



Thank you for expressing to want to host a Retreat at Lomas de Tzununá
Five reasons to choose Lomas de Tzununá

1. **Experience:** we have many years of experience hosting retreats, a well trained team that supports you all the way so you can just focus on holding space for your group
2. **Location and facilities:** our seclude location in nature, with birds singing, away from traffic, city noises, access to Lake Atitlán, amazing views makes it the perfect place for your group to focus on the internal work without the distractions of the outside world. Lomas de Tzununá is imbued with absolute tranquility and peace!
3. **Giving back:** for 16 years we give back proceeds to a non profit that supports Education, Art and Culture in Tzununá. We also promote and encourage our Retreat Leaders and participants to include a working day to give back (offered non mandatory)
4. **Healthy, home made meals:** our food is home made, delicious and retreat friendly.
5. **Sustainability:** we run Lomas de Tzununá based on sustainable and eco-friendly practices. We plant local trees, deal with garbage by limiting the producing of the ones that cannot be recycled, we heat water with solar panels, we apply permaculture principles in the land.

Form to be filled for us to review and confirm your stay

1. **Full name and contact information (name, phone number, email)**

2. **Description of Retreat Purpose you want to host (please take the time to give us a full description of the retreat you are planning to have at Lomas de Tzununá. Ideally with draft of agenda (how many days, how many hours on site, working in the Shala, etc). Retreat theme is a must: Yoga, Sound Healing, Meditation, Qi Gong.... etc)**

3. **Possible dates and flexibility (or not) to check other dates**

4. **Your website or link to were you have the Retreat posted online**

5. Description of type of support from us that you will be asking (advertising, bookings and so on. Please take into account that if we are to receive your bookings there is an extra cost involved. Advertising is part of what we offer with no extra cost)

6. How many participants (Group Size)are you planning to have in your Retreat (minimum and maximum)?

7. How many facilitators/instructors will be coming?

8. Would you like for us to arrange airport transfers? If so please specify the type. (individual or Grupal)

9. How many rooms are you looking to occupy?

10. Would you like single, double, or triple occupancy?

11. Would you like to include excursions? If so please specify and we can sent a quote for pricing

12. We offer food according to Retreat Leaders request (vegetarian, vegan, gluten free and non vegetarian). If you are planning on hosting one type of retreat please let us know. Then you can sent us specifications for dietary restrictions for individuals. For example if you are planning on hosting a Vegetarian Retreat let us know. Once you have your group you can sent us individual requests (allergies or so)