

The Journey Inward Introduction - Level 1

Valladolid, Yucatan, Mexico

January 13-16, 2014

For those lucky enough to consider this option, we recommend your travels to the Yucatan start the Saturday before (Jan. 11) and end the Sunday after (Jan.19), unless of course, you can stay longer.

Workshop Location

Casa Questzal hotel also has a workshop space for our Journey Inward. Calle 51 Num 218. From Valladolid you are a short drive to the Mayan ruins of Chitchen Itza and Ek' Balam. Day trips to beaches like Playa del Carmen and Tulum are possible. Or the Yucatan capital, Merida. Please visit the wiki site that talks about this sweet little village rich with culture. http://en.wikipedia.org/wiki/Valladolid,_Yucatán#Climate

Lodging

Casa Quetzal is our favorite, serving a beautiful breakfast and a pool to cool off. It is also where we will be doing the workshop. There are only a few rooms so it's important to get reservations pronto. It is high season so the prices are around \$60/day. There are cheaper options. We recommend you go online and search for hotels in Valladolid. When you find a few that look interesting to you, we can help you decide based on your desires and finances. There are not many to choose from; this site lists other local options:

http://www.virtualtourist.com/hotels/North_America/Mexico/Estado_de_Yucatan/Valladolid-922588/Hotels_and_Accommodations-Valladolid-Casa_Quetzal-BR-1.html

Dates & Times

We start Monday Jan. 13 at 10 am and go until 5 or 6pm depending on lunch and siesta needs of the group. All 4 days, same schedule, unless the group agrees on something different (10 am-5 pm). Trips to our cenote land can be arranged for those interested.

Lunch (not included in price)

We take 1½-2 hours for lunch at a nearby healthy restaurant. We provide good drinking water and teas during the workshop. If interested in a cleanse we can help. Vegan option also available.

Clothing for the workshop

Bring clothing that supports movement, so no skirts or levis. Layers will help you regulate your body temperature. Temperatures in Valladolid in January range from 65-90°F.

What to bring for the workshop

Bring a Yoga mat, beach towel and something for writing.