ABDOMINAL THERAPY COLLECTIVE

Wisdom of Water, Plants and Prayer - Part 1

February 25 – March 4, 2027

Join Eva Sengfelder and Dr. Jennifer Karon 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.

Glamping House

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.

Pool area

- 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

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

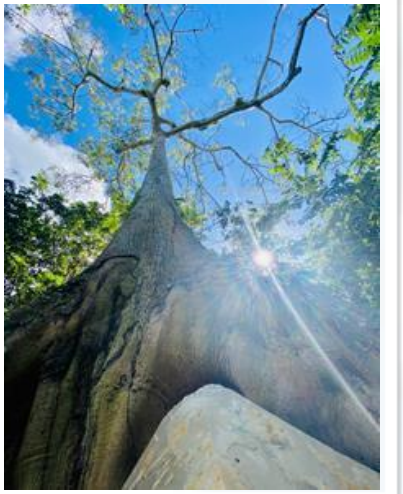
Excursion day: We are happy to offer an Excursion Day again to visit Dr. Rosita and a Maya temple, and go shopping in San Ignacio.

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