

Yoga, Meditation and Deep Relaxation in the Yucatan

February 26 - March 5th, 2017
With David Seborer and Shannon McCall



The Cove at Tankah

Thank you for your interest in this year's winter retreat in the Yucatan. We are excited to be hosting this event in the sacred land of the Maya. The white sand beaches of Tulum are some of the prettiest you'll find anywhere, and the turquoise Caribbean Sea and the fresh water cenotes offer a refreshing, healing experience. The sun in Tulum rises over the sea in the morning and the expanse of blue sky, pelicans, herons and other sea birds is a magical part of the landscape.

To reserve your space: read this letter, fill out application and submit with your non-refundable deposit of \$108. Space is limited to 22 participants.

Our retreat will begin with arrival on Sunday, February 26th. You will fly into Cancun, go through customs, and then we will arrange a shuttle for you with another group member coming in around the same time (The shuttle to Tankah is about 1-1/2 hours from the Cancun airport). If you would like to rent a car, you are welcome to do that, and we will deduct the cost of the shuttle from your final payment (approx. \$50). **Try to schedule your flight to arrive into Cancun as early as you can so that you can make it down to Tankah between 5 and 7pm.** It will take up to 1 1/2

hours to make it off the airplane, through customs, retrieve your luggage and go through immigration. **You will need a current passport or enhanced driver's license to enter Mexico. If you are using an ordinary driver's license, you will also need proof of citizenship. For more information on US passport requirements visit [here](#).**

Lodging is in three beautiful, beach-front houses on Tankah cove, each with its own swimming pool, private bathroom and full kitchen. All accommodation are double occupancy, and you can request a particular roommate or we will assign you a roommate from the group. **We have a few Single occupancy upgrades available.**



Sunrise over Tankah Cove

Your accommodations will be ready for you at 3pm. If you would like to come in a day earlier or stay on after the retreat, you will have your choice of accommodations in seaside towns between Cancun and Tulum such as Puerto Aventuras, Puerto Morelos, Playa del Carmen, Akumal or Tulum itself. February and March are high season in the Yucatan, so you will want to look into this early. You can google “hotel” plus “Yucatan” or put in the name of one of the towns listed above to find a suitable accommodation. We suggest staying away from Cancun which is very crowded.

Classes and our two group dinners will take place at one of the houses, which has a lovely outdoor table under a thatch covered roof, and a large open space on the ground

floor where we will have our yoga classes. We have a private chef and caretaker who will cook and clean up afterwards.

On Sunday, our first evening together, we will meet at 7pm to share a meal together, introduce ourselves and have an overview of our week.

Dinner will include fresh fish, quesadillas, rice and beans, tortillas, fresh vegetables and avocados prepared on site for us by our local chef. Please let us know any dietary restrictions you may have on the registration application.

Tentative schedule:

7 - 9 AM Yoga and Meditation

9 AM Breakfast buffet

Free Time

4 - 6PM Yoga and Meditation

Open Dinner and Free Time

The first and final night of our retreat we will have a closing circle and a group dinner.



Plan to depart Cancun on the afternoon of Sunday, March 5th. You will need to leave Tankah 4-1/2 hours before your flight departs, so try to plan your departure in the early afternoon to allow for morning yoga and breakfast on that day.

Things to Do in and around Tulum:

The cove at Tankah is protected by a reef, and the water is refreshing for swimming and kayaking, but it is not super deep. There are places up the beach, where there are deeper spots in which to submerge. There is a fresh water cenote a short walk from our houses that is lovely for swimming. The world-famous Tulum Beaches are a short drive or cab ride away, with great body-surfing, some shopping and good restaurants.

The nearby town of Akumal is a great place for snorkeling in a lovely caleta that is enclosed and made for just that (20- 30 minute drive). There is also a beach and many restaurants there so you can make a day of it. There are also many other cenotes to explore, all different, nearby Tankah. There are always folks on these trips who want more quiet time, and folks who want more adventure. Both are abundant in Yucatan. Other activities which you may like to explore include a tour in the [SianKan Ecosphere](#), the pyramids at Coba or at Chichen Itza.



Tulum Beach

Suggested Packing List:

- Passport or enhanced Driver's License or Regular Driver's license and proof of citizenship. For more information on acceptable forms of proof visit [here](#).
- Sunscreen
- Mosquito Repellant (if so inclined)
- Hat
- Sun Glasses
- Bathing suit(s)
- Beach wear
- Shorts, T-shirts
- Sarong
- Sandals
- Reef shoes for walking on coral
- Snorkel, mask and fins (can rent locally)
- Tennis shoes
- Long-sleeved shirt and pants for evenings
- Journal, pen
- Book
- Yoga mat, block and belt
- Camera

It is easy to change money at the money changers in Tulum. You can bring traveler's checks to change in town, or use your credit/debit card at one of the many machines. **You can get pesos at the airport in Cancun, and again in Tulum town during the week.** Before leaving the US, let your bank and CC company know you will be using your cards in a foreign country.

