

Wisdom of Water, Plants and Prayer - Part 1

February 27 – March 6, 2025

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



Class fee \$2,250 USD

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:

- 🌀 A brief introduction to Maya Cosmology
- 🌀 Ancient Maya healing prayers and grounding exercises.
- 🌀 How to recognize and support common spiritual ailments like Susto, Pesar, Tristessa, Coraje, Hot Eye or Envidia
- 🌀 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 these herbal remedies are grown – you can visit the herbal trail.

- 🌀 All vegetarian meals (vegan, fish and meat on request)
- 🌀 Accommodation.
- 🌀 Class materials.
- 🌀 Airport transfers and excursion shuttle.
- 🌀 Excursion to visit a Maya temple and Dr. Rosita's home
- 🌀 Want to [explore more of Belize](#)



Glamping House



Pool area



Farmhouse

Book your space - Class is limited to 12 participants.

Email Eva: belizeclasses@gmail.com

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

Deposit: \$550 USD by Zelle to rainforestremediesbelize@gmail.com

Balance due: 6 weeks before class starts or as agreed



Spiritual healing garden

Covid-19: There are no more restrictions for travelling to and in Belize.

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

Excursion day: We are happy to offer an Excursion Day again to visit a Maya temple, offer a Cacao Tour and go shopping in San Ignacio.

Rainforest Remedies: We will have a table with our Rainforest Remedies products for a discounted workshop price and offer additionally Ixchel and Itzamna statues, Rosita's books and our colorful Fajas.



Toucan in the tree

Wildlife:

To watch the exotic wildlife which visits the farm, be sure to bring a camera or binoculars!

To register please use [this link:](#)



Ceiba Angel



Healing with Copal smudge



Eva and Chef Toby