

# Wisdom of Water, Plants and Prayer - Part 1

February 26 – March 5, 2022

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**

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.



Rainforest Remedies

## 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.

[www.abdominaltherapycollective.com](http://www.abdominaltherapycollective.com)



Arco Iris Permaculture Farm



Spiritual healing garden

Book your place - Class is strictly limited to 10 participants.

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

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

**Deposit:** \$550 USD

**Refund:** All but \$100 USD will be refunded if you or we have to cancel due to Covid-19 restrictions. This will be held and can be redeemed towards the cost of the next available class in Belize with Dr. Rosita Arvigo and Eva Sengfelder.

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

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

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