



**ANTIGUA**  
**GUIDEBOOK:**  
ITINERARY +  
CHOICES

# A FIRST LOOK AT YOUR WEEK IN ANTIGUA

A first look at the week: supported, spacious, and immersed in Guatemalan culture.

## WELCOME + HERE'S WHAT'S AHEAD *(Spoiler: You're gonna love this!)*

**Congratulations on taking this step for yourself!** You've made the choice to step out of the daily noise and into a week in Antigua, Guatemala designed for **Self & Emotional Wellness, Health & Vitality**, and **Joy, Fun & Creativity**: beautifully curated, deeply intentional, and entirely yours to receive.

This is a first look at the week so you can see the shape of what's coming. You'll notice a few "timing TBD" placeholders—those are intentional. We're finalizing reservation times as we confirm vendors and logistics, and we'll provide the fully finalized schedule upon arrival

## HOW THIS WEEK WORKS (SUPPORTED + SPACIOUS)

This week is built to feel easy to step into: a steady rhythm, meaningful experiences, and real downtime that's built in (not leftover). You'll always know what's happening—and you won't have to manage logistics on your own.

## THE DAILY RHYTHM (WHAT TO EXPECT MOST DAYS)

- Morning: breakfast + a short grounding practice (simple + accessible)
- Late morning / early afternoon: a curated Antigua experience (culture / food / creative)
- Afternoon: downtime on purpose (pool/cabana, rest, wandering, reading)
- Evening: dinner + a few optional reflection prompts (gentle, not intense)

## YOUR CHOICES

Your week has three simple layers:

- **Group Anchors (Everyone Together):** the planned experiences we do as a group (internal facilitation + vendor-led highlights).
- **Choice Windows (Included):** on select days you'll choose one included option — or choose rest (fully valid).
- **Premium Add-Ons (Optional):** self-funded upgrades if you want to dial it up (never required).

Most days include a planned Group Anchor (everyone together), plus a Choice Window on select days. In that window, you can pick an included option, or choose more downtime. Each morning at breakfast we'll confirm meeting points and any reserved times, so choice feels supported, not complicated.

## PREMIUM ADD-ONS (OPTIONAL, SELF-FUNDED)

If you'd like to add a spa service, a bigger adventure, or a specialty artisan craft experience, we'll provide a Premium Menu. We coordinate scheduling; guests pay vendors directly at the time of service (unless otherwise noted or if a vendor requires a deposit to hold the appointment).

## A NOTE ON PACING

This is intentionally not a jam-packed itinerary and you have choices to dial it up or back along the way. The goal is for you to return home clearer, lighter, and genuinely restored.

# INCLUDED OPTIONS GROUP ANCHORS + CHOOSE YOUR ADVENTURE

## YOUR ANTIGUA EXPERIENCE FEE INCLUDES

### Group Anchors (Everyone Together)

Planned experiences we do as a group (internal facilitation + vendor-led highlights like a walking tour, cooking class, or sound bath). You can participate at your own pace.

### Choice Windows (Included Options)

On select days, choose one included option — or choose rest (fully valid). We'll confirm the plan + meeting points at breakfast.

You do not need to decide now. Choices are made during the week (we'll guide it at breakfast). If you're unsure, tell us your preferred style and we'll guide the rest.

## INCLUDED SELF-SELECT MENU (EXAMPLES)

- **Movement + grounding:** Morning yoga (accessible); Sunrise/Golden hour viewpoint walk
- **Culture + exploration:** Guided Antigua walking tour; Fresh market tour (Mercado Central); Coffee finca tour + tasting
- **Restoration + ease:** Aqua cabana/pool quiet block; Villa downtime; Guided shopping stop (Artisan market / Nim Pot)
- **Villa services (sign-up slots):** Massage at the villa (limited slots); Mani/pedi at the villa (limited slots)

## GOOD TO KNOW

- Some items are marked Reserved and will show a set time once confirmed.
- If you'd like help choosing, tell us your energy preference that morning: more rest / more exploring / somewhere in the middle.
- You never need to "keep up." This week is designed to be supported + spacious.

