

# ROAM in Belize

## Rejuvenating Oodles of Awakened Mindfulness



**Whether traveling solo or with a companion, the time spent in Belize will be an amazing way to:**

- > Reconnect with yourself or your travel companions among one of the world's most beautiful natural backdrops.
- > Set intentions (and manifest them!) whether they're related to self-care, physical adventure or relationship-building. Or all three!
- > Give in to the natural pace of a new environment, culture and set of experiences designed to take you mentally and physically out of your natural "zone".



Welcome to the beautiful Hamanasi Resort in Belize – voted #1 small Hotel by tripadvisor and the 2018 winner of the Conde’Naste “Readers Choice” Travelers’ award. This luxurious and eco-friendly resort is situated perfectly for both onshore and offshore adventures: Rainforest to pristine coral reefs.



Your mindful sense of taste will not be disappointed at the Hamanasi where all your meals are included in the resort experience. Fresh ingredients, artfully created meals and a colorful presentation will awaken and rejuvenate you from sunrise to sunset. Alcoholic beverages are not included in the price of this trip.

### THIS EXCURSION WILL INCLUDE THE FOLLOWING AND MORE ...

- 6 Nights at the luxurious Hamanasi Resort
- Welcome drink upon arrival.
- Continental breakfast, lunch & dinner
- Daily mindfulness sessions and meditations
- Reef and Rainforest adventures
- Tanks, weights and belts included with diving
- A refreshed and awakened mindset!
- Service charge, hotel & sales tax included.
- Roundtrip ground transfers from Dangriga to Hamanasi.

Contact Jean for more details - [jean@potentiacoaching.com](mailto:jean@potentiacoaching.com)



### Explore by Land and By Sea!

- > Mindfulness can be practiced anywhere, but imagine swimming among some of the most beautiful reefs in the world!
- > Bring the wisdom of ancient civilizations to your personal experience and life with active inland hikes to Mayan temples and ruins.