



(345)938-1113  
Grand Cayman  
Cayman Islands

Copan Ruins, Honduras & Lake Atitlan, Guatemala  
July 27<sup>th</sup> – August 5<sup>th</sup> 2012  
[www.gentilcoreyoga.com](http://www.gentilcoreyoga.com)

## Yoga Adventure Information Kit

### Journey Into The Mayan World & Discover A Deeper Connection To Your Purpose

Please read over this information carefully and if you have any questions you can email me at [dl.gentilcore@gmail.com](mailto:dl.gentilcore@gmail.com).

**Double Occupancy**

**U.S. \$1,550 Per Person**

**Triple Occupancy**

**U.S. \$1,395 Per Person**

### Included in Your Package

- Nine nights accommodations
- Nine breakfast
- Three lunches (vegetarian)
- Five dinners (four vegetarian)
- Unlimited tea/coffee service & filtered drinking water in Guatemala
- Taking a private tour of Copan Ruins (entrance fee included)
- Yoga at the archeological site
- A spiritual meditative tour exploring the glyphs (which relate to very specific correlations to yoga & Kundalini iconography/philosophy)
- Hot springs (w/ transportation), Volcano Climb With Guide, Trip To Chichicastenango Market, Protection Ceremony with a Shaman
- Daily Yoga & Meditation Sessions
- Copan, Lake Atitlan & Antigua Transfer

*Not included in your package price:* Airfare, Extra Activities, Additional Food (one Breakfast, six lunches, four dinners), Spa Services, Gratuities, Departure Taxes & Border fees, transfer to Guatemala Airport on day of departure (transfer from La Ceiba to San Pedro Sula Honduras if coming from Grand Cayman)

### Deposit

A \$500 deposit with check, direct bank deposit, credit card, or Paypal must be by received as soon as you would like to reserve your space. All deposits go towards final bill and in the event you need to cancel are non-refundable unless we are able to fill your space. 50% of the total remainder is due two months in advance of the adventure. The balance of the 50% is due one week before the adventure. If this does not work for you please let us know and we will see what we can do about a different payment plan.

### Transportation

When booking your flight, you will want to book a "multi-city" ticket. The arrival airport is San Pedro Sula, Honduras; airport code: **SAP**. Please arrive no later then 12:30pm on July 27th, 2012. The bus to Copan will leave at 2pm. Your departure airport is Guatemala City, Guatemala: airport code **GUA**. Your departure time can vary but keep in mind that it is a 45 minute ride from Antigua to GUA, we will try to coordinate bus shares on our departures (this transfer is NOT included in your package price). A mid morning or early afternoon flight is preferred but not mandatory. Book your tickets early for the BEST RATES with Fiona at Travel Pros [Fiona@travelproscayman.com](mailto:Fiona@travelproscayman.com).

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### Vaccinations

We recommend that you speak with your local physician and ask what vaccinations are necessary, however most of The Americans and Europeans who live in these countries do not get vaccinated. It is your call to whatever you feel will allow you to be most comfortable for your yoga adventure.

### Yoga

Our daily yoga practices will have a theme each day, which will assist you in connecting to or deeper to your purpose in life and assist you in living a powerful yogic life. The practices will be located in an outdoor, open-aired facility in Honduras and under a gorgeous thatched roof, which is enclosed and has a full panoramic lake/volcanic view with hard wood floors in Guatemala. Practice is not mandatory but suggested for you to get the most out of this journey. No experience necessary, beginners welcome, but we suggest that you have a basic foundation. The classes will be a combination of vinyasa flow, partner, restorative, pranayama (breathing) and meditation. A.M. & P.M. practices.

### Gratuities & Taxes

This package includes Honduran & Guatemalan tax but does not include gratuities for activity guides or tips for the staff at your accommodations or on additional meals. We suggest U.S. \$5 to \$10 dollars per person, per adventure, for the guides, approximately U.S. \$5 -\$7 per person/per day for the entire staff at your lodging and 10% to 20% to your additional meals bill, just like you would anywhere else. Please give gratuities based on your own personal experience.

### Food

Honduras- A culinary destination, and a vegetarian haven. An authentic country cuisine prepared before your eyes in a rustic, open kitchen. We will have one five-course candlelight dinner; they are world famous and offer an authentic Maya experience. The remainder of the meals will be your choice in downtown Copan Ruins

Guatemala- Delicious vegetarian meals, served buffet style. For participants who would like to supplement their lunch or dinner with chicken or fish an additional \$7.00 per meal will be added to your personal bill.

*If you need non-dairy or vegan meals or have an extreme allergy, they are happy to accommodate you. Please let me know, so I can pass this information on. Remember we are in a third world and do not have access to specialty foods. You may need to bring some items with you.*

### Communications

Honduras- Wi Fi & SKYPE are available. Cell phone available for emergency uses.

Guatemala- Internet- A wireless service in the courtyard is available for those who bring their own laptop at \$20.00 a week for unlimited emailing. No up/downloading allowed – we are on a satellite system and our bandwidth is limited.

Phone – The phones are available for calls. Fees depend on country. United States is \$1.50 per minute.

Your Cell phones – may or may not work. You need an internal chip and roaming service. Please contact your cell provider. If you would like someone to call you, please know your group schedule and ask your caller to call when you are not in session. Otherwise they can take a message.

*We recommend not to bring laptops, for security purposes and to get the full experience from your yoga adventure*



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### Wellness Services

Honduras- Hot stone, healing, Thai and sound therapy is available from \$55 and up.

Guatemala- A wonderful staff of healing practitioners is available for services ranging from table massage, Thai massage, energetic healings, Feldenkrais therapy, facials and haircuts to Watsu (water based treatments) and oracle readings. Services vary depending on the time of year. Most guests have enjoyed experiencing these services and often want more than one treatment during their stay with us. When your retreat is closer we will let you know exactly what treatments will be available to you. (\$55 and up)

### Weather

Honduras-July can be hot and sunny (35 degrees C) with a nice 18-22 degrees C at night. Thunderstorms which will bring in cooler air, the end of July is the normal break in this pattern or it may just be hot and sunny (dry heat ...no humidity per se, except if it rains early and then the sun comes out and evaporates all the water Unpredictable, so best to have a light sweater for early mornings and evenings.

Guatemala- The Weather here is typically cool 55-60 Fahrenheit,(sweater weather) in the early mornings and evenings. During the day it's usually between 70-90 Fahrenheit. Air conditioning and heat are not necessary. May, June, September and October are the rainy times. During most of the rainy season there will be a hard rain in the afternoons and late at night.

### Items To Bring

- Hats; for sun and for chilly nights
- Sunglasses
- Layers for cool mornings and evening's
- Shawl, sweatshirt or fleece
- Flashlight (eco flashlights on sale in our store)
- Walking shoes or sport sandals
- Vitamins/energy drinks
- Eyeglasses and extra contacts
- Yoga mats, strap and 2 blocks
- Any other items that will make you feel comfortable
- Books and magazines
- Second form of ID
- Cash (small bills under \$50) or travelers checks.  
(credit cards may have an additional fee)
- Bathing suit, cover-up or sarong
- Windbreaker or raincoat
- Sunny and warm weather clothing
- Sunscreen and lip balm
- Insect repellent
- Medications, prescriptions and/or homeopathic remedies
- Dramamine (car sickness) Winding roads
- Clocks and hair dryers
- Decaf coffee or -decaf black tea or other special teas
- Snacks for airplane and bus
- Copy of PASSPORT
- Donations for our SEVA projects which will be emailed