January 8-12, 2024 Feldenkrais Retreat Info

Hello travellers,

Bunch of information below. Returnees will hardly need it but…

1) Currency. Please get pesos from you bank before coming down. Yes, you can exchange dollars for pesos here in town but the rate will be worse. Yes, I can change dollars for pesos but only to a limited amount.

2) Transportation: Participants are arriving from Thursday through Sunday before the retreat. I know most of your plans to reach Valladolid from the Cancun airport. If you still have any questions please text, email or call me at 505/577-4652. The trip takes about 2 hours+ on the toll road (Route 180D) as there is construction for the mayan train. The toll is up to 285 pesos (shy of $20) The slow route (Route 180) takes about 2.5 hours. Anyone taking buses be very careful at the ADO bus station in Cancun as they has been a lot of robbery, especially of smart phones.

3) Weather: Possibility of afternoon showers. Temps around highs of 85 F and lows of 65 F. So have layers of clothing for evenings.

4) Location of retreat. If you like please come by on Saturday afternoon/evening to see where we are and to give us a chance to make contact, especially with the new people. If you need help finding us

5) WhatsApp group: some of you joined our Feldenkrais2023 group. We will make a new group and invite the participants this Fall as people register. It is one very good way for all of us to communicate.