



Being Yoga Retreat
Tulum, Mexico
August 6th ~ 13th, 2011
Information Packet

The Shambala La Petit Hotel will be our home away from home.
More about this charming resort and its cabanas is given below.

You can also refer to: www.shambalalapetithotel.com

Retreat fee of \$1850 is due when you make the reservation.
Included in the retreat are instructional books on meditation
and yoga philosophy.

Contacts:

Reservations or questions contact:

Sharon at: beingyoga@sbcglobal.net or call 650-552-9642.

To arrange transportation to/from the Cancun airport,
email your flight itinerary to: beingyoga@sbcglobal.net

or FAX it to: 650-552-9650.

To arrange excursions and outside activities,
contact Roberto at:

booking@shambalalapetithotel.com or call him, from the US
or from your US cell phone: 011 521 984 1256474,
if from a phone in Mexico: 984 1256474.

Notify Roberto if you have any food allergies.

Shambala La Petit Hotel street address: Bocapaila Tulum Rulnas km 7.5.

Cancellation Policy:

If you must cancel your reservation, 30 days written notice
is required to: beingyoga@sbcglobal.net or to:

Being Yoga, 1863 El Camino Real, Burlingame, CA 94010.

A \$100 processing fee will be subtracted from your deposit.

We are unable to honor refund requests made after 7/6/11.

Being Yoga reserves the right to cancel a group trip due to
Insufficient sign-ups. Notification will be given at least 30 days
before departure and you will receive a full refund.

Fee Does Not Include:

Airfare, transportation to/from the Cancun airport, bodywork,
tips, off-site excursions or activities.

Retreat Schedule:

Yoga and meditation Aug 7th through Aug 12th

Four sessions daily

7:30 am - 8:00 am Meditation

8:15 am - 9:45 am Bikram Yoga

10:00 am Brunch

4:00 pm - 5:30 pm Yin Yoga

6:00 pm Dinner

7:30 pm - 8:30 pm Meditation and Yoga Philosophy
(an evening meal will be provided on your arrival day
and breakfast on departure day).

FREQUENTLY ASKED QUESTIONS:

Where is Tulum?

On the Yucatan Peninsula, approximately 81 miles (131 km) south of Cancun. It's about a 90-minute drive from the airport.

How do I get there?

Flights are into Cancun, a very busy international airport.

To arrange transportation to/from the airport, email you flight itinerary to: beingyoga@sbcglobal.net or FAX it to: 650-552-9650 two weeks before arrival.

Is the retreat suitable for beginners?

This retreat will be suitable for anyone, regardless of age, physical ability or experience in yoga or meditation.

The teaching is primarily guiding each participant back to his/her own intuitive knowing.

Students attend retreats for different reasons and with different backgrounds. The retreat experience is unique for everyone, allowing you to have the understanding and experience needed at that particular time.

What are retreats like?

A yoga retreat is an opportunity for you to relax and dive deeply into the practices. The schedule, teaching and environment allow you to let go of the demands of daily life and reconnect with your true nature. Yoga postures, breath awareness, restorative postures, meditation, Kriya Yoga philosophy, silence and free time in tranquil and beautiful surroundings generally assist in this 'letting go'. As we let go of tension and the busy mind, a deeper knowing, which is always present, reveals itself.

I've heard of yoga vacations, but this is called a yoga retreat.

What is the difference?

We call this a 'retreat' because we consider this a unique opportunity to take a break from our busy lives and turn our attention inward.

Most people attending a retreat have a sincere desire to explore and nourish their spiritual life.

What are the meals like?

A hearty brunch after the morning session and dinner are included

in the retreat package. The meals served at the resort hotel are wholesome and vegetarian (fish or chicken on three evenings).

Eggs are available. There are many excellent restaurants near the hotel. We have listed several restaurants in our Tulum Attractions handout or contact Roberto for further suggestions or if you have special dietary needs.

Where is Shambala La Petit Hotel located?

This intimate facility is located on the South Beach of Tulum, Mexico.

We will be staying in their eco-chic cabanas situated on the beach.

Shambala's yoga and meditation shala is also on the beach with three glass walls overlooking the speculator sand and surf.

What does it mean that the yoga retreat facility is in an electricity-free zone?

Tulum is still free from conventional electricity, so there are no TVs or CD players in the rooms and no air-conditioning or phones. There is a generator available at all times, and the facilities have solar power. The result is a welcome relief from the noise and light pollution we often experience in our everyday lives. The stars and moon along with the sounds of the waves are more available.

What should I bring?

US dollars (preferred and sometimes required for off-site entertainment).

Passports are required for travel to/from Mexico.

Casual, comfortable clothing for yoga/meditation and the beach.

Lightweight jacket or wrap for the evening.

Personal toiletries.

Sun block, hat, bathing suit, walking shoes.

Yoga mat.

Watch or clock.

Journal, if you would like.

Flashlight.

What is there to do between sessions?

Mostly we encourage you to simply rest in this beautiful beach paradise: immerse yourself in yoga studies, sunbathe, swim, take long, quiet walks on the pristine beach, write in your journal and read. Not included in your package but available at additional cost are off-site activities such as: exploring the Tulum Mayan ruins, touring Sian Ka'an Biosphere Reserve, bodywork, kite surfing or snorkel/scuba diving in the largest barrier reef in the Western Hemisphere. We have some suggestions and contact information on our Tulum Attractions handout.

Is bodywork available?

Yes, contact Roberto to arrange on-site, private massage sessions.

Please refer to our Tulum Attractions handout for alternative massage and spa suggestions.

When should I arrive?

Between 4:00 pm and 6:00 pm on the first day of the retreat. Remember to include 90-120 minutes ground transportation when planning your arrival time.

There will be an evening meal on August 6th.

When is the retreat over?

Departure day is August 13th. Breakfast will be served before your travel home begins. No yoga or meditation will be scheduled for that day.

Can I stay at Shambala the day before or after the retreat?

Yes, if there is availability. To make reservations, contact Roberto at:
booking@shambalalapetithotel.com.

Join us.

Your freedom is waiting...

