

MAYA JOURNEY TRAVEL ITINERARY

OCTOBER 26-NOVEMBER 1,
2025



Day 1

Arrival and Exploration

Sunday, October 26, 2025: Upon arrival we will meet at the main terminal of the Villahermosa airport and start our journey, then transfer to Hotel Courtyard Villahermosa, for check in. You are on your own for activities and meals for this day.

Day 2

Monday, October 27, 2025: Breakfast together then we will check out and drive to the amazing waterfalls at Cascada de Misol-Há, a heavenly destination located in the municipality of Salto de Agua about 20 km from Palenque. Its name means “The Spirit of the Jaguar in the Holy Waters”. The waterfalls consist of one single cascade of 35 m in height that falls into a single, almost circular, pool of blue water amidst tropical vegetation. Behind the cascade there is a cave, a womb of Mother Earth within which we will receive a sacred cleansing in the purifying waters that once cleansed the Ancient Maya of Palenque. After this wonderful experience we will have lunch, then we will head to our hotel in Palenque. Hotel Chablis Palenque. B & L.

Day 3

Tuesday, October 28, 2025: After breakfast we will drive to the sacred site of Palenque to have our Opening Ceremony which will be celebrated in the Lacandon Jungle that surrounds Palenque. We will be welcomed & accompanied by Enrique Chan-K'in, grandson of the Lacandon Maya Elder, “CHAN-K'IN”. Together, he & Miguel Angel will lead this Ceremony (optional wear white or any light color clothing) with the purpose of requesting blessings for protection & guidance from the Maya guardians of all the sacred sites we will be visiting. During our time within the jungle, we will experience heightened perceptions of the “Otherworld” that still exists, and an expanded consciousness of our connection to Mother Nature. Visit to the archaeological site of Palenque with Miguel Angel. Hotel Chablis Palenque. B & D.



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Day 4

Wednesday, October 29, 2025: Prepare for an early departure (05.30 a.m.) as we travel deep into the secluded Lacandon Jungle about 183 km southeast of Palenque along the Rio Lacanja to the Mayan archeological site of Bonampak which means “painted walls”. For many years, the Lacandon Maya have served as the Guardians of this special site. Within three temples there are a series of highly-detailed, colorful drawings painted on the walls & roofs that depict historical Mayan scenes of dynastic ritual & warfare and are among the best-preserved murals in the Maya world. There are also “sound chambers” at the top of Bonampak and you will have an opportunity to tone and attune to higher frequencies meant to enter higher states of awareness. On route we will stop for breakfast in Valle Escondido. Following our visit at Bonampak, we will continue to our hotel Escudo Jaguar by the Usumacinta River. Hotel Escudo Jaguar. B & D.

Day 5

Thursday, October 30, 2025: Check out, breakfast together, then we will take the boats to visit the amazing city of Yaxchilan, the birthplace of Mayan prophecies. The site truly is a magical place, it belongs to the Usumacinta basin, as do Palenque, Bonampak and Piedras Negras; so, all share frequency to Yaxchilan.

Following our visit, we will return to Palenque. Hotel Chablis Palenque. **B & L.**

Day 6

Friday, October 31, 2025: This morning we return to the Lacandon Jungle in Palenque accompanied by Enrique Chan-K'in to perform a Special Healing Ceremony offering us a moment of stillness for profound inner reflection of the relationships with ourselves, one another & Mother Earth, and an opportunity to collectively process all that we have experienced together thus far. To close our day, we will visit the archaeological site of Palenque. Then we will stop for farewell lunch before drive back to Villahermosa where our journey began. Our accommodation is the Hotel Courtyard Villahermosa. The evening will remain free to prepare for our return flights the next day.
B & FWL.

Day 7

Saturday, November 1, 2025: Transfer to Villahermosa airport.



