

IX'CHEEL WISDOM WORKSHOP

A Sacred Feminine Workshop in the Heart of the Maya World

November 14 – 21, 2010

A CALL TO ACTION:

Now as 2012 approaches, heralding great change in the world around you, Mother Earth is calling you to action, asking for your help. Maya Goddess Ix'Cheel is here ready to guide you. She invites you to join Shonagh and Miguel Angel for a week filled with sacred ceremonies, meditations, visits to Maya sites, teachings, practices, and many other unique experiences, including a special Full Moon Ceremony.

Shonagh Home is a spiritual guide, energetic channel and healer. She is passionate about her love for the Goddess, and seeks to empower women to connect to their own Goddess within. As a result of her extraordinary initiation in the sacred caves of the Maya, she has been bringing through transmissions from the Mayan Cosmic Mother, Ix Chel. This has resulted in a beautiful book for women called, 'Ix Chel Wisdom: 7 Teachings from the Mayan Sacred Feminine.' Shonagh teaches workshops for women to awaken self-healing and open new paradigms. She teaches in the Pacific Northwest and the Yucatan.

www.shonaghhome.com



Miguel Angel Vergara is a Mayan priest who lives and works in Yucatán, Mexico. He teaches us how to connect with the Masters of Light who are still here at the sacred Maya sites ready to guide us now, as in ancient times. He goes to the source of the Maya knowledge; to the ceremonies, rituals, mantras, sacred books, pyramids, temples, stela, pottery, paintings, sculptures, and oral traditions that are available today to find the essence of their knowledge and then teaches in a heart-centered style that connects rapidly and profoundly with his students. Miguel Angel's mission is to share the sacred Maya teachings through the study of their science, art, philosophy, and religion. www.casakin.org

ITINERARY:

- Sun. Nov. 14: Arrival Mérida and transfer to your hotel in the Historic Center of this beautiful Spanish Colonial city. No events are planned for today since many will be arriving late. (overnight in Mérida)
- Mon. Nov. 15: You travel to Izamal this morning for an opening ceremony led by Miguel Angel Vergara. This was a very important spiritual place for the ancient Maya and when the Spanish arrived they chose Izamal to build their monastery. Today it is once again waking up to its Maya roots. In the afternoon Miguel Angel will start the classroom work with teachings on the Maya Cosmovision. (overnight Mérida)
- Tues. Nov. 16: AM: Workshop: Miguel Angel will share his teachings on the 5 aspects of the Maya Sacred Feminine and how they relate to our lives today.
PM: Workshop: Shonagh leads the group in a womb healing and manifestation journey. (overnight in Mérida)

- Wed. Nov. 17: This morning we leave Mérida and travel to the Heart of the Earth, the Maya Underworld, to pay our respects to Mother Ix'Cheel and Grandmother Ix'Mukane in the sacred caves of the Maya. We then continue on to the beach in Campeche. There will be a circle this evening for everyone to share their experiences and connect with the waters of the Gulf of Mexico.
(overnight Tucan Siho Playa, Campeche)
- Thurs. Nov. 18 AM: Shonagh: "Sacred sound as a bridge to communion with the Spirits"
PM: Workshop: Miguel Angel: "The Balance of the Sacred Male and Sacred Feminine"
(overnight Tucan Siho Playa, Campeche)
- Fri. Nov. 19: AM: Sunrise Ceremony the free time at the beach for personal meditation and integration of the teachings.
PM: Workshop: Shonagh: "The Technology of the Body" Using our bodies as tuning forks, we will do a sacred ceremony to bring healing deep into Mother Earth.
(overnight Tucan Siho Playa, Campeche)
- Sat. Nov. 20: We leave the beach this morning and visit the sacred site of Uxmal, the Sacred Feminine University of the Maya. Following a tour and meditation we will continue on to Mérida. There will be a special Full Moon Ceremony this evening followed by a Farewell Dinner.
(overnight Mérida)
- Sun. Nov. 21: Departure from Mérida

The teachings with Miguel Angel and Shonagh will be a combination of classroom work, meditations, mantras, ceremonies, and practices.

NOW IS THE TIME TO ACT!!!

Date: November 14 – 21, 2010

Location: Starts and ends in Mérida, Yucatán, Mexico

Price: \$1,290 USD (double occupancy) Single supplement: \$195 USD

A non-refundable deposit of US\$200 is required to secure your place in this program. The balance is due one month prior to start date. You can pay through Paypal on line with a credit card or you can transfer the money to our account in Mérida. Please contact me with your preference and I will send you the details.

Included in the cost: 7 nights hotel accommodation, ground transportation to all sites, transfer to and from airport and hotel, most meals, tips, taxes, and all ceremonies, meditations, and teachings from Miguel Angel Vergara and Shonagh Home.

Register now or contact us at info@casakin.org for more information.