

WINTER GETAWAY IN THE JUNGLE



SUMMARY:

Beat the cold and grey skies of winter with a week in the lush landscape of Chiapas. Refresh your spirit as well as your body through the combination of visits with local farmers, tours of natural wonders and time for reflection.

HIGHLIGHTS:

- Enjoy the bounty and beauty of the jungle with a stay at a rustic eco-friendly retreat center, learning to cook with native ingredients.
- Visit local farmers to understand the challenges of rural life in Mexico first hand and learn how your choices can transform their reality.
- Discover Mexican culture and history through archaeological visits, meeting local artisans and more.
- A program to facilitate both group and individual meditation, incorporating nature as part of the spiritual exercise.

LOCATION: Palenque, Chiapas

COST: Starting at \$700 USD for 7 days/6 nights

TRIP COSTS INCLUDE: Lodging in a shared room, all meals, local transportation, speakers, entrance fees and constant accompaniment by a translator/guide.

NOT INCLUDED: Transportation to Villahermosa (closest airport), traveler insurance or personal spending.

MORE INFO: To sign up or for more information, write to semillas@amextra.org

“**WINTER GETAWAY**” is a program of Seeds of Transformation, an immersion program sponsored by the Mexican Association of Rural and Urban Transformation and endorsed by ELCA Global Missions.