

Abaton Belize & Soul Play

INVITE YOU TO PARTICIPATE
IN A HOLISTIC VOYAGE OF
BODY, DREAMS, MIND AND
SPIRIT...

Belize Nov 9-13, 2026

RETREAT EXPERIENCES INCLUDE:

- Align with the currents of ancient meditative arts
- Body cleanse, sacred theater, drumming, plant walk, active journaling, group ceremony and dream incubation
- Visit the native Maya Centre Chocolate factory and cacao farm for hands-on chocolate crafting and ancient traditions, followed by a jungle river float.
- Discover the powers of medicinal plants



Book your retreat now!