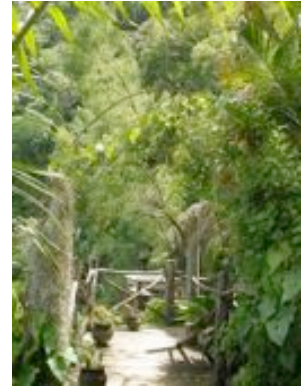


Mystical Retreat of Divine Remembrance!

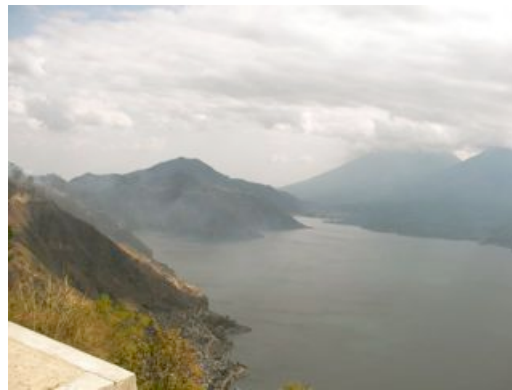
*Fully Claim your Ess-See-Nah Energy
with Sri & Kira
at TOSA La Laguna
Lake Atitlan, Guatemala!*



Retreat Tuition: \$1995.00
December 04-11, 2010

To insure a truly life-shifting and energetically attentive experience, we must honor a participant limit on this journey to Eight Participants per journey.

Rates include Double occupancy, ground transportation from/to the Airport in Guatemala City, boats and ALL meals. Your airfare to and from Guatemala City is not included, and also your airport departure tax, (approx. \$5) is not included.



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.***

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

Each day you will be greeted by the morning reflections of volcanoes and Mayan villagers. You will be uplifted with meals according to Archangelic Soul Nourishment and with early morning boat journeys on the lake. You will 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.

Saturday: (Dec. 04):

Arrive Guatemala City airport. You will be personally greeted and Board our private shuttle to Lake Atitlan. After your amazing drive through the stunning Guatemalan countryside, you will relax, take in the energy of the lake for the first time and enjoy our first group dinner!

Note: If your plane does not arrive by 11:30am, please plan on arriving the evening before and we will gladly assist you to make hotel accommodations, (approx. \$80).

Together we will arrive at our beautiful lakeside private home exclusively for YOU. 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 and our local friends will greet you this evening with music, love and laughter!



Sunday, (day one): Lake tour and personal meditation mat creation!

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 lesson in how to create your own meditation mat Mayan Style! A real treat!

Day 2 – Day 5 (Dec 6-10): Each day you will be escorted from your private retreat sanctuary to the remote privacy of TOSA La Laguna.



Each day Sri and Kira will guide you as your journey unfolds and your energetic integrations unfold. **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/experiences of the Crystalline City will unfold as the greatest “inner tour” ever experienced!

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

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

Saturday, (December 11): 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 with an amazing view for your retreat.
2. All meals are included and based 100% upon the TOSA Soul Nourishment 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. Private Boat transportation daily to and from TOSA La Laguna.
5. Group activities/transportation to other points at Lake Atitlan.
6. Private meetings/guidance with Sri and Kira throughout the week
7. Authentic Mayan ceremony with the High Priest, (on the date of his choice).

Total 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 and your week request preference. Once this is received, you will receive a response from Sri and Kira within 48 hours.
- b. \$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 September 30, 2010

Payment Three \$747.50 due November 15, 2010

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. 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?)**