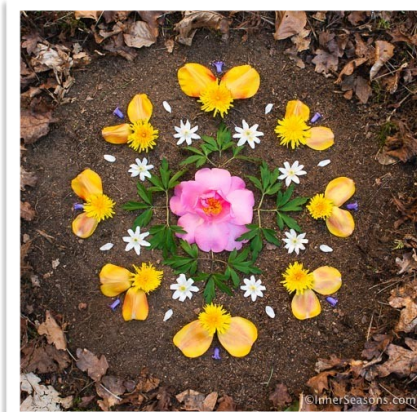


# Wisdom of Water, Plants and Prayer - Part 1

March 16 – March 23, 2023

Join Dr. Rosita Arvigo and Eva Sengfelder in a transformational week with the healing power of water, plants, incense and prayer.



**Class fee \$2,250 USD**



Rainforest Remedies



Pool area

This week introduces the use of Mother Earth's water and plants. Combined with intention and support you'll learn a healing spiritual practice, while basking in the Belizean tropical sun.

Open to those from all faiths and belief systems, you'll gain a deeper connection to the natural world.

You'll learn essential healing techniques such as:

- ⦿ How to *ground* yourself and why it's important.
- ⦿ Ancient Maya healing prayers.
- ⦿ How to recognize and support common spiritual ailments.
- ⦿ How to identify and use common healing plants.
- ⦿ You'll experience guided imagery meditation.
- ⦿ How to make and offer spiritual baths.
- ⦿ The week culminates with a sacred Maya Primicia.

## All this is included...

The retreat is held at Eva Sengfelder's beautiful tropical home *Arco Iris Permaculture Farm* in Cayo District, Belize. This is home to [Rainforest Remedies](#) where you'll see how these herbal remedies are grown and produced.

- ⦿ All vegetarian meals (vegan or meat on request).
- ⦿ Accommodation.
- ⦿ Airport transfers.
- ⦿ Class materials.
- ⦿ 'Play day' excursion, or Pool and Forest bathing.



Arco Iris Permaculture Farm



Spiritual healing garden

Book your place - Class is limited to 12 participants.

Email Eva: [belizeclasses@gmail.com](mailto:belizeclasses@gmail.com)

**Price:** \$2,250 USD - Flights not included.

**Deposit:** \$550 USD by Zelle to [rainforestremediesbelize@gmail.com](mailto:rainforestremediesbelize@gmail.com)

**Covid-19:** There are no more restrictions for travelling to Belize. *Arco Iris Permaculture Farm* is fully compliant with Covid-19 safety measures.

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

Insurance: Belize Travel Health Insurance is highly recommended, please get it [here!](#)

**Balance due:** 2 weeks before class starts.