

# A Women's Retreat in the Heart of Mexico: Puebla, Cholula and Xochitecatl

Saturday Nov. 18- Friday Nov. 24 2017

With optional excursion to Mexico City Saturday Nov. 25- Sunday Nov. 26

*We have carefully balanced this retreat with restorative ceremony, time for reflection and journaling, clearing and replenishing ritual, rejuvenating excursions and unique shopping expeditions.*

## Trip Highlights:

- Journey to the [Great Pyramid of Cholula](#), the largest pyramid in the world
- Explore numerous [chapels](#) and pre-Hispanic neighborhoods in the beautiful city of Cholula
- Experience a *temazcal* (sweat bath) and sacred ceremony led by priestesses [Anne Key and Veronica Iglesias](#), designed to connect you with the divine spirit of the land
- Restorative day trip to [Xochitecatl](#), a pre-Hispanic ceremonial site devoted to women's mysteries and Xochiquetzal, Goddess of beauty and all things feminine (tour photo from 2016 at right) and guided tour of the Museum at Xochitecatl, containing hundreds of [female figurines](#) from the site
- Informative talks and tour booklet on the history, legacy, spiritual practice, and Goddess lineage of this area of Mexico
- Excursion to the gracious colonial city of Puebla (a [UNESCO World Heritage Site](#)) where we will: sample local cuisine including mole and hand-crafted sweets, visit the Poblano style kitchen where [mole](#) was first made, and shop for renowned [Talavera](#) pottery
- Daily journal prompts corresponding to our activities and guided meditations



**Tour:** \$1499\* Tour includes 7 nights lodging double occupancy, all in-country transportation, entrance fees, and guided tours. Includes transportation to/from Mexico City International Airport (MEX). Does not include meals, gratuities, airfare.

**Optional 2-day tour of Mexico City:** \$300\* (Museum of Anthropology, Templo Mayor, Frida Kahlo Museum and much more). 2-day Mexico City Tour includes 2 nights lodging, all in-country transportation, entrance fees, guided tours and transportation to the Mexico City International Airport (MEX). Does not include meals, gratuities, airfare.

[WHY CHOOSE SACRED TOURS OF MEXICO?](#)

[ABOUT YOUR GUIDES, ANNE KEY AND VERONICA IGLESIAS](#)

[RESERVE YOUR SPACE TODAY!](#)

Questions? Pay over Phone? Information on payment plan? Want single occupancy?  
Call Anne 505-225-2142 or email [anne@goddess-ink.com](mailto:anne@goddess-ink.com). [www.sacredtoursofmexico.com](http://www.sacredtoursofmexico.com)

**Physical Requirements:** To fully participate on this trip, you should be able to walk 4 city blocks with minimal effort. Participants are always welcome to rest and wait for the group to finish any walking tour. To participate in the *temazcal*, you must be able to tolerate 100-120 degree temperatures in a closed space. You are always welcome to leave the ritual if you are uncomfortable.