



## Retreat & Relax

# Maya Tulum, Mexico | November 13–20, 2010

Join YYoga instructors, Nico & Chloe Luce, as they lead a luxurious 7-day yoga retreat at Maya Tulum Resort, just 1 ½ hours south of Cancun, Mexico. Maya Tulum offers serenity, awe-inspiring scenery, and a connection with the Mayan past. The combination of nature, privacy, isolation, comfort, and delicious food, make it the perfect place for an unforgettable yoga retreat. The climate is ideal, and the sun shines all year with sea breezes and a clear sky – this is your opportunity to escape and enjoy a well deserved break in mid-November.



### Accommodation:

Guests sleep inside simple, yet chic, thatched-roofed cabanas that look as if they could have sprung naturally from the earth. Each cabana comes with a sitting area for relaxing, tiled bathroom with an open shower area, and a generous supply of fresh bottled water. Maya Tulum Resort offers you a choice of 3 types of rooms: ocean-view deluxe, beachfront deluxe, or beachfront super deluxe, with two tiers of pricing based on double or single occupancy. Rooms feature either two double beds, or one king-sized bed. King sized beds are limited, and are not available in the ocean-view rooms. There are safes in each cabana.

**Beachfront Rooms:** Maya Tulum's best cabanas! Each cabana sits right on the sandy beach with spectacular and crystal clear views of the Caribbean Sea.

**Ocean-View Rooms:** Cabanas are located in the garden area with beautiful views of the ocean. There are breezes in these cabanas, like the sky itself is touching you.

### Food:

Celebrate each meal in an exquisite huge round cabana built with marble floors and white limestone walls. Through its windows you have a fantastic view of the coastline with the turquoise Caribbean Sea embracing the white sand. The restaurant is basically vegetarian but also serves fresh seafood. Special care is taken in the preparation and cleaning of all fruits and vegetables to ensure the good health of our guests. Healthy buffet with fish served on Monday and Friday nights. If individuals want fish served more than two nights, the charge is \$8.00 USD per person. Special dietary needs will be charged additional rates.

### Spa:

Whether for relaxation, healing or transformation, a massage or body treatment at the spa is truly a highlight of the Maya Tulum experience. The unique and authentic indigenous treatments come highly recommended. The downloadable spa brochure is available at the resort website – [mayatulum.com](http://mayatulum.com)

### Sample Daily Schedule:

Meditation  
Breakfast Buffet (8-11am)  
Yoga  
Lunch Buffet (1-3pm)  
Yoga  
Dinner Buffet (7-9:30pm)



## What to Bring:

To make your stay at Maya Tulum comfortable and convenient, we suggest you bring the following: flashlight, alarm clock, sunscreen and hat, bathing suit, light jacket and pants, beach towel, day pack, walking or hiking boots, sandals, insect repellent, and toiletries.

Please bring your own beach towels. Bath towels or blankets should not be removed from your cabaña for use on the beach. Any missing towels or blankets will be charged to the room at a rate of \$10 each. Blankets can be purchased in the resort boutique. Bring your own wet shoes & snorkeling equipment; or you can rent snorkeling equipment for approximately \$6 - \$8 USD per day. Bike rental is available for \$10 USD per day and is a 20-minute walking distance from Maya Tulum

## Money:

Maya Tulum accepts U.S. Dollars, Pesos (the Mexican currency), and Euros in travellers cheques or cash. Change will be given in pesos. Banks offer the best exchange rates. There are five ATM machines and two banks in the town of Tulum, which is 3.5 miles away. Changing currency at the airport is NOT recommended due to the low exchange rate. Credit Cards are accepted at Maya Tulum.

You may also consider bringing approximately \$300 - \$500 cash or travellers cheques per person for things such as: massage / body work (\$70-\$120 per session), excursions, taxis, entry fees, shopping, diving, equipment rentals, food and bar drinks. It is also recommended each person brings small currency (\$1's, \$5's and \$10's) because the front desk is limited on giving out change to each guest.

