

## **FAQ: POWER OF YOGA WOMEN'S RETREAT HARAMARA- SAYULITA, MEXICO**

### **RETREAT LOCATION**

Haramara Retreat is located on the Central Pacific Coast of mainland Mexico in the coastal region of the state of Nayarit (known as Riviera Nayarit) near the town of Sayulita. Sayulita is located 45 minutes north of the city of Puerto Vallarta.

### **AIRPORT**

Puerto Vallarta's International Airport (Gustavo Diaz Ordaz, airport code: PVR). You will need a CURRENT PASSPORT for your trip to Mexico. A Driver License is no longer a valid identification document for travel to Mexico. During the flight to Puerto Vallarta you will be given a document to fill out which you will then need to present to the immigration official upon your entry into Mexico. This document is your Travel Visa. BE SURE YOU KEEP THIS PIECE OF PAPER FOR YOUR DEPARTURE! You will be asked for it upon check-in for your return flight home. If you do not have this piece of paper, there will be a fine and the hassle of redoing all of this paperwork on the spot! Also, during the flight you will be given a second document to fill out. This document is your Customs Declaration Form. You will need to present this to the customs official after collecting any checked luggage. Once you have presented your document, all of your carry on and checked luggage will be x-rayed. You will then be asked to press a button for a customs inspection. This is a random selection system. A Green Light means you are free to pass through the customs area without an inspection, a Red Light means you will need to head to the customs inspection counter where all of your luggage will be searched.

### **TRANSPORTATION TO HARAMARA**

Haramara Retreat can easily be reached from the Puerto Vallarta International Airport via retreat shuttle, rental car, taxi or bus. Unless noted in your reservation as included, the retreat shuttle is \$95\* U.S. for a shuttle from the airport to Haramara and \$65\* U.S. for a shuttle from Haramara to the airport. These rates are for one to four people with an additional \$5\* U.S. for each person up to seven. Rates for any other transportation are variable and we are unable to provide for them. If you have arranged for the HARAMARA RETREAT shuttle, please proceed through the sliding glass doors after you exit customs. You will encounter a large, loud crowd waiting outside the sliding glass doors, Welcome to Mexico. In this crowd you will find your driver holding a sign reading "Haramara Retreat". The driver will have a list with your name on it.

### **WEATHER**

The Central Pacific Coast of Mexico is surrounded by jungle and receives approximately 345 days of sunshine per year. Located on the same latitude as the Hawaiian Islands, its sub-tropical climate is often compared to Hawaii's. March, April, May, October and November are warm but comfortable (upper 70s to low 80s).

### **ACCOMODATIONS**

#### **Dormitory, Triple, Double and Single (extremely limited) Room Casitas**

Each cabana is secluded and private and has its own private bathroom with a shower, a flush toilet, hot and cold water and monogrammed towels. There are hand woven sheets on the bed and gauze curtains and drapes for added privacy. Each cabana is designed to be open air, with no windows or screens in order to allow in the gentle breezes from the Pacific Ocean and the sound of the waves to bath you night and day. Some cabanas have private hammocks for lazy afternoon siesta. All have stunning ocean and/or jungle views.

## **VALUABLES**

We recommend that you do not bring any unnecessary personal items with you, including, but not limited to, jewelry, electronics, cameras, binoculars, etc., as Haramara will not be responsible for the replacement of any items lost, damaged or stolen while staying at Haramara Retreat. We strongly suggest that you purchase traveler's insurance and we strongly suggest that you speak to your insurance agent about adding a rider for your policy while you travel to cover any items you bring with you in the case of loss, damage or theft.

## **ELECTRICITY**

There is no electricity in the cabanas. They are illuminated at night with oil lamps and candles, creating a beautiful ambiance of the tropics. You will be unable to use any small electrical appliances like hair dryers, curling irons or razors. There are no fans or air conditioning in the cabanas. If you want to read at night, you will need to bring a book light with you. There is no outdoor lighting, so you will need to carry a flashlight or use a headlamp at night. There is, however, electricity in the Yoga Pavilion and the Restaurant for recharging batteries. It is the same voltage as the United States, so no converter is needed.

## **PHONE AND INTERNET**

There are no phones, Internet or fax at Haramara Retreat. If you would like to use the phone, Internet, or fax you will need to go into the town of Sayulita. For Emergency Contact Only – In case you need to leave contact information to be reached in an emergency, the phone number to leave is the Haramara Business Office number in Tucson, AZ: 1-800-687-3132 or the email address: Messages will be delivered to you out at the retreat as soon as possible.

It will depend on the phone you have and if it has the 1900 GSM frequency band. If you have this frequency band your phone will work in Mexico, but you will need to check with your service provider about your specific phone and service. There is a cell tower in Sayulita with limited accessibility from certain places at the highest point on the property.

## **CREDIT CARDS AND CASH**

Cash and credit cards are accepted at Haramara Retreat for on-site purchases in our boutique, restaurant, terrace, pool bar and spa. Checks, including traveler's checks, are not accepted.

