

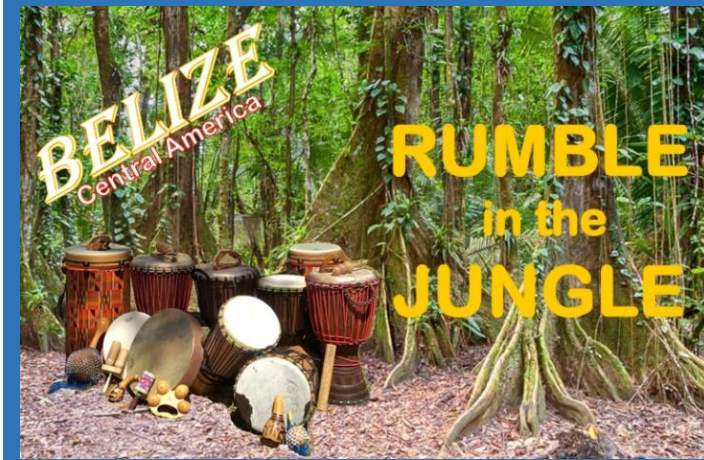
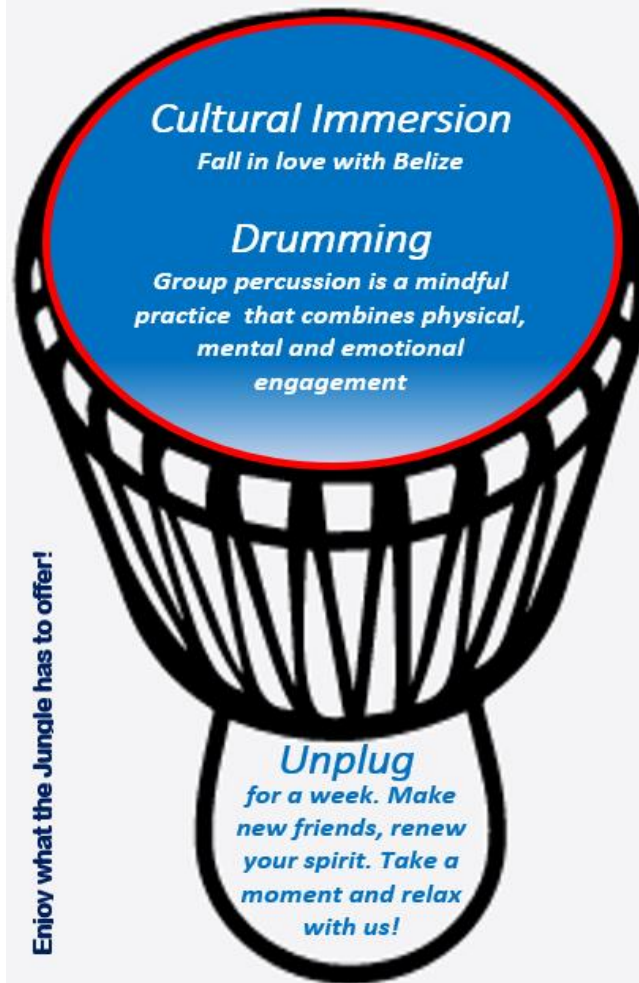
## Whole Life Rhythm has created an event for you!

Working with Belize Botanic Garden, Whole Life Rhythm has created a drumming retreat allowing you to enjoy the beautiful country of Belize like a native. Live onsite in the private Guest House amidst the stunning tropical beauty of Belize Botanic Garden. Not your average tourist resort, the Garden is a 45-acre riverfront Nature Preserve that features hiking trails, swimming, canoeing, bird-watching, and a stunning collection of tropical plants. Listen for the Howler Monkeys, Toucans, Aricaris, and see other wild bird and animal species living alongside you in the Garden ([belizebotanic.org](http://belizebotanic.org))

Come to the "Rumble" and feel drumming in a primal natural environment.



Enjoy what the Jungle has to offer!



Whole Life Rhythm  
with  
Belize Botanic Garden  
Present

## "Rumble in the Jungle"

### All-Inclusive Adventure Retreat

Drumming      Belizean Culture  
Music Making      Fantastic Food  
Great Scenery      Unspoiled Nature

Don't know how to drum?  
Derm will help you find your rhythm!

Beginners Warmly Welcomed!

315-414-7389

[info@wholeliferhythm.com](mailto:info@wholeliferhythm.com)  
[www.wholeliferhythm.com](http://www.wholeliferhythm.com)

# All Inclusive Package

- All *CULTURAL IMMERSION* activities, Drumming Classes, Circles and Performances
- Room in the Botanic Garden's Private Ecolodge, Meals Provided
- Transportation:
  - ✓ To/From Airport
  - ✓ To/From Tours
- Included Tours:
  - ✓ [Xunantunich Mayan Temple](#)
  - ✓ [Rio on Pools, Waterfalls](#)
  - ✓ [Belize Botanic Garden](#)
  - ✓ [Barton Creek / Vaca Lake](#)
  - ✓ [San Ignacio Open Air Market](#)
  - ✓ [Howler Monkey Research & Tour Talk](#)

## Additional Options Available

- [Sacred Mayan Caves Tour](#)
- [Beach and Barrier Reef Stay](#)
- [Resort Lodging](#)
- [Horseback Riding](#)
- [Zip Lining](#)



Add a Few Days and Visit *The Barrier Reef* to Snorkel!

# \$1299 pp

**\*\* Air Fare is not included \*\***

## Required:

You need a passport to enter Belize

## Sessions Start

Sunday PM to Sunday AM  
2024 Retreats Jan. 28<sup>th</sup> to Feb 4<sup>th</sup>

Overflow Feb 11<sup>th</sup> to Feb 18<sup>th</sup>

Ask About Other Dates & Group Rates

## Sample Intinerary

- 6-8am Breakfast, Yoga, Meditation
- 8am Drum Session
- 9am Tour Activity
- Noon Lunch
- 1-5pm Free Time - Drum, Relax, Swim, Tube, Optional Tours
- 6pm Dinner
- 7pm Group Drumming & Performances

## FAQs & All You Need To Know

[www.wholeliferhythm.com](http://www.wholeliferhythm.com)