# PREMIUM ADD-ONS OPTIONAL, SELF-FUNDED

Premium add-ons are optional upgrades for guests who want to dial it up (spa services, aesthetics, specialty craft workshops, bigger adventures). Everything core is already included — this is simply “if you want it.”

## HOW IT WORKS

- We coordinate scheduling and reservations.
- Guests typically pay vendors directly at the time of service (unless a vendor requires a deposit or an item is noted as Sparkle Dash invoice).
- Availability varies — earlier requests are easier to secure.

## PREMIUM TIMING (SO IT STAYS EASY)

- Onboarding: share your top 2 preferences (we'll place soft holds where possible).
- Two weeks before arrival: confirm final selections; we reserve based on availability.
- During the week: last-minute requests are sometimes possible, availability-based.

## WHERE PREMIUM FITS BEST

- Day 4 (Choice + Restoration): spa, blowout, aesthetics, specialty workshops fit best here.
- Day 6 (Adventure Dial-Up): bigger adventure options (e.g., volcano hike) fit best here.

## PREMIUM MENU (HIGH-LEVEL)

**Beauty + Body** — Spa day; Hair (villa or salon); Derm Art clinic visit; Botox house call (villa)

**Culture + Creativity** — Jade carving; Backstrap weaving; specialty workshops (availability-based)

**Adventure Dial-Up** — Pacaya Volcano hike; Earth Lodge hikes; mountain bike options

If you want premium add-ons, you'll receive the full Premium Menu with descriptions, estimated pricing, and booking instructions. If you don't, you can skip this section — you're already set.

# ANTIGUA EXPERIENCE — ITINERARY PREVIEW

A first look at the week: supported, spacious, and immersed in Guatemalan culture.



## HOW THIS WEEK WORKS

This page is the practical version: how the flow works on the ground so you can picture your days without overthinking.

**Timing note:** Exact start times are confirmed closer to arrival. Each morning at breakfast we'll confirm the day's plan, meeting points, and any reserved times.

**North Star:** you should feel prepared, supported, and genuinely restored—without being overscheduled.

## THE DAILY RHYTHM (MOST DAYS)

- **Morning:** coffee/tea + breakfast, then a short grounding practice to set the tone
- **Late morning:** a planned group anchor (workshop, tour, or featured experience)
- **Afternoon:** spacious downtime on purpose, plus optional add-ons if you want them
- **Evening:** dinner + a gentle reflection prompt (optional)

## CHOOSE YOUR ADVENTURE (INCLUDED OPTIONS)

On select days, you'll have an included self-select window (examples: yoga, a guided walk, pool/cabana time, or a coffee farm visit). You can also choose more rest. If you want to stay in your jammies cozied up with a book all day or hike a volcano (with a guide), go for it! There's no pressure either way.

## PREMIUM BOOKING TIMING (SO IT STAYS EASY)

Premium add-ons are optional; if you want them, we'll confirm timing with you and book based on availability.

## LEGEND

**Group Anchor (All) =**  
everyone together

**Included Choice Window =**  
pick one or rest

**Premium Optional =**  
self-funded add-on

## AT-A-GLANCE: OUR WEEK IN ANTIGUA

### DAY 1 — ARRIVAL + WELCOME

- Airport transfers + villa settle-in (Wi-Fi, house norms, logistics, unpack, rest).
- Afternoon: optional gentle walk around Antigua to get your bearings.
- Sunset welcome reception at Aqua, then opening circle + dinner together.

### DAY 2 — GROUNDING + ANTIGUA HIGHLIGHTS

- Morning intention + an easy start.
- Included self-select window: yoga and/or a guided Antigua walking tour (or opt for more downtime).
- Afternoon group anchor: Thriving Life Blueprint (Part 1).
- Evening: dinner + sound bath session.

