

# **AgniSoma:** *A Yoga Retreat* *with Sean Tebor and Margi Halfon*

In Sanskrit “Agni” is the transformational fire, and “soma” the primordial waters. In western Guatemala, just ninety miles outside of Guatemala City, there lies the magical lake Atitlán. The lake was formed during ancient volcanic activity in the area, and rests in a giant volcanic caldera. Three magnificent volcanoes act as the containing dam for the lake, which is surrounded by pristine tropical land. The lake is a natural and intimate balance between fire and water. “Atitlán” is a Mayan word meaning “the place where the rainbow finds its color”.

Come and join Sean and Margi at the beautiful [Villa Sumaya](#) retreat center for a peaceful and rejuvenating yoga getaway. Immerse yourself in Nature, while enjoying a relaxing, open schedule of yoga, good food, and adventure. We will offer daily meditation, yoga classes, lots of free time, and all of it is of course optional. Come bask in the golden sun, swim in the cool waters, hike the surrounding mountains around the lake, or explore the Mayan tradition and culture of the area. This is not a workshop, but a celebration of breath and life. It is open to all levels of yoga practitioners.

For full details go [here](#).

*Lake Atitlán, Guatemala*

March 21st-28th, 2009

\$1200, \$1050 before 1/15/09