In the town of Sayulita, U.S. Dollars or Mexican Pesos are much more widely accepted than credit cards or traveler checks. You can obtain pesos at home before your departure or upon arrival in Puerto Vallarta at the airport. There are also many ATMs in the town of Sayulita to acquire more cash if needed. If payment is made with a credit card a 5% processing fee will added to the total of your purchases.

## **SAYULITA**

Sayulita is a Surfing enclave, with a population of EXpats, international travelers, American tourists and Mexican families. The tourist friendly town is filled with local boutiques, restaurants, bars and live music. There is a central town square where local festivals often happen. Sayulita is a gentle 20-minute walk to town, or a five-minute taxi ride from Haramara. A Taxi can be ordered with staff at Haramara. You catch the taxi back at the town square where they drop you off.

## **MEALS and BEVERAGES**

Three meals a day included in your retreat program. Haramaras delicious and healthy gourmet meals are made from only the freshest natural and local ingredients. The chef based on the ingredients that are available chooses the menu daily. The always-changing daily menu includes seafood or vegetarian dishes. With advance notice, special dietary requirements can be well accommodated. Coffee and fresh squeezed juice is offered in the mornings. Tea, purified water and fresh fruit water are available all day.

Non-Alcoholic juice drinks, smoothies, beer, wine and margaritas are available for purchase in the afternoons and at dinner.

Delicious and healthy gourmet meals are made from only the freshest natural and local ingredients. Special dietary restrictions or requirements can be accommodated. Please be sure to note these in your registration form.

Coffee and fresh squeezed juice is offered in the mornings. Tea, purified water and fresh fruit water are available all day.

**ALCOHOL DURING THE RETREAT:** We do encourage giving the body and organs a rest, allowing the body to cleanse and detox as much as possible. However, with balance, 'personal choice' and joy supported in the process beer, wine and margaritas are available for purchase at dinner. Please also keep in mind that The Power of Yoga Women's Retreat Program allows ample free time during the week-long program/schedule: for you to go into town and for those who wish.

## **GRATUITIES**

Tips for the kitchen, dining & housekeeping staff are not included in your trip price. We suggest that you budget \$15 U.S. per day/person or \$100 US per week/person. This will be shared amongst all the service staff. You may leave this with our manager at the end of your stay. Gratuities for the Spa Staff need to be paid directly to them at the time of service. All gratuities should be paid in cash.

## **OCEAN- POOL AND BEACH TOWELS**

Haramara Retreat has its own beach on property. It is just a short 5-minute walk down from the highest point of the property. There are numerous beaches, both north and south of our beach, which you can visit.

The beach and ocean are continually changing due to the ocean's currents and wave action. There are submerged rocks, rip tides and open ocean swells that can be dangerous. Swimming can be safe, but you must always use caution and have plenty of respect for the ocean and its power. There is no lifeguard, so swimming is at your own risk.

Haramara has a beautiful outdoor lounge area offering an infinity fresh water pool.

There are beach towels available for your use. You may replace your beach towel as needed. Just let us know, and bring the used towel to the restaurant at any time to exchange it. A towel deposit of \$20\* U.S. is charged and will be returned at the end of your stay with the return of your towel.

**YOGA MATS AND PROPS**

Haramara offers two yoga pavilions are stocked with mats, blocks, straps, bolsters and blankets for our guests to use.

**LAUNDRY SERVICES**

Laundry service is available. There are instructions in your cabana for the service. The price is \$5\* – \$10\* U.S. per bag.

**MASSAGE AND SPA SERVICES**

Haramara offers 60 and 90-minute massage sessions with different techniques like shiatsu, deep tissue, acupressure, Thai and reiki, special body treatments using salt and oil, mud or chocolate, and facials, manicures and pedicures. Prices for services range from \$25\* – \$100\* U.S.

**DRINKING WATER**

The water from the faucets is safe for showering and other necessities but is not safe to drink. There is clean, fresh, purified water provided in each cabana for drinking, brushing your teeth and cleaning your contacts and contact cases. There is bottled water available in the restaurant each day. The ice used in the restaurant is also made from clean, fresh, purified water.

**VACCINATIONS**

There are no required vaccinations for travel to Mexico. However, there are some recommended (suggested) vaccinations given by the CDC. To see the complete list of what is recommended, please visit the CDC Website and consult with your primary care physician to make a decision on what is best for you

**TRAVEL INSURANCE**

The purchase of travel insurance is strongly recommended to ensure you are covered should any unexpected event arise. \* See your registration agreement and terms for cancellation, also dates and requirements for any portion of refund as per guidelines in the registration form agreement. A personal, political, environmental or weather-related incident or pre-existing medical condition may prevent or interrupt your travels. These events are rare but do occur and underscore the importance of being covered by travel insurance. Should you elect to not purchase travel insurance, you will be assuming 100% of any costs incurred for trip cancellation or trip interruption. TravelEx and World Nomads are two reputable organizations. There is a broad spectrum of policies and options so make sure you are clear on what exactly is covered.