



**Being Yoga**

*Freedom in your body and mind*

# Tulum Attractions

Contact reception to arrange excursions or make reservations.

## PLACES TO EAT:

### On Beach:

**Posada Margherita** ~ simply fabulous Italian food  
[www.posadamargherita.com](http://www.posadamargherita.com)

**La Zebra** ~ Mexican food  
[www.lazebratulum.com](http://www.lazebratulum.com)

**Casa Violeta**  
[www.casavioletatulum.com](http://www.casavioletatulum.com) ~ 984.801.8255

**Coqui Coqui** ~ breakfast & lunch

### On way to pueblo:

**El Tabano** ~ Mediterranean & Mexican traditions  
984.134.8725

**Zamas** ~ fresh fish, gourmet pizza & vegetarian faire  
[www.zamas.com](http://www.zamas.com)

**Hemingway** ~ Italian flare  
[info@hemingwaytulum.com](mailto:info@hemingwaytulum.com)

**La Mezzanine** ~ Thai food  
[www.mezzanine.com.mx](http://www.mezzanine.com.mx) ~ 984.131.1596

**Trece Lunas** ~ breakfast & capuchino  
[trecelunastulum.net](http://trecelunastulum.net) ~ 984.115.5122

### In town of Tulum:

**El Camello** ~ fish  
on Main St at end of town

**La Chiapaneca** ~ tacos

**La Nave** ~ Italian food  
on Avenida Tulum

**Le Bistro** ~ French food  
on Centauro Sur

## ESSENTIALS:

### On way to town of Tulum:

Grocery store & ATM (before making left onto Avenida Tulum-right on corner.

### In town of Tulum:

Doctor Salvador 984.8070.916 or 984.1149.844

Pharmacy

Savana ~ you can FAX, DHL, FedEx from here.  
FAX# 984.871.2092 (011.52.984.871.2092 if FAXing from US)

Post Office

Internet Safari

## THINGS TO DO:

**Tulum Mayan Ruins** on coast cliff

North of Blue Tulum Resort on Boca Paila

**Sian Ka'An Reserve** ~ fresh water floating & jungle tour

**Coba Mayan Ruins**

**Cenotes**

**Playa de Carmen** ~ great shopping, restaurants & night life

**Extreme Control Kiteboarding**

[www.extremecontrol.net](http://www.extremecontrol.net)

Learn to Kiteboard, rent/buy equipment, paddle board tours to Sian Ka'An Reserve through calm waters of the Boca Paila lagoon & mangrove canals.

**Mexi Divers**

[www.mexidivers.com](http://www.mexidivers.com)

Diving, snorkeling & boating. Great way to experience the cenotes, reef & sea life.

**Bike & Vespa rental** in Pueblo, next door to La Posada del Sol Hotel

**La Posada Hotel's Boutique** ~ handcrafts, gifts & jewelry

[www.laposadadelsol.com](http://www.laposadadelsol.com)

## TREAT YOURSELF:

Daily yoga classes:

**Shambala La Petit Hotel**

[www.shambalapetithotel.com](http://www.shambalapetithotel.com)

**Maya Tulum**

[www.rrresorts.com](http://www.rrresorts.com) ~ 770.483.0238

**Yoga Shala**

[www.yogashalatulum.com](http://www.yogashalatulum.com)

**Amansala**

[www.amansala.com](http://www.amansala.com) ~ [amansala@gmail.com](mailto:amansala@gmail.com) or [amansala@yahoo.com](mailto:amansala@yahoo.com)

**Jade**

[www.jadetulum.com.mx/spa.htm](http://www.jadetulum.com.mx/spa.htm) ~ 984.134.1458

**Spas:**

**Book on-site spa treatments through Shambala staff**

**Coqui Coqui** ~ great body scrubs

[www.coquicoquispa.com](http://www.coquicoquispa.com) or [info@coquicoqui.com](mailto:info@coquicoqui.com)

**Amansala**

[www.amansala.com](http://www.amansala.com) ~ [amansala@gmail.com](mailto:amansala@gmail.com) or [amansala@yahoo.com](mailto:amansala@yahoo.com)

**Blue Tulum Resort & Spa**

984.871.1000

**Sonia Luderngani**

Schedule a massage: [s.luderngani@gmail.com](mailto:s.luderngani@gmail.com) ~ 001.521.(984)108.2590