

### AREAS TO ESTABLISH:

1. Pharmacy / store room for medical plants (for sale and treatments)
2. Clinic
3. Delivery room
4. Dormitory for women and men with bathroom
5. Room for physiotherapy with dressing rooms
6. Multifunctional room
7. Sauna for women and men
8. Restaurant service
9. Parking lot
10. Maintenance
11. Security



### OUR OBJECTS

Our main object is to be a holistic health alternative that conserves our ancestors' knowledge and is open to everyone, without regard to religion, culture, social-economical conditions, nationality, etc.

More specifically, we aim to

- offer preventive, reproductive, psycho-social and nutritional services in order to reestablish the natural equilibrium of the human body
- establish an infrastructure with sufficient capacity in order to be able to satisfy our patients' needs and to treat them in an adequate way
- fortify our organization so that it will be a strong, solid, sustainable and self-sufficient institution

### OUR VISION:

Our vision is to improve the conditions of health and well-being in the communities of Chichicastenango and to extend our services on a departmental, national and international level. We want to share the holistic knowledge of our Mayan ancestors in order to create a generation of humans that is connected in a spiritual way to nature, the big Spirit and humanity, and achieves to improve its quality of life through a simple but profound health.



We hope that you will help us to make our dream come true!

**ASOCIACION DE ESPIRITUALIDAD ANCESTRAL  
PARA EL DESARROLLO INTEGRAL  
JUN RUQ' WUQ'UB AJPU'**

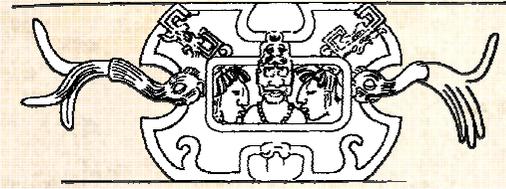
**Kilómetro 147.5 Cantón Chulumal I,  
Chichicastenango, Quiché  
Guatemala, Centro América**

**Tomasa Suy Tomín, Coordinator +502 59918388  
Avexnim Cojtí, President +502 49341524**

**Facebook: Asociacion Espiritualidad Ancestral  
Jun Ruk' Wuqub' Ajpu'**

**E-mail: [aespiritualidad.ancestral@gmail.com](mailto:aespiritualidad.ancestral@gmail.com)**

**HEALING AND HOLISTIC RECUPERATION  
CENTER  
IXPIYAKOK IXMUKANE**



**The opportunity to realize Nana  
Tomasa's dream, a present to  
humanity that is waiting to be born  
and shared**



The project *Ixpiyakok Ixmukané* is developing in a small community of Chichicastenango, situated in the department of Quiché, Guatemala, Central America. It is a dream of various people who are engaged in the well-being of humanity. Their priority is to help all those who have health, psychological or social problems and to heal them thanks to Mayan holistic healing methods. The name of the health centre, *Ixpiyakok Ixmukané*, was chosen in order to commemorate Ixpiyakok and Ixmkuane, two of the first ancestors and protectors who contributed in creating the first human beings, the environment, and the universe.



#### DESCRIPTION OF THE PROJECT:

*Ixpiyakok Ixmukané* will be a place of healing and ancient Mayan knowledge, where numerous services will be offered:

- natural medicine
- traditional Mayan ceremonies
- “temazcales” (traditional purification saunas)
- massages
- chiropractic treatments
- meditation retreats
- art workshops and cultural activities
- natural and local cuisine in a self-sufficient restaurant



Moreover, it will be a place of learning and sharing where we will teach ancestors' knowledge and support our visitors in getting to know their health and in finding their proper way of healing. We aim to live completely self-sustainably and to offer our treatments for free or in exchange of services so that they will be accessible for everyone.



#### JUSTIFICATION OF THE PROJECT:

In Guatemala, the public health system does not fulfill the population's needs due to its inaccessibility and the bad quality of its services. Even though there are some private institutions that offer better services, they are unaffordable for most people. In the current health system, we can detect the following problems:

- a lack of appropriate services in native Mayan languages
- the bad quality of public treatments
- a lack of services which integrate our ancestors' knowledge
- an insufficient number of adequate facilities in the national infrastructure

It is for these reasons that the healing centre *Ixpiyakok Ixmukané* was initiated. At the moment, it is situated in the house of Tomasa Suy Tomin, where we work under minimum conditions, missing the necessary equipment and space. The current infrastructure consists of a small room measuring 25 m<sup>2</sup> which serves as store room of medical plants, clinic, therapy room, massage and acupuncture room, dormitory for visitors and meeting room. This space is neither enough nor adequate in order to provide a good service to our patients.

