

# Welcome to Tiffany and Zoreh's Yoga Retreat

November 5–12, 2022

We are delighted that you are joining us for this retreat!

Please bring this information with you to Mexico.

## COVID PRECAUTIONS

Please take a rapid test 24 hours or less before leaving to come to Mexico.

Bring your proof of vaccination.

Please wear a mask in airports, on the plane, in the taxi, and when checking in at your hotel.

Bring 2 rapid tests. If you have any symptoms in Mexico we will ask that you take a rapid test, and, if the test is positive, we will ask you to self-isolate and not come to yoga class.

No test is required for return to the U.S.

## ARRIVAL at ZIH AIRPORT

Transportation will be provided from the airport to Troncones. After you go through customs and claim your luggage at the airport, meet the taxi driver who will take you to Troncones. Pick up is outside the airport. As soon as you step out look for a taxi driver with a yoga retreat sign and your individual names. If you choose to have him stop for snacks or drinks please pay him a bit extra, otherwise your transportation is paid for.

Please continue to wear masks during the ride and in stores, and while checking in to your room.

## SCHEDULE

1. On **Saturday evening, November 5 at 6:00 PM** there will be an orientation meeting and informal dinner at [Merece tus Sueños](#). Please gather there.
2. Yoga classes are held 7:30-9:30 AM and 4:00-5:30 PM.
3. One afternoon there will be no class; you are free for area adventures or body work.
4. On the last day (November 12) we will have a shorter morning class, leaving plenty of time for packing, checking-out and taking a last swim.

## MEALS

7:00-7:15 AM Tea and coffee

9:45 AM (after class) Breakfast

7 PM (after sunset) Dinner

- Please let us know if you have any food allergies at the orientation meeting.
- During the retreat, beverages and lunches can be charged to your room by name and room number. At the end of the retreat, you will have to pay for those charges with cash (Mexican pesos or US dollars).
- NOTE: The restaurant no longer accepts credit cards
- Lunches are not included in the cost of the retreat.

## TIPS FOR STAFF

It is not necessary to leave tips on a daily basis. Before leaving we all contribute \$50.00 USD per person for tips to the house cleaners and breakfast/dinner staff.

## SPA SERVICES

We will have a sign-up schedule for massage therapist, manicures and pedicures.

## OTHER ACTIVITIES

We will also have information about surfing and paddle boarding and Costa Nativa Eco tours (highly recommended). We can also arrange horseback riding, bicycle riding, a trip to Zihuatanejo (a great fishing village to visit), and fishing and boating trips.

## OTHER INFORMATION

1. There is wireless internet connection at your hotel.
2. Rooms do not have hair dryers.
3. Electrical convertors **are not** required.
4. Please bring a re-usable water bottle with you. We have filtered water for you to refill your bottle and save on use of disposable plastic bottles.

## REMINDER: FULL MOON PREPARATION

If you wish for Tiffany to provide astrological readings of the moon in your chart in conjunction with the full moon on November 8th, please send her the following information from your birth certificate **by Thursday October 20** to allow her plenty of time to prepare your reading.

- Date of Birth
- Time of Birth
- Location of Birth (City, State)

*Please be sure to consult your birth certificate for this information, as memories are surprisingly unreliable about the time of birth in particular.*

Tiffany: [tiffany@myevolution.com](mailto:tiffany@myevolution.com)

## EMERGENCY CONTACT INFORMATION (numbers as dialed from the US)

Zoreh and Charlie's house: 011-52-755-553-2944 [charliezoreh@yahoo.com](mailto:charliezoreh@yahoo.com)

Charlie and Zoreh will be coordinating transportation from and to the airport. **Make sure you have sent your flight plans to:** [charliezoreh@yahoo.com](mailto:charliezoreh@yahoo.com).

We hope you have a great time this week! If you have any questions, please ask Zoreh or Charlie.

Namaste,

Tiffany and Zoreh