

# Mystical Retreat of Divine Remembrance!



*Claim your Essene Heart!  
Activate EssSeeNah Energy*

*Join Sri & Kira  
at TOSA La Laguna  
Lake Atitlan, Guatemala!*

**ON-site Retreat Tuition:  
Only \$1995 all inclusive!**

**February 4 - 10, 2011**

**Here are just a few of the comments from past participants!  
(more are available, just ask!)**

**“A Beautiful and Rare Life-Shifting Experience”**

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**“Bar none the most healing and profound journey of my life!”**

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**“Words could not fully describe the beauty, the confirmation, the LOVE.”**

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**“Little did I know my heart was waiting for me at Lake Atitlan!”**

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**“I had forgotten that I could cry with joy, laugh for no reason, and smile constantly.”**

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**“When I left my first Journey, I knew I would return, and I did... for a Second Journey,  
little did I know it would be even better!”**

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**“Anyone who is ready to FEEL ascension and awake beyond this world needs to  
spend sacred time with Sri & Kira and TOSA La Laguna!”**

**Limited to Eight Sacred Participants per journey.**

*Rates include Double occupancy, ground transportation from/to the Airport in Guatemala City, boats and ALL meals lovingly crafted according to Soul Nourishment Spa Cuisine guidelines. Your airfare to and from Guatemala City is not included, and your airport departure tax, (approx. \$5) is not included.*



**Full Moon over TOSA La Laguna**

Deep within the highlands of Guatemala exists a lake. This lake is believed by the Maya to be the birthplace of all humankind. Nestled on the shore of this lake, far away from what we call modern life exists an authentic Mayan Village. This is the village of San Antonio Polopo and it is the home of **TOSA La Laguna,** *the heart of Self-Ascension in the land of eternal Spring.*



*An Essene Group w/ Sri and Kira sharing love and Smiles at TOSA La Laguna!*

**We invite you to join us here in this remote off-grid paradise. Together we will Explore, Remember and Reconnect to our Ess-See-Nah energies and our cosmic heritage in stunning ways!**

Wake up each morning to the brilliant views and songs of the birds.  
Cradle yourself to sleep with the gentle sound of the waves of the lake.  
Allow yourself to travel deep into the millions of stars that await you.  
Be uplifted with each meal especially prepared to support your journey.  
Learn the gift of reconnecting with nature, working in the soil, abundant reflection time, and the energetic integration of the Practices of Ess-See-Nah from the Lost books of the Essene.



*Always attentive to your needs, Kira Raa welcomes you to the Community Kitchen at TOSA La Laguna*

**Saturday: (arrival day):**

**Arrive Guatemala City airport.** You will be personally greeted and Board our private shuttle to Lake Atitlan. Enjoy an amazing drive through the stunning Guatemalan countryside, and have your camera ready. You may spot a Mayan woman backstrap weaving in the forest, and notice how truly beautiful this “well kept secret” country is!

QuickTime™ and a decompressor are needed to see this picture.

Upon arrival at TOSA La Laguna you will be served our very special and highly nourishing and signature blend beverage, a non-alcoholic TOSA Vitalizer Cocktail!

As you unpack in your stunning casita, you will relax, take in the energy of the lake for the first time and enjoy our first group dinner!

***TOSA La Laguna is a beautiful lakeside Private Nature Reserve. This afternoon is your time to relax, breathe in the air, adjust to your new surroundings and take in your FIRST AMAZING SUNSET lakeside!***

***Our first wonderful dinner will be around 6pm served as a group on the lakeside dock!***

*Note: We do encourage you to arrive a day or so early and spend some time in Beautiful Antigua, Guatemala to acclimate and prepare for the even higher frequencies at the lake. However, if you do arrive on this first day, if your plane does not arrive by 11:30am, you will need to arrive the evening before and we will gladly assist you to make hotel accommodations, (approx. \$80).*

**Sunday, (day one):** Lake tour and authentic Mayan village experience!

Today we board our private TOSA boat and begin a welcoming adventure on Lake Atitlan. Our local guide will bring you to private areas of the lake frequently not seen by “outsiders” and your day will also include a firsthand experience with the natural weaving and ancient meanings of Mayan symbology. Bring your camera!

**Day 2 – Day 5:** Awake each morning to a nourishing breakfast delivered to your casita as you prepare to dive into the profound gifts of the Lost Books of the Essene.



Each day Sri & Kira will guide you as your journey unfolds and your energetic integrations expand infinitely.

***This is a powerful spiritual journey and not a tour.***

The Elders who will greet you and the land you will embrace along with the many visions and experiences of the Crystalline City will unfold as the greatest “inner tour” ever experienced!

