity is limited in the evenings (we are constructing a solar power system). We compost food scraps and recycle as source our food locally as much as possible. While we do offer electricity in each yurt (there are lights, electric outlets and fans), we encourage guests to unplug from the modern world, appreciate the dark starry nights, cultivate an awareness of their resource use, and live more closely with the rhythms of nature for a short time.



Most people describe our yurt palapas as rustic luxury. They offer you both privacy and the feeling of living in the open. All yurts are just a 30 second walk to the beach. Since there are only five yurts and since we are located on a remote private beach in the biosphere, it will never feel crowded, even if we're fully booked. This is the perfect place to meditate, be still and reflect...

Our classes are taught and meals are served in the space overlooking the ocean in the main house. This space serves as gathering place for guests and helps create a sense of shared community at Mayab Center. We move the furniture around and adapt the space to the weather (it can be very windy at the top of the dune at times). We have created an informal space with an intimate feeling where guests feel personally attended to and comfortable.