

Tips for the Trip
Embodied Yoga and Dance Retreat in Mexico
with Tiffany and Zoreh
November 5–12, 2022

We are delighted to have you join us for a magical yoga retreat on the beach in Troncones! The retreat starts on Saturday November 5 at 6pm with an informal gathering and dinner at Merece tus Sueños.

Be sure to bring:

- Valid passport
- Insect repellent and sunscreen
- Flashlight
- Yoga props: sticky mat and 10 foot long belt
- Re-usable water container
- Hand sanitizer
- Cash to exchange for pesos upon arrival: there is an ATM at the airport that gives the best exchange rates. There is also an ATM in Troncones. Be sure to bring enough cash to cover extraneous expenses, like side trips, massages, or shopping on the beach (in pesos). Most gift shops will take credit cards. Taxis are available for local travel.
- Before departing, we each contribute \$50 (USD) to a joint tip for the room attendants and kitchen staff.
- If you have a snorkel and mask, you might enjoy using them.

Covid

- We are requiring vaccination for all retreat participants. Please bring your proof of vaccination with you to Mexico.
- Please take a rapid Covid test within 24 hours of your departure from the U.S.
- We request that you wear a mask on your flights, in airports, in the taxi, and at the hotel registration, so that you will stay healthy, keep others healthy, and be able to participate fully in our wonderful retreat!
- Please bring two rapid Covid tests with you to Mexico. Should you have symptoms we will ask that you take a test and, if the test is positive, self-isolate.

Flights

Please make your flight reservations to **Ixtapa-Zihuatanejo International Airport (ZIH)**. We recommend you purchase them as soon as possible with travel insurance for your peace of mind. We suggest checking Alaska Air through Phoenix and/or Los Angeles for a flight with a good transit option. You can also fly into Mexico City and take the daily Zih/Ixtapa flight, which is reasonably priced.

Please email your flight information to Charliezoreh@yahoo.com

Once we receive your flight info, we will arrange your taxi from the airport. Your driver will be waiting for you just as you exit, outside of the airport. Remember to continue wearing your mask in the taxi.

All meals will be served outdoors, the studio is open air with a cool ocean breeze and plenty of space between mats as we have limited the number of participants this year. Masks are optional while we practice.

Electrical outlets are the same as in the U.S.

WiFi is available at the hotel.

Contact in the event of emergency:

011-52-755-553-2944 (Zoreh and Charlie)

Email charliezoreh@yahoo.com

Full Moon Preparation

Those who wish to watch the full lunar eclipse, will gather on the beach in the early morning of November 8th. Tiffany will provide astrological readings of the moon in your chart in conjunction with this event for those who would like (even if you don't plan to get up early with us!) If you wish to participate, please send Tiffany the following information from your birth certificate:

- 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.

Please email this information to Tiffany by Thursday, October 20, to allow her plenty of time to prepare your individualized reading: tiffany@myevolution.com

We look forward to a safe and fun-filled journey with you. Let us know if you have any questions.

Namaste,

Zoreh and Tiffany

High Desert Yoga

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