*The photo at the left is of the AUTHENTIC Mayan Sauna built By High Priests about 20 years ago! We fondly call it the space-ship as you can see by the Myriad of spirit welcoming you at the door!*

On the day chosen by the High Priest of the Maya, you will experience an AUTHENTIC Mayan ceremony at the ancient and sacred ceremonial site located ON-SITE at TOSA La Laguna.



*Of course, every night there will be plenty of group star gazing and cosmic connections!*

**Saturday:** Return to Guatemala City to board your return flight or you may wish to continue on to a journey in Tikal or Antigua that we can optionally arrange for you.



### [Some additional Trip Details](#)

#### **Your trip Includes just about everything:**

1. A lovely double occupancy room ON-site room with an amazing view for your retreat. This also includes full use of the TOSA Spa Facilities.
2. All meals are included and created as part of our TOSA Soul Nourishment Spa Cuisine program. On your arrival day, dinner is included, and on your departure day breakfast is included. Snacks/meals en route to/from the airport are not included. You may also bring your own snacks provided they are in accordance with Soul Nourishment guidelines.
3. Round trip transportation to and from Guatemala City airport on the group arrival and departure dates as listed. *(early arrival or late departure may incur additional charges)*
4. Group activities/transportation to other points at Lake Atitlan.

5. Private meetings/guidance with Sri and Kira throughout the week
6. Authentic Mayan ceremony with the High Priest, (on the date of his choice).

**Total All-Inclusive Trip Cost: \$1995.00**



This does not include your airfare to Guatemala City or your airport departure tax.

If you need to arrive early in Guatemala City the cost of your hotel is not included, however we will do our best to find you a roommate if you like.

Cost of the Antigua and/or Tikal extension, (If desired) is also not included. A passport is required to travel to Guatemala, however you do not need a visa.

**To secure your space the following is required:**

- a. Completion of the Attached questionnaire.
- b. Once this is received, you will receive a response from Sri and Kira within 48 hours.
- c. \$500 non-refundable retreat reservation fee within 48 hours after receiving confirmation of the trip accompanied with your valid passport number, country of issue, expiration date and name as it appears on your passport.

**Payment Options for your Journey:**

**In full or Split payments as follows:**

*(You may at any time pay your trip in full or choose the payment plan.)*

**Payment One:** NON-Refundable \$500 retreat reservation fee within 48 hours of notification of your application being received and accepted.

**Balance of \$1495 in payments as follows:**

**Payment Two:** \$747.50 due November 15, 2011

**Payment Three** \$747.50 due December 20, 2011

**Cancellation Policy:**

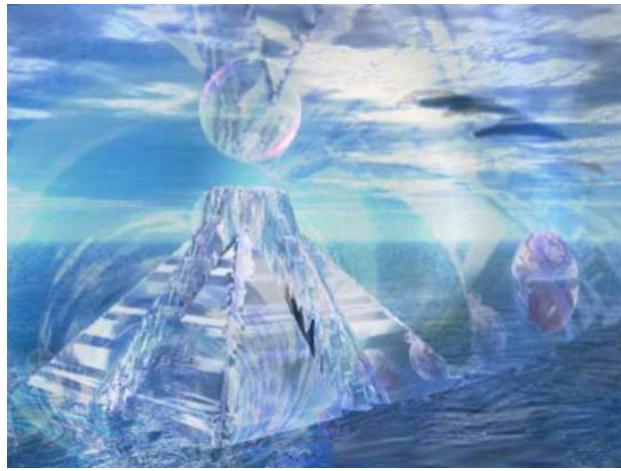
*Your \$500 reservation deposit is non-refundable and secures your space. It is not refundable or transferable.*

*Reservations cancelled 60 days prior to the trip will receive 60% of any payment made*

*EXCEPTING the non-refundable \$500 retreat reservation fee.*

*45 days prior to the trip ALL payments are non-refundable.*

*Please note that your safety and comfort are our primary concern. We reserve the right to adjust the itinerary as needed to insure your comfort, safety and a positive group experience.*



### **Ess-See-Nah Mystical Journey Application/Questionnaire**

*Please complete the following and send to [support@selfascension.com](mailto:support@selfascension.com). We will respond to your questionnaire within 48 hours at which time your initial deposit will be due within 48 hours to hold your spot on the journey.*

- 1. I am called to join this journey because:**
  
  
  
  
  
  
  
  
  
  
- 2. My current daily spiritual practice includes:**
  
  
  
  
  
  
  
  
  
  
- 3. When I see myself in Guatemala on this journey I feel/experience:**
  
  
  
  
  
  
  
  
  
  
- 4. I understand that this is a Self-Ascension Ess-See-Nah spiritual intensive and recognize that the revelations of the journey are part of the experience. I am open to receiving this gift and ready for this adventure with an open heart.**

*(As you read this statement, what do you feel/know?)*