

# Maya Tulum Yoga and Nahuatl traditions of ancient Mexico

With Phoenix Artemisia and Mazatzin Acostas

Tulum, Mexico

July 25 - August 1, 2009

## Traveling to Tulum, Mexico

### Mexico's Travel Documents ~ Requirements

**\* Since January 23, 2007 a PASSPORT IS REQUIRED!!!**

A current Passport is necessary. US citizens do not need a visa, but non- US citizens may need one. Please contact your airline or passport agency for details.

### What to Bring

To make your stay at Maya Tulum comfortable and convenient, we suggest you bring the following:

Flashlight

Alarm clock

Sunscreen, sunglasses and hat

Bathing suit

Light jacket and pants (Nov-March)

Beach towel -

Day pack for excursions -

Walking or hiking shoes (Keens or other lightweight, waterproof shoes are recommended, they are quick to dry out and are all-terrain)

Insect Repellant

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 \$10.00 each. Blankets can be purchased in our boutique.
- Yoga Room props (blocks, mats, blankets, straps) are not to be removed from Yoga Room at any time.
- Bring your own wet shoes and snorkeling equipment; or you can rent snorkeling equipment for approximately \$6 - \$8 per day.
- Check In time 3PM. Check Out time 12PM.

- We recommend bringing approximately \$300 - \$500 cash/ traveler's cheques per person for things such as: massage / bodywork (\$70-\$90 per session), excursions, taxis, entry fees, shopping, diving, equipment rentals, food and bar drinks.
- There are safes in each cabana.
- Your cellular phone may function in Mexico. This service must be arranged in advance with your cell service provider.
- **Area Code:**  
The area code for Tulum and the Riviera Maya is 984. All local numbers have seven digits, and all numbers begin with 8. If a number is written (984) 873-1234, when in Riviera Maya you must dial 873-1234.
- **Long Distance Calls:**  
To call the United States & Canada, first dial 001.  
For the rest of the world dial 00.  
For an international operator dial 090  
To call other cities in Mexico dial 01, for a Mexican operator dial 020.
- 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 at the front desk for a minimal charge.

**Maya Tulum's telephone number is 011-52-984-877-8638.**

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.

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.

**Money**

Maya Tulum accepts U.S. Dollars, Pesos (the Mexican currency), and Euros in traveler's checks or cash-CHANGE WILL BE GIVEN IN PESOS. Banks offer the best exchange rates. There are three 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, although, they may ONLY be processed Mon-Thur. Please keep this in consideration if you are paying for a massage or bodywork with a credit card.

## **Airline Flights**

When booking flights to Maya Tulum, you will want to fly into Cancun International Airport (CUN). I have found the best deals are accessible through search engines like Kayak, which compare multiple travel sites and itineraries for you after you enter your travel information. Airfare is not included in the cost of the Yoga retreat. Make sure you get a frequent flier number so that you get mileage credit for your travel! It adds up, and you might find yourself closer to your next vacation by taking advantage of one of the many airline points deals out there. You will need to arrive around noon or later, since check-in at Maya Tulum is 3PM.

The drive to Maya Tulum from the airport takes a little under 2 hours. Round-trip airport transfer is included in the cost of your trip. Please let us know as soon as you receive your flight details so that we can arrange for your transportation. Do not buy your airfare until the retreat has been confirmed, after October 10<sup>th</sup>, 2008.

## **Directions to Maya Tulum for those coming in from other destinations in Mexico:**

Take 307 SOUTH when leaving the airport. Drive for approximately 81 miles. You will come to a stoplight; you will see a sign for COBA and Chichen Itza to the right. There is also a Super San Francisco (large grocery store) on the right. Turn left at this light. If you get to the town of Tulum you have gone too far. Go 1.5 miles until you come to a T-intersection with a police hut on the left. Turn right and go straight until the paved road ends, we are the first place on the left after the police check point. The number for the desk in case you get lost or have an emergency is 984-877-8638.

## **Mexico's Health Aid and Issues**

You are unlikely to encounter any serious diseases in Mexico. No vaccinations are required to enter Mexico.

The largest concern that most people have when traveling to Mexico is if it is safe to eat and drink. Most restaurants located in the tourist areas disinfect and/or use purified water to clean fruits and vegetables. These establishments also use purified water to make ice and drinks. If you are away from the retreat center, we recommend that you purchase bottled water in any local store. At the retreat center, we provide purified water coolers in all rooms at Maya Tulum so all guests can refill their bottles with water.

- If you are traveling in Mexico prior to the retreat or are tempted to eat off-site at any time, avoid street vendor food and pace yourself on the typical spicy dishes to avoid upset stomachs (however, most establishments have tamed the heat to accommodate customer needs).

- Mosquito nets cover all of the beds in every room and it is suggested that retreatants bring some type of mosquito repellent.
- **Crime:**  
There is little crime in Riviera Maya. In the tourist areas, you are generally safe late at night. Car break-ins are just about the only crime, especially around the shopping centers. So be sure to lock your door like you would back at home. Like any other beach resort, do not leave money or valuables unattended on the beach.
- **Time Zone:**  
Mexico spans three different time zones. Mexico City and Cozumel, for example, are on central time, putting them in the same time zone as Chicago, or 6 hours behind Greenwich mean time, 6 hours behind London, 3 hours behind São Paulo, 9 hours behind Moscow, and 16 hours behind Tokyo. Two of Mexico's time zones observe daylight saving time during the summer months; during that time clocks are advanced by 1 hour.
- **Climate:**  
Not only does Mayan Riviera have the warm sun year-round, but the average year-round temperature is 80°F (27°C) and hardly humid! During the winter the temperature can go down to a warm 65°F (19°C) at night. In the summer temperatures can be as high as 100°F (38°C). Not to worry, the ocean breeze keeps Mayan Riviera comfortable, compared to other areas of Mexico.

November through February is the best time to go since that's when the sun shines the most days.

The busy winter tourism season, when prices reach their peak, overtakes the area from mid-December to April. This time of year is attractive not just because it's winter in North America and Europe, but also because it's not raining and the heat isn't so muggy. May is the end of the dry season, and in June are the start of the rains.

- **Tropical Storms:**  
It is rare for Riviera Maya to get hurricanes, but it is a fact of life. Hurricanes tend to move slowly enough for people to avoid danger, and there is a 3-day warning system in the area that will advise you of the situation. Hotels and villas are experienced in keeping guests safe and happy during one of these storms.