



HERBAL IMMERSION WITH ROSITA ARVIGO AND THE TEAM OF RAINFOREST REMEDIES



December 1-7, 2022

Arco Iris Permaculture Farm
Home of Rainforest Remedies
Valley of Peace Road, La Gracia



AGENDA

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|------------------|----------------|---|
| Thursday | 5:30 PM | Arrival at Arco Iris Permaculture Farm, settle in rooms, Dinner |
| Friday | AM | Introductions, Orientation, Objectives, Ixchel the Maya Goddess of Medicine |
| | PM | Tropical Herb Garden Tour - Medicinals and Edibles |
| Saturday | AM | Rainforest Medicine Trail |
| | PM | Rainforest Remedies One by One – How and Why |
| Sunday | AM | Maya Spiritual Healing with Plants |
| | PM | Spiritual Bathing for Self with Sacred Plants |
| Monday | AM | Herbal Preparations – Salve, Tincture, Wound Powders, Cough Syrup |
| | PM | Some Important and Common North American Herbs |
| Tuesday | AM | Shin-Rin-Yoku or Forest Bathing - Relax Your Mind and Open Your Heart |
| | PM | Open Forum Q & A - Herbal Baths for Self
Dinner and Farewell Dance Party |
| Wednesday | 8:00 AM | Adios, Farewell, Good Bye |





DETAILS:

Class Time daily: 9 – 12 and 2 – 5

Cost: \$980USD tuition per person – cash, check or transfer by Zelle

Discount: when you were born and live in Belize, please ask for discount

Lodging: \$740USD Accommodation, 6 nights, 3 meals per day, snacks and beverages - cash, check or transfer by Zelle

Arco Iris Permaculture Farm is fully compliant with Covid-19 safety measures.

Meals: Vegetarian, pescetarian, dairy free and gluten free meals can be arranged
Lamb and chicken optional

Travel to Belize: Flight destination is: Philip Goldson International Airport; your flight is not included

Shuttle: from and to the Airport can be arranged but is not included

Covid-19: All unvaccinated people 5 years and older entering Belize through the airport must show proof of a negative rapid test (48hrs) or a PCR test (72hrs).

[Click here for the latest COVID-19 Belizean Government guidelines.](#)

Insurance:

Get your **mandatory** Belize Travel Health Insurance [here!](#)

You will receive:

Rainforest Remedies Guidebook
Certificate of Completion

Sign up here: belizeclasses@gmail.com with the remark **Herbal Immersion**
Space is limited, so please wait for our confirmation before you send the registration fee of 400 US\$

