



BELIZE

PRANA MAYA
ISLAND RESORT



Maya Medicine & Natural Healing Retreat with Dr. Rosita Arvigo

Journey to [Prana Maya Island Resort](#) in southern Belize for an exclusive 5-night retreat dedicated to the ancient wisdom of herbal healing. Immerse yourself in a sanctuary of restorative energy, set against the stunning backdrop of the Maya Mountains and mangrove-lined shores. Here, in a serene environment supported by heartfelt service and luxurious accommodations, you'll learn directly from world-renowned herbalist and healer, Dr. Rosita Arvigo through engaging Maya Medicine lectures, workshops, and ceremonies. Throughout your stay, you'll be nurtured by delicious farm-to-table and sea-to-table cuisine, honoring the local flavors and traditions of Belize.



Key Takeaways

- A rare opportunity to learn from a world-renowned herbalist and healer
- Free time daily to enjoy the sea or Spa, resort amenities or for quiet reflection, journaling and introspection.
- Enjoy a serene environment and luxuriously appointed accommodations that support growth, healing and integration.
- Slow down, listen to and observe what Nature has to share with us



About Dr. Rosita Arvigo:

Dr. Rosita Arvigo, DN, is a native of Chicago and a naprapathic physician, herbalist, international lecturer and author of 10 books. She has lived in remote areas of Mexico and Belize for more than forty years. There, she studied with many traditional healers including Don Elijo Panti, the renowned Maya shaman of Belize, and midwife/herbalist Hortence Robinson. Both of her teachers were recipients of the coveted National Living Treasure Award.

Rosita and her husband, Dr. Greg Shropshire, founded Ix Chel Tropical Research Centre in Belize. The organization is dedicated to the preservation and study of medicinal plants of the rainforest. They founded the Belize Association of Traditional Healers; Bush Medicine Camp for children; The Rainforest Medicine Trail; and Rainforest Remedies, an herbal concentrate company. In 1987, they founded the Belize Ethnobotany project with Dr. Michael Balick of the New York Botanical Garden.

Rosita is the founder of The Abdominal Therapy Collective and The Arvigo Institute, which trains practitioners in the Maya Abdominal Therapy and Maya Spiritual Healing. Now retired from clinical practice, Rosita focuses on teaching and writing. She divides her time between Belize, Mexico and Chicago.



What you will learn

- How to build a relationship with Nature
- Ancient Maya rituals to heal body and soul
- How to gather healing plants with respect and reverence, according to the teachings of a Maya shaman
- Understand Maya Cosmology – Gods, Goddesses and their importance in the natural world and cosmic forces.



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Retreat Inclusions:

- 5 nights ocean-front, air-conditioned luxury accommodations at Prana Maya Island Resort (shared or private options available), inclusive of tax and service.
- Ground transportation to/from Placencia airport (PLJ)
- On-demand boat shuttle between Prana Maya Resort & Placencia Village (8am-9pm)
- Fresh continental breakfast daily
- 2 nourishing lunches & 5 dinners (specialized dietary requirements can be accommodated), inclusive of tax and gratuities at Prana Maya
- 3½ days of lectures, workshops and ceremony with Dr. Rosita Arvigo
- Cultural immersion excursion-Mayan Village & Spice Farm (lunch included)
- Free time for relaxation, exploration and integration.
- (optional) Yoga, evening stargazing or guided meditations.
- Resort-wide WIFI
- Non-motorized watersports-paddleboards, kayaks, water bikes, snorkel gear, fishing poles.
- 24 hour fitness center and yoga room
- Ocean front resort pool
- Twice daily housekeeping

Not Included:

- Round trip airfare to/from Belize City (BZE)
- Ground transportation or air transportation from Belize City (BZE) to Placencia (we can make these arrangements for you at an additional cost)
- Meals outside of structured itinerary or additional meals/snacks.
- Lunch in Placencia (on Nov 17th)
- Beverages
- Room Service
- Spa services
- Any off-site activities and/or dining, outside of structured itinerary.
- All other charges or expenses not expressly outlined under "inclusions"



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PROGRAM DETAILS

Maya Medicine & Natural Healing, with Dr. Rosita Arvigo

Lectures

- Tales of a Maya Shaman, my time with Don Elijo Panti
- Rainforest Home Remedies
- Maya Cosmology: Gods and Goddesses of the Maya and the significance of 2012
- Integration / Q&A Session on final evening

Workshops

- Placencia Village plant walk (forage, identify & harvest native plants)
- Rainforest Remedies - Salve making and tea tasting
- Maya Spiritual healing ritual: tools for healing physical and energetic ailments

Ceremony

- Spiritual Bath

PRICING & ACCOMMODATIONS

Book before July 31st and save 20%

PRIVATE SUITE

\$4,489

Private, ocean front open-concept suite (king bed) with terrace at The Inn.

SHARED SUITE

\$3,299

Shared ocean front open-concept suite (2 queen beds) with terrace at The Inn. Occupancy-2 persons.

SHARED VILLA

\$4,789

Shared ocean front Villa, with private bedroom (king) & bath (shared living & dining room, kitchen and plunge pool). Total Occupancy-3 persons.

Space is Limited. **Book by June 31st for 20% off accommodations.** \$1,000 deposit required at time of booking.. Final payment is required 60 days prior to arrival. After final payment, full cancellation penalty applies.

