

Open Your Eyes to Miracle: Chanting and Yoga Vacation

December 20-27, 2016 at Villa Sumaya, Lake Atitlan, Guatemala

Open your eyes to the miracle of the grace and majesty of Lake Atitlán. Rising up out of the lush mountain forests of Guatemala, these healing waters and retreat center are encircled by the beauty of three sister volcanoes. This location has been a nourishing and healing center since the time of the ancient Mayan culture, and is recognized as one of top destinations in the world for seekers on spiritual retreat.

During this special holiday week that includes the first days of Chanukah and Christmas, we will **open our eyes to miracles** within and between us. Chanukah celebrates the re-dedication of the ancient Holy Temple, the physical nexus point unifying holiness in spirit and in matter. Each year we recall the “great miracle that happened there.” Together we will celebrate the “**Great Miracle**” that is happening right here within and between the holy temples of our own, as we use the art of Sacred Chant to call light into our own places of darkness, kindling the sparks and tending the flames of the holy depths within. *Chant is the bridge between the inner life and the outer expression; between the solitary practice and the shared beauty of fellowship.*



Each day, awaken the Temple of your body to yoga led by a master, and awaken your Spirit with chanting sessions taught by Rabbi Shefa Gold.

Experience an authentic Mayan Shaman and a fire circle, or a Mayan Cacao ceremony. Enjoy 3 amazing meals a day, beautifully decorated and restful accommodations, kayaking and swimming, excursions to local villages and festivals, and healing body work.

About Your Leader

Rabbi Shefa Gold is credited with re-awakening the ancient art and magic of Hebrew Chant. She is a leader in ALEPH: the Alliance for Jewish Renewal and received her ordination both from the Reconstructionist Rabbinical College and from Rabbi Zalman Schachter-Shalomi (z”l). She is the director of C-DEEP, The Center for Devotional, Energy and Ecstatic Practice in Jemez Springs, New Mexico. She teaches workshops and retreats on the theory and art of Chanting, Devotional Healing, Spiritual Community-Building and Meditation.



Rabbi Shefa composes and performs spiritual music, has produced ten albums, and her liturgies have been published in several new prayerbooks. She is the author of *Torah Journeys: The Inner Path to the Promised Land* and *In the Fever of Love: An Illumination of The Song of Songs*, both published by Ben Yehuda Press. Her latest book, published by Jewish Lights, is *The Magic of Hebrew Chant: Healing the Spirit, Transforming the Mind, Deepening Love*.

By combining her grounding in Judaism with a background in Buddhist, Christian, Islamic, and Native American spiritual traditions, Rabbi Shefa is uniquely qualified as a spiritual bridge celebrating the shared path of devotion. She was selected by *The Jewish Daily Forward* (forward.com) as one of the most inspiring rabbis in 2015. For more information about Rabbi Shefa, see <http://www.rabbishefagold.com>.

About Villa Sumaya



Villa Sumaya is an eco-conscious, family-run, full-service spiritual retreat center featured in Taschen's *Great Yoga Retreats*. Set in the heart of the Mayan Highlands on the magnificent shores of Lake Atitlán, you can enjoy uninterrupted vistas of the lake and its three stunning volcanoes. A short and beautiful boat ride from Panajachel, Villa Sumaya is a healing sanctuary amongst the

ageless natural beauty of Mother Earth. (See <http://www.villasumaya.com> for info and videos.)

The property has well-equipped yoga spaces (temples), lush gardens, a swimming dock and kayaks, hot tub and sauna, a full service spa, fair-trade boutique, juice bar and many places to hide away with a good book. Their cafe offers nourishing allergy-sensitive, abundant and delicious buffets and 24/7 coffee and tea. Optional outings include: boating to local villages, hiking volcanos, craft markets, birdwatching, and service projects among others. Weather in December is sunny and in the 70s.

Accommodations

Choose from single, double, or triple rooms, decorated with folk arts and crafts, each with breathtaking views of the lake and a personal balcony or patio. Take in the vistas of the verdant volcanoes and the tranquil waters of Lake Atitlán, or rest in the many hammocks on the property.

Please contact Laura (Ariel) Lippman at 4lauralippman@gmail.com for more information about this incredible vacation!

Book soon! Space is very limited!