

# Yoga and Wellness Retreat Back to Earth Belize

19-26 November 2011  
and  
28 April–5 May 2012  
at  
The Lodge at Big Falls



# Yoga and Healing Retreat

Whether you are a longtime practitioner of kundalini yoga or are brand new to it you will have a great experience at this retreat.

For those who are familiar with kundalini yoga and have been practising for some time this workshop will give you the opportunity to deepen your practice. We will focus on kriyas for healing, internally and externally, working with the immune and glandular systems of the body.

We will also focus on postures, their correct alignment and the basic movements that are common to all forms of yoga. As experienced practitioners you know that the most important part of kundalini yoga is to deepen our awareness and have an experience, and there will be ample opportunity for that.

If you are new to kundalini yoga this retreat will give you a wonderful chance to go deep within this most ancient form of yoga for yourself and gain a practical understanding of how the body itself can be used to access higher levels of consciousness. With two sessions a day we will use the morning session to focus on the more physical yoga sets or kriyas, and the afternoon sessions for going deeper into meditative states.

This retreat is a unique opportunity to couple your yoga practice with connecting to the people and environment of Belize, and there are many opportunities to do this. If you are looking for something truly different this is your chance. It promises to be an unforgettable journey back to self and back to the earth.

Caroline Barnes, yoga name Himat, has taught yoga for over ten years and taught the Sunday evening yoga class at Yoga Phoenix from 2000 until March of this year when she moved to Belize. She created a chair yoga series for seniors and is skilled at working with people of different levels of strength and flexibility. All postures are possible for everybody with a little adjustment and the benefits are the same. All the yoga sets and meditations will be available as a workshop package which can be taken home for further practice. If you have any questions about the yoga contact Caroline.

The daily program includes tours to a medicinal herb plantation tended by Mayan healers, to two Mayan archaeological sites an organic cocoa farm and other authentic cultural experiences.

**Contact**      E-mail [aqualastar@gmail.com](mailto:aqualastar@gmail.com)  
Facebook "Caroline Barnes"

# Workshop Program

	Day 1 Arrival & Orientation	Day 2	Day 3	Day 4
Morning		7:00-8:30 Yoga  9:00-10:00 Breakfast  10:00-13:00 Visit to the Itzamna Mayan nursery for medicinal plants + healing ceremony	7:00-8:30 Yoga  9:00-10:00 Breakfast  10:00-13:00 Visit to Lubaantun Mayan site	7:00-8:30 Yoga  9:00-10:00 Breakfast  10:00-13:00 Visit to Miguel Choco's organic cacao, fruit and vegetable garden
Afternoon	Guests arrive and are met at Philip Goldson International Airport and directed to Tropic Air flights to Punta Gorda.  Guests are met by Lodge at Big Falls transport to be brought to Big Falls	13:15 Lunch at the Lodge  Relaxation and/or massage  16:00-17:30 Yoga	13:15 Lunch at the Lodge  Relaxation and/or massage  16:00-17:30 Yoga	13:15 Lunch at the Lodge  Relaxation and/or massage  16:00-17:30 Yoga
Evening	Dinner Orientation to the lodge.	Dinner	Dinner	Dinner

	Day 5	Day 6	Day 7	Day 8
Morning	7:00-8:30 Yoga  9:00-10:00 Breakfast  10:00-13:00 Visit to the Ixchel women's Group in Indian Creek village 13:15 Lunch at the Lodge	7:00-8:30 Yoga  9:00-10:00 Breakfast  10:00-13:00 Visit to Dem Dat's Doin' and Toledo Arboretum 13:15 Lunch at the Lodge	7:00-8:30 Yoga  9:00-10:00 Breakfast  10:00-13:00 Visit to Nim Li Punit Mayan site  13:15 Lunch at the Lodge	7:00-8:30 Yoga for guests departing later  9:00-10:00 Breakfast  Departure for Punta Gorda flights
Afternoon	Relaxation and/or massage  16:00-17:30 Yoga	Relaxation and/or massage  16:00-17:30 Yoga	Relaxation and/or massage  16:00-17:30 Yoga	
Evening	Dinner	Dinner	Dinner followed by Garifuna drumming	

# Views of The Lodge at Big Falls



# People and Places in Toledo





## The Lodge at Big Falls

The Lodge provides well-balanced nutritious meals using as many locally grown and organic ingredients as possible..

Meals incorporate local recipes or adapt international recipes using local ingredients.

Guests have the opportunity to try all the seasonally available fruits and vegetables and the lodge is always willing to share recipes that guests may want to carry with them and use at home.

Fish and seafood comes fresh from the market in Punta Gorda.



# Sample Dinner Menu 1

## *Appetizers*

*Carrot & ginger soup*  
*Greek salad with feta cheese & kalamata olives*  
*Conch ceviche*

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## *Entrée*

*Baked grouper fillets in a herb & lime crust*  
*Coconut rice*  
*Calaloo in an oriental soy and sesame sauce*  
*Mashed pumpkin with allspice*

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## *Dessert*

*Key lime pie*  
*Home-made chocolate ice cream*  
*Fresh fruit salad*

# Sample Dinner Menu 2

## *Appetizers*

*Tomato & lime soup thick pureed soup with zesty lime flavor*  
*Tabbouleh salad with burghul wheat, chopped tomatoes and mint*  
*or*  
*Hummus dip with flour tortillas sprinkled with feta cheese*

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## *Entrée*

*Fish korma Mild fish curry w/ yogurt, coconut and turmeric*  
*Cohune cabbage: Heart of palm curryflavored with turmeric*  
*Okra with cumin and coriander*  
*Rice*  
*Cucumber and onion raeta*  
*Mango chutney*

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## *Dessert*

*Strawberry cheesecake*  
*Tropical spice cake Moist cake with carrots, coconut and pineapple*  
*Home-made chocolate ice cream*

**Package price US\$1985.00**

**The package includes:**

- 2 daily yoga sessions of 1.5hours each
- 2 1-hour massages during the week
- Shared accommodation in elegant riverside thatched cabanas
- All meals
- 6 daily tours including, guide, transport and entrance fees
- Free amenities include our nature trails, swimming pool and use of mountain bikes, inner tubes and kayaks
- Transfers to and from Punta Gorda airport to Big Falls
- Airfares to and from Belize International Airport and Punta Gorda
- Government sales tax and accommodation tax.
- Group service charge on accommodation and meals

**The Package DOES NOT include:**

- Gift shop and bar sales
- US\$37.50 per person international airport departure tax

**Notes to packages:**

- Visitors to Belize should hold a valid passport and a return/onward ticket
- Visas are not required for citizens of the USA, European Union, Commonwealth or Caricom nations.

**To register**

- e-mail [info@thelodgeatbigfalls.com](mailto:info@thelodgeatbigfalls.com) to express your interest and check availability;
- e-mail [aqualastar@gmail.com](mailto:aqualastar@gmail.com) if you have any questions for Caroline about the yoga component

More detailed information and joining instructions will be sent after your place has been confirmed