

maya tulum yoga retreat

Yoga, Mayan sites and Ecology of Being with Phoenix Artemisia

Sunday, January 2, 2011 3PM to
Saturday, January 8, 2011 at 12PM

Here is a practical guide to help you look forward to travelling joyfully and safely to TULUM, MEXICO, drawn from information on the website of Maya Tulum Retreat Center, and added to and edited by experienced traveler Phoenix Artemisia.

Mexico's Travel Documents - Requirements

Since January 23, 2007 a PASSPORT IS REQUIRED! A current Passport is necessary. U.S. citizens do not need a visa, but non- U.S. 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:

Water/sports bottle for filtered water at the retreat center

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.

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- Check In time 3PM Sunday, January 2. Check Out time 12PM, Saturday, January 8.
- 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 if you use Maya Tulum's phone, or you may use a pay phone just outside of the resort, but you must get the correct phone card by walking a short distance to the market area of Tulum.

Internet was available at the front desk for 15 minutes at a time for free when Phoenix and Tom were there in 2009.

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.

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More about....

- 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). Phoenix has found that 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. 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, since check-in at Maya Tulum is 3PM. Airfare is not included in the cost of the Yoga retreat.

The drive to Maya Tulum from the airport takes a little under 2 hours for a private taxi. Round-trip airport transfer is not included in the cost of your trip, but can be easily arranged through www.cancunshuttle.com . Please note that if you take a shared shuttle it takes longer than 2 hours, but no more than 3 from Cancun to Tulum. The least expensive option (recommended for seasoned travelers only, and being bilingual is a plus) is to take a bus from the airport to Tulum town, then a taxi to Tulum resort area. Only ride in taxis that display a license! Please let us know as soon as you receive your flight details, so that we can anticipate your arrival.

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

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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. You must, however, drink bottled water EVERYWHERE and do not drink beverages with ice made from local tap water. Most restaurants in Tulum resort area filter their water for everything but you need confirmed bottled drinking water at the table away from the retreat center, unless you are eating at Maya Tulum's Retreat Center exclusively where they meticulously filter all water involved with cooking and drinking. 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. Note from Phoenix: Tom and I were perfectly fine abiding by these guidelines here and elsewhere in Mexico, and Maya Tulum's in-room water filtration is highly reliable. Bring a water bottle.

- 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.

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- 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 80F (27C) and hardly humid! During the winter the temperature can go down to a warm 65F (19C) at night. In the summer temperatures can be as high as 100F (38C). 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 is when the sun shines longest each day. 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.

Please feel free to contact Phoenix at 001 831 728 8064 or email her at garudayogini@yahoo.com with any questions (none too small) about coming to Tulum! Enjoy your preparations for the trip and have a safe and wonderful journey to Mexico!