

The Journey Inward – A Feldenkrais Winter Retreat

January 14-18, 2019 - Valladolid, Yucatan, Mexico

Location: This retreat is held at a private residence on the edge of town in the area called Xcorazon. The *Awareness Through Movement* space is under a palapa roof next to the pool. It's surrounded by a citrus orchard and coconut trees. To get a taste of this safe little Yucatan village rich with culture here is a very quick and fun video of Valladolid:

<https://www.youtube.com/watch?v=WcSQ7vnYLhI> For a more thorough look, a 10 minute video tour: <https://www.youtube.com/watch?v=vFB5Nw3Z6jk>

What wiki has to offer. (paste in this link) https://en.wikipedia.org/wiki/Valladolid,_Yucatan

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 restaurant. We provide good drinking water, coconut water, tea, fruit for smoothies and green drinks during the workshop. On Wednesday we visit our ranch for a traditional Mayan lunch and tour.

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> and enter Valladolid, Mexico and your dates of travel.

Dates & Times

We start Monday Jan. 14 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 decides otherwise.

Travel suggestions

From the Cancun airport, your cheapest option to Valladolid is by bus. ADO bus line has beautiful buses with air conditioning and comfortable seats and the cost is around \$15-17 US dollars. Taking a taxi is about \$150 US. The other option, depending on demand, we can arrange a van from the airport for 8-10 people who arrive Saturday afternoon, preferably between 3 and 6 pm. That option would cost between \$30 and \$60 US depending upon the number of people. If the van option is of interest, please send us your itinerary as soon as possible. If you are a seasoned traveler, you can explore renting a car. You won't need a car while in Valladolid for the workshop. A taxi ride to the workshop location is around \$2 USD.

We recommend your travels to the Yucatan start the Friday or Saturday before the workshop (Jan. 11-12) and end Saturday or Sunday after (Jan. 19-20). If you can afford the luxury to stay longer, there is much to see and do. 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. Or visit more cenotes in the area including the famous Chichen Itza.

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.

Other questions? Please contact us at 505-577-4652 before Nov. 1, 2018. After in the Yucatan at 52-985-858-9660.