



PHOTOS BY SYLVIE ROKAB

BELIZE

FOREST THERAPY with LOVE THY NATURE JOURNEYS

Led by Sylvie Rokab

October 30 – November 5, 2022

Do you crave quiet time in nature? Join Love Thy Nature Journeys on this sensorial exploration of Belize above and below the surface on this 7-day adventure. The eco-paradise of Belize offers the perfect setting for reviving or deepening your connection with the natural world: lush rainforests, colorful birds, ancient ruins, coral reefs, beaches, sunsets, and serenity.

ACCESS THE WISDOM THAT CAN ONLY BE FOUND IN NATURE

- Marvel at the wonders of nature while snorkeling at South Water Caye Marine Reserve on the Belize Barrier Reef and while observing the rich biodiversity of the tropical rainforest.
- Connect with the soul of Belize while exploring an ancient Maya ceremonial site deep within the earth at Actun Tunichil Muknal Cave.
- Awaken your senses in the Belizean wilderness with immersive walks and kayaking excursions designed to deepen your connection with nature, fellow participants, and yourself.
- Experience the healing powers of nature during multiple sessions of Forest Therapy, the Japanese practice of mindfully communing with the forest through your senses.
- Gain insights into your own wellness through meditation, group circles, and a special screening of the film "Love Thy Nature."

ITINERARY

BLD = BREAKFAST, LUNCH, DINNER

OCTOBER 30 - BELIZE CITY

Upon arrival at the airport in Belize City, you will be met and transferred to the oceanfront Radisson Fort George Hotel. Please note check-in time is 3 pm. Early evening program orientation with your Belizean group leader followed by a Welcome Dinner at the hotel. After dinner, you are invited to a screening of the “Love Thy Nature” film - narrated by Liam Neeson - followed by Q&A with director Sylvie Rokab. *Overnight at Radisson Fort George Hotel. (D)*

OCTOBER 31 - BELMOPAN

Early breakfast and check-out of the hotel. Transfer to Guanacaste National Park for hiking in the rainforest then continue to San Ignacio for lunch. After lunch, cross the Mopan River via a hand winched ferry at the Maya village of San Jose Succotz for a visit to Xunantunich, Belize’s most accessible Maya site of significance. The site’s dominant structure, El Castillo, rises 130 feet above the jungle floor, offering superb views of western Belize with forest stretching out all around and the rest of the ancient city mapped out beneath you. Continue to the lodge, check in and then there will be a late afternoon sense awakening practice, sunset meditation and group circle (deep sharing/deep listening) facilitated by leader(s), followed by dinner. *Overnight at Sleeping Giant Rainforest Lodge. (BLD)*

NOVEMBER 1 - BELMOPAN

After breakfast, take a forest bathing (aka nature therapy) walk with leaders and then explore the Maya underworld during a visit to Actun Tunichil Muknal cave. This excursion combines land and river hiking and caving, beginning with a 45-minute hike up the Roaring River Valley and through the rainforest of the Tapir Mountain Nature Reserve to the entrance of the cave. Explore this geologically fascinating cave and also the main attraction, the “Cathedral” chamber, which was a Maya ceremonial and burial ground. Later this afternoon, return to the hotel for dinner and overnight. *Overnight at Sleeping Giant Rainforest Lodge. (BLD)*

NOVEMBER 2 - HOPKINS

Following breakfast, visit the very popular St. Herman’s Blue Hole National Park which is within the Sibun Water Shed. Explore its forests and unique geological features and then also visit a sunken underground cave that is approximately 300 feet wide and 100 feet deep by tube. There is an onsite changing room so bring your swimsuit! Have lunch at local restaurant then later this afternoon check in at the beachfront Jaguar Reef Lodge. The remainder of the day is at leisure to enjoy the beach. Evening sunset viewing and meditation before dinner. *Overnight at Jaguar Reef Lodge. (BLD)*

NOVEMBER 3 - HOPKINS

Enjoy breakfast, then board our boat for a 30-minute ride to the South Water Caye Marine Reserve for snorkeling on the pristine coral reef. Discover the mangroves both above and below the surface. Also cruise along Man O’ War Caye reserve to see nesting frigatebirds and the brown booby. Enjoy a picnic on one of the remote islands, then return in time for optional activities at our beach resort or walk into Hopkins. Dinner at a local restaurant. *Overnight at Jaguar Reef Lodge. (BLD)*

NOVEMBER 4 - HOPKINS

After breakfast, gather for our excursion to the Sittee River for relaxed kayaking and nature viewing. We hope to see colorful birds, iguana, turtles, and an occasional crocodile. Have lunch at a local restaurant. The afternoon is at leisure. This evening enjoy a farewell dinner/closing ceremony. *Overnight at Jaguar Reef Lodge. (BLD)*

NOVEMBER 5 - DEPARTURE

This morning transfer to the airstrip in Dangriga for the domestic flight to Belize International Airport and then international flights back to the U.S. Please book flights back to US after 2 pm. (B)



ABOUT YOUR LEADER



Sylvie Rokab, M.A.

Born in Rio and raised by French and Italian parents, Sylvie is an Emmy-nominated filmmaker, workshop leader, and nature therapy guide whose mission is to inspire a deeper connection with nature.

Narrated by Liam Neeson, her film *Love Thy Nature* earned 27 film awards, launched over 300 screenings, and formed partnerships

with hundreds of organizations—helping to blossom the nature-connection and nature-as-medicine movements.

Fluent in four languages, Sylvie is a warm and engaging guide who is passionate about leading others in wilderness experiences—and deepening their relationship with themselves, others, and our spellbinding natural world.

PROGRAM PRICING

\$3,995 (minimum 6 participants)

Cost includes accommodations, meals including non-alcoholic beverages, entrance fees and activities as indicated in the itinerary, private vehicle transportation, internal flights, all tips/gratuities, bottled water on the bus, and carbon offset.

Cost does not include international airfare, estimated at \$729 from Los Angeles, or items of a personal nature. Other departure cities are available.

TRAVEL PROTECTION

Holbrook Travel purchases Travel Protection on behalf of all participants. These plans help provide coverage once the trip has departed and offer benefits for Baggage/Personal Effects, Accident & Sickness Medical Expenses, Emergency Evacuation and more. Visit holbrooktravel.com/travelprotection for more details.

Optional additional coverage is available in the form of the Group Deluxe Plan, which offers benefits for Trip Cancellation/Interruption, in addition to many other insurance benefits and non-insurance assistance services. If interested in this optional plan, we can provide you with rates and plan details.

THE FINE PRINT

Price is based on double occupancy; single rooms may be available at \$550 additional cost. A \$200 per person deposit and enrollment form are required to secure your space on the trip. This deposit is refundable excluding a \$100 cancellation fee until July 27, 2022 at which time final non-refundable payments are due.

FOR MORE INFORMATION OR TO ENROLL

Visit holbrook.travel/natjour-nbz22 or contact Kevin Van Dien at kevin@holbrooktravel.com or 877-295-7927.