

YUCATAN RETREAT



South of the Mayan ruins of Tulum with Warren Grossman & Dan Peven Nov.5, 2011-Nov.12, 2011, 8 days and 7 nights

At C.E.Z.I.A.K(Centro Ecologico Sian Ka'an in the Mexican Yucatan (a UNESCO world Heritage site)



At C.E.S.I.A.K., an ecological preserve—located on a limestone spit, between a lagoon, a mangrove forest, and the Pacific Ocean you can watch the sun set, turn around, and see

the moon rise. The beach has a 360 degree view.

It is within Sian Ka'an, a biosphere reserve of 1.3 million acres! It is a UNESCO world heritage site.

10 open air cabanas, 5 have twin beds, 5 have a double and a twin, shared bathrooms (private but shared). No electricity except in the main building.

Food is simple and very good!

There are outstanding restaurant nearby, as well as canal tours, Mayan ruins, dolphins, ibis, herons, egrets, spoonbills & pelicans.

Workshop

Mornings-Health and strength training with Dan Peven.

Afternoons-Healing and grounding with Warren Grossman.

Price-\$1850 (single occupancy for lodging, ground transportation from Cancun to Cesiak and back, breakfast and lunch, at least one guided tour (mayan ruins, mangrove kayaking, or sacred trees).

Reserve your space now (\$500 deposit). Balance due Sept. 15 , 2011). Price does not include airfare.

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