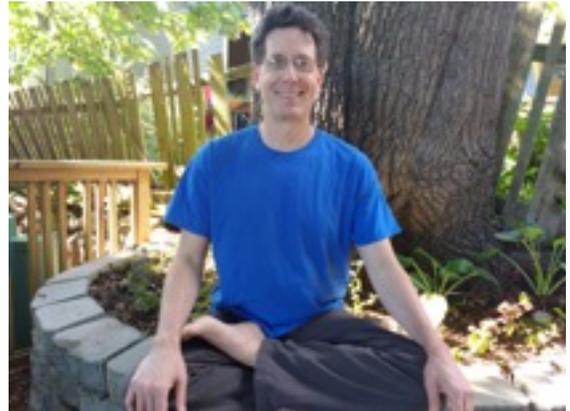
All Breakfasts, fresh drinking water and two group dinners ARE included in your tuition. The rest of your meals will be your cost. There are several restaurants within walking distance from our houses in Tankah and dozens of good restaurants in Tulum and some really great ones on the Tulum beaches. Shannon has many favorites, and we will help you to find the kind of meal you are looking for.

There is also some nightlife—including a fun local music scene, that can be very enjoyable. **Group members like to get together and go out with each other, during the days and nights, so if you are traveling alone and wanting company, there will be many options for you to join in with others with similar interests.** In recent years we found some really great music in a beach front restaurant [Zamas](#) and some of the best Italian food outside of Italy at [Posada Margharita](#).

Your Facilitators:

About David: As a yoga teacher for almost 20 years, David focuses on gently guiding students back into their bodies. He has been an ardent student of meditation, yoga,

healing, and spirituality for over 35 years. His teaching is greatly influenced by his studies and personal practices in Hatha and Raja Yoga, Tai Chi, Somatics, Jin Shin Do, trauma work, Focusing, Gurdjieff, and the works of Harold Percival. He uses many of these teachings to help his students navigate the inner landscape on their journey of embodiment.



About Shannon: A long-time yogini and teacher of yoga, Shannon has been exploring the Yucatan since 1985. She has spent nearly 3 decades steeping in yoga, meditation, authentic movement, ayurveda, The Diamond Approach, astrology and other spiritual disciplines to support herself and others in healing and awakening to an authentic and vibrant life. She has been blessed with many wonderful teachers over the years and developed a teaching style which includes clear alignment while honoring individual differences and the freedom to explore one's embodiment.



Tuition is \$1450 (shared room on the beach, private bath). Your payment covers group transportation from the airport in Tulum, fresh drinking water, daily breakfast, two group dinners, Tulum pyramid tour, transportation and entrance fees to Tulum pyramids and local cenote, and all yoga classes.

Your fee does not cover: transportation back to the airport in Cancun (approximately \$50/each way if you share the ride), local transportation costs other than our two group excursions, meals other than daily breakfast and two group dinners, extra night's accommodations, etc.

You may choose to rent a car at the airport in Cancun (in which case we will credit you for the shuttle transport included in tuition). In the past, those without cars have chipped in for gas with car renters who wanted to drive others around locally. This has worked out easily in the past, with folks with similar interests getting together to ride around, and rental-car folks being reimbursed for their costs. **Taxis are very easy to get around in locally, and shared with others, a moderate expense.**

The Pyramids at Tulum



Registration:

To Register, please fill out the registration application and submit with \$108 non-refundable deposit to secure your spot. **You can pay the deposit via paypal at no additional cost [here](#).**

To send your deposit by check:

Make checks out to Yoga with Shannon

Send to:

Shannon McCall
P.O. Box 75283
Seattle, WA 98175

Final payment due dates: A final payment (\$1342) <- (\$50) only if you don't need transportation down to Tankah> or your second payment of \$700, will be due Oct. 15, and any balance due by Dec. 31, 2016. Send checks to above address before or by the due dates. Thank you!!!

We can also accept credit card payments over the phone, or you can use paypal at: bhavayogaveda@gmail.com. **Please add 2.9% to paypal and CC transactions, above the initial deposit.**

Refund Policy: Deposits are non-refundable. We have put down significant non-refundable deposits on accommodations and so will not be able to issue refunds for deposits. **Cancellations in writing received before Dec. 31, 2016** receive a full refund less the deposit. **Cancellations after Dec. 31, 2016:** a refund of all but the deposit **if and only if** we can fill your space from our waiting list.

If you have any further questions, please email Shannon:
shannon@livingintobalance.com or give her a call: (206) 412-8784.

We look forward to working with you and being together in the Yucatan!
Shannon and David.