Journey to the Land of the Maya

The Waveform Continues



October 26 – November 1, 2025

Visit sacred Mayan sites that were dedicated to inner expansion

- Through powerful ceremonies and teachings, free yourself from constant distractions, and maintain inner focus
- Re-attune yourself to the frequencies of galactic alignment to become more aligned with your inner power
- Delve deeply into the advanced cosmology and ancient wisdom teachings of the Maya
- Unlock inner realizations, to elevate your awareness, and harmonize your existence
- Re-attune yourself with Mother Earth to lead a more authentic life

BONUS: LECTURES ON INSIGHTS INTO MAYAN COSMOLOGY

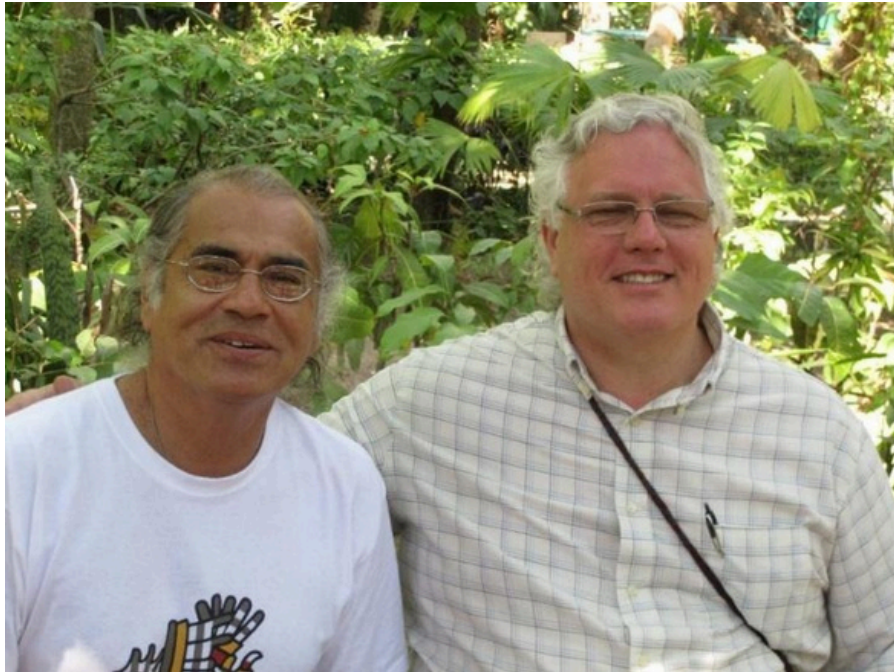
Though 2012 has passed, we are still within the galactic waveform of consciousness, evident in today's rapid changes.

Join us! And let the ancient knowledge illuminate your path to a more centered and empowered life.

Early Bird Pricing Available until July 15, 2025. Register Now to save \$300 per person.

A Journey of Expansion of the Heart!

The Waveform Continues



With Dr. Richard Jelusich and Miguel Angel Vergara

October 26 – November 1, 2025

Dr. Richard Jelusich has taken seekers on many journeys to the land of the Mayan teachings, doing ceremony and honoring the higher meanings and enlightenment of the Mayan people. He and Miguel Angel have worked together on journeys for many years since 2005. He is a spiritual teacher and counselor and has his own school of energy medicine “Integrative Chakra Therapy®.”

Miguel Angel Vergara is a Mayan priest and was director of the sacred site Chichen Itza. He is an awakened teacher of Mayan cosmology and higher elevation of consciousness. He lives and works in Yucatán, Mexico. He studied with Maya Elder Vicente Martín for 17 years and continues to work with the Elders and Priests who are keeping the Maya Sacred Wisdom very much alive today.

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The Waveform Continues

Full Itinerary

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Day 7, Saturday, November 1, 2025: Transfer to Villahermosa airport.



Enrique Chan-K'in – SPECIAL GUEST

We are fortunate to have a wisdom teacher, one of the direct descendants of the Maya Lacandon People accompany us as we visit Palenque, Bonampak and Yaxchilan. He is the grandson of Maya Lacandon, Chan-K'in the Elder, who lived in the jungle until his transcendence to the next dimension

A Journey of Expansion of the Heart!

The Waveform Continues

Registration and Release Form

Name: _____

Address: _____

City: _____

State/Prov.: Zip/PC: _____

Phone: _____

E-mail: _____

Emergency Contacts Name(s) Number(s):

Name: _____ Relationship: _____

Number: _____

Name: _____ Relationship: _____

Number: _____

Small Group Experience Maximum 22 registrants!

***Nonrefundable deposit of \$1200 due with Registration**

Early bird price available until **July 15, 2025- Save \$300*

Final date to Register **July 31st 2025*

Total Registration Fee with Selected Accommodations:

- **Single Occupancy- Early Bird:** \$4300.00 US
 - **Double Occupancy - Early Bird:** \$4050.00 US
 - **Single Occupancy- After July 15:** \$4600.00 US
 - **Double Occupancy Fee - After July 15:** \$4350.00 US
- I do not have a roommate but would like to be placed with someone from the journey.
We will do our best to place you with another participant.

