

CELEBRATE COSMIC CYCLES AT CHABLÉ YUCATAN



At Chablé Yucatan, located in the heart of the Mexican rainforest, guests are invited to partake in full moon and equinox ceremonies. These unique, spiritual experiences are deeply connected to the rhythms of nature and the cosmic cycle, filling the body with positive energy.

Cosmic cycles are an important part of Mayan culture, and are believed to highly impact the human body and soul during significant celestial moments during the year. The full moon marks a day of retrospection in the ancient Mayan calendar. The belief is that the cycle of the moon affects the water within the body - in the same way that it affects the tides - causing agitation and overt emotions. To reflect and relax on full moon days, people must delve even deeper to find inner peace.

To assist with alleviating energies from the full moon, Chablé Yucatan hosts Full Moon ceremonies. At the ceremonies, guests - with help from Chablé Yucatan's spiritual guides - request permission from the four cardinal points - North, East, South and West - and four natural elements - Earth, Air, Fire, Water - for the body, soul and mind to be at peace. During the ceremony, prayers and songs dedicated to the moon are performed and, further into the journey, guests are taken to the hotel's cenote. Cenotes are natural, deep, water wells and considered a ceremonial location for carrying out spiritual experiences in ancient Mayan tradition. At the cenote, seed offerings are made to the water. Symbolising the birth of life, rice, cocoa, bean and corn seeds are thrown into the waters. This act represents the return to mother nature, and resetting one's life path with new intentions.

In addition to the full moon, equinoxes are considered magical moments in the calendar year. As the sun crosses the celestial equator, and day and night are the same length, Chablé Yucatan celebrates with traditional Mayan rituals to charge and reconnect the body with the sun. This year, Chablé Yucatan invites guests to partake in their Equinox Ceremony on 22 September. Led by the hotel's Shaman, the ceremony will celebrate the equinox with early morning outdoor rituals, meditation and breathwork as well as traditional songwork to charge the body's energy and reconnect with the solar plexus. Guests leave feeling transformed, and at peace with nature.

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