

# **The Journey Inward – A Feldenkrais Winter Retreat**

January 16-20, 2017 - Valladolid, Yucatan, Mexico

For those lucky enough to be considering this option, we recommend your travels to the Yucatan start the Friday or Saturday before the workshop (Jan. 13-14) and end Saturday or Sunday after (Jan.21-22). If you can afford the luxury to stay longer, there is much to see and do. Spending a few days on the beach at the end of your trip before flying is a lovely choice. Or you could just stay put in your accommodations in Valladolid and do day trips to beaches like Playa del Carmen and Tulum or the capital of the Yucatan, Merida. We are planning a trip to the nearby Maya ruins Ek' Balam on Sunday before the workshop begins (free to those who sign up by 11/1/16). Trips to our cenote and agave plantation can be arranged for those interested.

## **Workshop Location**

Valladolid is half way between Cancun and Merida. Learn about this cool little village rich with culture <http://www.visitmexico.com/en/magicaltowns/south-region/valladolid-yucatan-mexico> & <https://havecamerawilltravel.com/places/balam-mayan-ruins-mexico-yucatan-photos/> (please copy and paste in these links to your browser) We will be organizing a van to drive people from the Cancun airport, depending on people's schedule. You can also rent a car or take a bus if your schedule doesn't coalesce with the van schedule. The workshop space is on the edge of town with a pool and palapa where we will be doing our *Awareness Through Movement* lessons. It's surrounded by an orchard with plenty of citrus trees for juice and coconut trees for coconut water.

## **Lodging**

There are a variety of places and prices for your stay. You may want to try Airbnb or check the many choices listed here <http://www.lonelyplanet.com/hotels>, then put in Valladolid, Mexico and the dates you want and it will give you a list of hotels to research to find one that fits your needs.

## **Dates & Times**

We start Monday Jan.16 at 10 am and go until 5 or 6pm depending on lunch and siesta needs of the group. All 5 days have the same schedule unless the group agrees on something different (10 am-5 pm).

## **Lunch is catered and included in the price of the workshop**

We take 1.5 – 2 hours for lunch. It will be catered by a local healthy restaurant, Yerba Buena. We provide good drinking water, coconut water, tea, fruit for smoothies and green drinks during the workshop. Vegan option available.

## **Clothing for the workshop**

Bring clothing that supports movement, so no skirts or levis for class time. Bringing layers will help you regulate your temperature. Temperatures in Valladolid in January range from 65-90. A wrap or light jacket for going out in the evenings can be useful.

**What to bring for the workshop** Something for journaling if you like. Notes provided.