Female _____

Male _____

Health / Medical condition(s) we should know about:

A Journey of Expansion of the Heart!

The Waveform Continues

Waiver of Liability

By signing this document, I agree to hold Light News Institute and its coordinators, Facilitators, and Instructors, including but not limited to Dr. Richard Jelusich and Dr. Michelle Dexter from liability relating to injuries, damages, costs, loss or expense (including without limitation, attorney fees) that may occur with any events related to the Journey to the Land of the Maya, in Mexico October 26 to November 1st , 2025. By signing this agreement, I agree to hold Light News Institute Dr. Richard Jelusich and Dr. Michelle Dexter entirely free from any liability, regardless of whether injuries are caused by negligence.

Notice is hereby given that all arrangements made on behalf of participants are made by the organizers on the sole condition that the organizers shall not be held responsible for any injuries, death, accident, illness, delay, loss, damage, act of negligence, or irregularity. Light News Institute acts only in the capacity as agents for the participants in all manners connected with Juan José Pérez Avila (Custom trips, Transportation & Guide services) - accommodations, transportation whether by air, rail, bus, motorcar, boat or any other means. Light News Institute and its Agents relieves itself of all responsibility for any damage occasioned by any cause.

I also acknowledge there may be risks involved in travel, and any or all other activities I choose to participate in. These include but are not limited to bodily injury including death, theft, or injury from outside activities I chose and travel issues. I agree to listen to my own body and work within my own limitations. If any movements hurt or are uncomfortable; it is MY responsibility to avoid discomfort or pain during exercise.

I swear that I am participating voluntarily and that all risks have been made clear to me. Additionally, I do not have any conditions that will increase my likelihood of experiencing injuries while engaging in this activity.

By signing below, I forfeit all right to bring a suit against Light News Institute, Dr. Richard Jelusich, and Dr. Michelle Dexter for any reason. I will also make every effort to obey safety precautions as listed in writing and/or as explained to me verbally. I will ask for clarification and assistance when needed.

A Journey of Expansion of the Heart!

The Waveform Continues

Travel Insurance: We strongly recommend purchasing Travel Insurance (Cancellation and Medical Insurance) to protect against cancellation fees and additional travel expenses that may incur before, after, or during your trip.

Cell Phones: Cell phone providers may or may not cover Mexico. In addition, we may be in places (like Yaxchilan) where there is no coverage.

Required Documents:

A valid passport must be held by each passenger traveling internationally and passport must be valid for 6 months from your return date. Visas are required for entry into some countries and obtaining Visas is at the passenger's own expense. Please check with your local Embassy or Consulate of the country being visited, to learn about Visa requirements for your Nationality.



A Journey of Expansion of the Heart!

The Waveform Continues

Included in the Journey: What is Included or Not?

Registration Fees:

- \$1200 non-refundable registration fee, from the total advertised journey amount
- Early bird discount of \$300 offered until July 15th
 - Single total fee: \$ 4600.00 US
 - Double total fee: \$ 4350.00 US

Included with Registration are:

- *Transportation in air conditioned vehicle
- *Taxes and toll roads
- *Hotel accommodations according to the itinerary
- *Meals according to itinerary
- *Entrance fee to the sites listed
- *Transfer in/out to Villahermosa airport
- *Tips for bellboys, chambermaids, waiters
- *Bilingual driver-guide
- *Expenses for driver-guide
- *Walk to the jungle with Enrique
- *Dr. Jelusich, Miguel Angel teachings and expenses
- “Juan José Pérez Avila. Custom trips, Transportation & Guide services”

Items not included in Fees:

- Visa and passport charges
- Flights and Departure taxes
- Gratuities (recommended \$60 USD for the guide services)
- Extra meals/snacks not included
- Items of a personal nature (i.e. alcohol, drinks, telephone calls, personal clothing)
- Emergency Evacuation
- Personal travel insurance
- Any item that is not specified as being included

A Journey of Expansion of the Heart!

The Waveform Continues

Reservations and Cancellation Policies:

Reserve your space on this limited space journey of only 22 participants!

