



(345)938-1113
Grand Cayman
Cayman Islands

Lake Atitlan, Guatemala
November 3rd to 12th, 2012
www.gentilcoreyoga.com

BREATHE LIVE DISCOVER TRANSFORM

Yoga Adventure Information Kit

Living Your Yoga -

Deepen Your Relationship With Yourself, Your Family and Friends, and The World Around You!

Please read over this information carefully and if you have any questions you can email me at info@gentilcoreyoga.com

Double Occupancy

U.S. \$1,350 Per Person

Included in Your Package

- 9 nights accommodations – double occupancy (request for single is available for additional fee)
- Unlimited tea, coffee and water service
- 3 vegetarian meals a day. Beginning with dinner on the day of arrival and ending with breakfast on Nov. 9th.
- Day hike to El Pico de Cielo and exploring a Mayan village
- Trip to Mayan Market with transportation
- Day hike to Amigos de Santa Cruz
- Yoga Practice
- Protection Ceremony with a Shaman
- A day with a Mayan Family
- Gratuities for all the buses and excursions
- All transfers except on the final day from Antigua to Guatemala City Airport

*all activities are optional

Not included in your package price:

Airfare, Extra Activities, Additional Food (one Breakfast, two lunches, one dinners), Spa Services, Departure Taxes, transfer to Guatemala Airport on day of departure, Spanish language immersion

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 (if paying with pay pall please add on 2.9% plus \$0.30 USD, unless it is a direct pay pal to pay pal transfer) 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 October 10th, 2012. The balance of the 50% is due one week before the adventure October 26th 2012. **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 "round-trip" ticket. The arrival and departure airport is Guatemala - La Aurora, airport code: **GUA**. Please arrive no later then 1pm on Nov 3rd, 2012. The bus to Panajachel will leave at 2pm. 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 aprox \$35 per taxi). A mid morning or early afternoon flight is preferred but not mandatory. Book your tickets early for the BEST RATES !

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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

Each day will be theme focused. Our sessions will consist of pranayama, meditation, mantras and asanas; an all levels alignment flow. We will also discuss the history of yoga, the yoga sutras and the eight limbs, the exploration of yoga styles, chakras & living your yoga daily. Knowledge of the basic yoga poses & previous practice on the mat will help you on this nine-day transformation. The yoga room is under a gorgeous thatched roof, which is enclosed and has a full panoramic lake/volcanic view with hard wood floors. Practice is not mandatory but suggested for you to get the most out of this journey. Please let the teacher know if you will not be attending a class so they are not waiting for you. The classes will be a combination of vinyasa flow, partner, restorative, pranayama (breathing) and meditation and various other styles. A.M. & P.M. practices.

Gratuities & Taxes

This package includes Guatemalan sales tax and gratuities for buses and excursions but **does not** include gratuities for Mayan families or tips for the staff at your accommodations or on additional meals. We suggest U.S. \$5 to \$7 dollars 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. We will organize a group collection.

Food

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

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

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

Guatemala is called the "Land of Eternal Spring" because the average annual temperature is 75 degrees Fahrenheit (a bit cooler, especially in the evenings around Lake Atitlan, 5,000ft elevation). November has gorgeous weather and smaller crowds, temps range from 58F to 72F. The rainy season lasts from May to October, so by November rain is minimal. The Weather here is typically cool 55-60 Fahrenheit,(sweater weather) in the early mornings and evenings.. Air conditioning and heat are not necessary.

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