### DAY 3 — MARKET + COOKING (DINNER BUILT-IN)

- Morning intention + optional yoga.
- Afternoon: guided fresh market tour (learn local ingredients + pick up a few villa staples).
- Late afternoon/evening: Traditional Guatemalan cooking class that rolls right into dinner.
- Later: Intuitive Eating workshop + wind-down.



**“CURIOSITY IS YOUR COMPASS.”**

— Sparkle Dash

# ANTIGUA EXPERIENCE — ITINERARY PREVIEW

(Continued)

## AT-A-GLANCE: OUR WEEK IN ANTIGUA (CONT)

### DAY 4 — RESTORATION + SELF-SELECT DAY

- A day designed for breathing room.
- Included self-select options may include: Aqua cabana/pool, coffee finca tour, or artisan market/Nim Pot shopping.
- Villa appointments (massage / mani-pedi) available by sign-up.
- Premium add-ons fit well today (spa day, blow-out, aesthetics, specialty workshops).

### DAY 5 — CLARITY + INTEGRATION

- Group anchor: Thriving Life Blueprint (Part 2).
- Coaching + integration time (supported, not intense).
- Afternoon remains intentionally spacious for rest, reading, or a self-select option.
- Dinner together.

### DAY 6 — ADVENTURE DIAL-UP + FAREWELL

- Optional premium adventure window (e.g., Pacaya Volcano hike) for those who want it.
- Free time to pack, shop, relax.
- Farewell dinner + closing celebration.

### DAY 7 — DEPARTURES

- Easy morning + travel snacks.
- Airport transfers coordinated to your flight time.
- **For Session 2 extension guests:** next-leg timing and meeting points confirmed the day prior.

## PREMIUM ADD-ONS (OPTIONAL, SELF-FUNDED)

Luxury spa services, specialty craft workshops, and bigger adventures are offered as optional add-ons. We coordinate scheduling; guests pay vendors directly at the time of service (unless a vendor requires a deposit to hold an appointment).



**"LEAVE SPACE FOR YOUR DASH."**

— Sparkle Dash

# ANTIGUA EXPERIENCE — ATITLÁN EXTENSION

(Continued)



## LAKE ATITLÁN EXTENSION (SESSION 2 ONLY)

2 nights | Boutique lakeside stay | Private guided experience

Lake Atitlán is a shift you feel immediately—deep blue water, volcano silhouettes, and small villages tucked along the shoreline. This add-on is designed to feel easy and immersive, with just enough structure to keep everything simple (and plenty of room to take it slow).

## HOME BASE: HOTEL ATITLÁN (PANAJACHEL)

- Set right on the lake, Hotel Atitlán feels like a garden hideaway: lush paths through the grounds, wide-open water views, and an infinity pool that catches the late light. Sunset dinners are effortless on the terrace—no extra planning required.

## WHAT'S INCLUDED (HIGH-LEVEL)

- Private transportation from Antigua to Lake Atitlán (with curated stops en route)
- 2-night lakeside stay in Panajachel (Hotel Atitlán)
- Private guide + private boat for a full day exploring villages around the lake
- A paced, flexible flow—time to wander, shop, rest, or opt out (never a forced march)

## AT-A-GLANCE: OUR WEEK IN ATITLÁN

### DAY 8 — TRAVEL + ARRIVAL

- Depart Antigua in the morning with stops for breakfast and an ancient Mayan site visit, then arrive lakeside to settle in and exhale.

### DAY 9 — LAKE DAY (PRIVATE BOAT + VILLAGES)

- A full day on the lake with a private guide and boat with curated village stops and plenty of choice in how long you linger in each place.

### DAY 10 — RETURN + DEPARTURES

- Morning transfer support based on your departure plan.
- If time allows, nature conservatory visit near Hotel Atitlán



**“SHE’S THE KIND OF QUEEN THAT KNOWS HER CROWN  
ISN’T ON HER HEAD BUT IN HER SOUL.”**

— Adrian Michael