\$1200.00 U.S. Non-refundable deposit accepted by: Check/ Money Transfer/ PayPal/ Zelle/ Venmo

***Checks payable to: Light News Institute,
973 Bel Air Drive E, Vista, CA, 92084 Attn: Dr. R. Jelusich***

The Deposit is non-refundable:

Should you cancel your reservation 3 months or more before the start of the journey, you may apply your deposit toward another event offered by Light News Institute, occurring within 12 months from the date of the initial journey you registered for.

Check Website www.lightnews.org

Full Payment:

When you reserve, you may either pay in full or pay the deposit. Upon receipt of your payment, we will send you a receipt and invoice for the balance, if owing. Full payment is due September 1st, 2025 unless otherwise noted. You may pay with PayPal, check, bank draft or transfer, PayPal/ Zelle/ Venmo, refer to above.

***Please note that there will be no refunds** or discounts in the event of late arrival, leaving early, flight cancellations, travel delays or illness. If you cancel your participation in a journey for any reason, the cancellation policy below will apply, with no exceptions. We wish we could compensate people for unforeseen circumstances (injury, family emergency, etc.), but we have costs already incurred when reserving Juan José Pérez Avila and arranging travel. We have designed our cancellation policy to be as compassionate as possible in the event that your plans change, yet to protect yourself further, we strongly encourage you to purchase travel insurance.

If YOU Cancel the Journey:

3 months or more prior to the start of the journey, you receive: 100% credit of the cost of the full journey, less the \$1200 Non-Refundable Deposit. You can use this credit towards another Journey or Event with Light News Institute within 12 months.

August 1st to October 20th, 2025 -prior to the start of the journey: NO refunds or credits will be given. To cancel, you must send an email stating that you wish to cancel from the journey/ event to: info@lightnews.org

A Journey of Expansion of the Heart!

The Waveform Continues

If WE Cancel the Journey:

If we cancel a journey due to too few participants, we will refund to you all deposits and payments you have paid; less credit card / PayPal and or Bank processing fees. We cannot, however, compensate you for air or travel costs incurred. In the unlikely event that Light News Institute must cancel a journey / event due to weather, natural disaster or political upheaval, we cannot guarantee a refund – it will be dependent on receiving a refund from **Juan José Pérez Avila**. To cover these risks, we highly recommend you purchase travel insurance.

The information contained in this document is correct to the best of the organizer's knowledge, but the organizer accepts no liability for any inaccuracies therein.

Mexico does not have a COVID requirement at this time – but please check with your own country for any restrictions or requirements for re-entry.

Payment Methods:

I have read and acknowledge receipt if all provided information:

____ (Initial) This General Information Registration Package

____ (Initial) Items to Bring Along List (below)

I, _____ fully **understand and agree** to the above terms and conditions.

(Participant Signature)

(Date)

A Journey of Expansion of the Heart!

The Waveform Continues

What to Bring/Pack

1. Valid Passport with photocopy (store separately from passport), flight information and airlines
2. Emergency contact numbers and insurance information, including travelers' insurance
3. Money Belt that will fit under your clothes (waist or neck)
4. Cash, Credit Cards, Debit Card (your preference)
5. *Canadian Travelers: Mexican pesos can be exchanged at the airport or at your local bank – be certain to bring what you may need or a credit card (notify your credit card company you are traveling to Mexico)
6. Zip-lock bags for storage
7. Journal (optional) & ink pens - a few extra!
8. One suitcase on rollers (if you have it), with locks; bring an extra set of keys!
9. Daypack for your daily needs
10. Travel alarm (with extra batteries)
11. Sunglasses and Sun Hat/Sun Visor, Sunscreen (30 strength!), body and lip
12. moisturizer, Insect repellent
13. Swimsuit
14. Flashlight (with extra batteries)
15. Extra pair of eyeglasses or contact lenses, if you wear them
16. Vitamins, herbs, essential medications etc. that you take daily
17. Aspirin, Pepto-Bismol or Immodium AD, Oil of Oregano, Grape Seed Oil,
18. Acidophilus (as you see fit)
19. Hiking sandals; sturdy walking shoes as a second pair – trails can be sand or gravel
20. Comfortable, casual pants, capris, and shorts. Shirts & t-shirts. Light cotton is best
21. One white outfit or something white (if possible) for our day with ceremony
22. Light jacket or sweater – the evenings can be cool
23. A light rain poncho (optional)
24. Camera ☺
25. Here is a weblink to check out the weather - <http://www.accuweather.com> Usually about 80°F high 60°F low