## Tipping:

Minimal tips of \$50 per person are included in the cost of the retreat. The tips are distributed to the resort staff, excluding spa therapists. Additional tips are welcome as appropriate. Please bring small currency (\$1's, \$5's and \$10's) because the staff has limited change.

## Telephones & Internet:

Your cellular phone may function in Mexico. This service must be arranged in advance with your cell service provider.

Two guest phones are available at the front desk for outgoing calls. Phone calls to the U.S. will cost \$1.00 a minute. Do not pre-purchase telephone cards as they will not function at the hotel. Internet is available for use at the front desk, if needed. Wireless internet is also available in the restaurant. However, you will need to bring your own laptop with a wireless internet card to use this service.

Maya Tulum's telephone number: 011-52-1-984-116-4495. The hotel has one phone for incoming calls for the entire facility, so please use it only for emergencies. The reception office is open from 7am to 10pm daily.

## Electronics:

Please note: Maya Tulum is secluded, bordered by the ocean on one side and the jungle on the other. A generator produces standard 110V electricity, but it will not sustain the wattage output of hair dryers, irons, etc. It will support battery chargers and laptops. However, if you are going to use this equipment it is highly recommended that you also bring a surge protector. Also the plumbing at Maya Tulum is very sensitive so please do not throw toilet paper, feminine products, cigarettes, or anything else into the toilets. Wastebaskets are located beside the toilets for your use.

## Getting There:

When booking flights to Maya Tulum, you will want to fly into Cancun International Airport (CUN). Our retreat starts with dinner at Maya Tulum on Saturday, November 13th. Check-in at the resort is 3pm. Our time together will end with breakfast on Saturday, November 20th. Check-out is 12pm.

Airport transfers to and from Maya Tulum can be arranged for you, if needed. The rate is a flat fee of \$40 one way/per person. Public transportation or taxi to the resort is also very easy but must be organized and paid for by you. Further details can be found on the resort website. Transportation cannot be billed to a credit card.



## Pricing Details - starting at \$1599 CDN\*

### Based on double occupancy:

\$1599 for ocean-view

\$1699 for beachfront deluxe

\$1899 for beachfront super deluxe

### Based on single occupancy:

\$2299 for ocean-view

\$2599 for beachfront deluxe

\$2899 for beachfront super deluxe

### Book before September 1<sup>st</sup> and save \$100.

\*All prices include 7 nights accommodation, buffet-style meals, meditation & 2 daily yoga classes (including mats & props), taxes, and minimal tips. Prices do NOT include airfare.

### Terms & Conditions:

YYoga requires a \$500 non-refundable deposit. This deposit will confirm your reservation until 60 days prior to trip departure, at which time the balance owing is due.

Registrations will be accepted after the final payment is due, but they are subject to availability at the time of booking. In the case of late bookings, full payment will be required upon registration.

Room selections are available on a first come, first served basis. The single occupancy rate is for those who would like to secure a private room for the retreat, at the indicated price. If you are not travelling with anyone you know and would like to share a room, please indicate your preferences on the registration form and we will be happy to work to find you a suitable roommate. YYoga will do our very best to match everyone with a roommate. If we are not able to match you with a roommate, you will be responsible to pay the single occupancy rate. An early registration will help facilitate this.

If a retreat is cancelled by YYoga, all deposits and full payments made to YYoga to date will be refunded in full which constitutes settlement fees.

### Flight Insurance:

YYoga recommends travel cancellation insurance should your travel plans change. YYoga will not be held responsible for any additional travel expenses incurred in preparation for cancelled retreats including airline tickets, travel delays, flight cancellations or illness.

### Cancellation Policy:

Retreat is 100% non-refundable within 30 days of the scheduled start date.



Retreat questions, please email us at: [retreats@yyoga.ca](mailto:retreats@yyoga.ca)

Further resort information can be found at: [www.mayatulum.com](http://www.mayatulum.com)