

Mexico Mover's Retreat Information, Thur, Dec. 10 - Mon, Dec. 14, 2020

[Tailwind Jungle Lodge](#) (San Pancho) - Rustic and secluded. Literally...IN. THE. JUNGLE. (so you're not surprised ;)

Total cost - \$650

Deposit - \$150

Balance - due 9/1 (inquiry about payments)

Including taxes and fees, all meals for:

- Thursday night dinner
- Friday morning light breakfast, lunch, dinner
- Saturday morning light breakfast, lunch, dinner
- Sunday morning light breakfast, lunch, dinner
- Monday light breakfast

**We will ask everyone about their food restrictions before planning meals.*

Your retreat fees also include:

- Transportation to and from the airport (we rent a van for the group so we can also travel into town)
- Cocktails on Thursday night
- Sound Bath on Saturday evening

What your fees don't include:

- Flight
- Chocolate Ceremony should you choose to participate (TBS)
- Tipping
- Alcohol for the remaining three days
- Special snacks you might want (see the Retreat Agenda for more on that)

Other things to note:

- **Going into town:**
 - We will be going into town to the Pilates studio one day and offering a free community class that you will be able to participate in also for free. 2-3 of our teachers will be volunteering to teach the group.
 - We will also spend 4 hours that day in town. During this time you can eat, shop, walk, hang out on the beach or do all of the things.
- **Lodging options:**
 - Casita and Palapa assignments will be made randomly and all cost the same. Some are VERY rustic. Make sure you inquiry well on the website so you know what the potential is. Tailwindjunglelodge.com

- We will take into account (and will ask as we get closer):
 - Physical limitations (there are a lot of stairs leading to/from some of the accommodations)
 - Need for a more enclosed space due to mosquito sensitivity although 2019 saw very few mosquitos
 - Everyone will get a private bed but not a private room.
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- **Fly into:** Puerto Vallarta International Airport (PVR)
 - **The town:** The charming town of San Pancho, is about a 1 hour drive north of the Puerto Vallarta airport on highway 200.
 - **The lodge:** Is located approximately 3 miles north of San Pancho on a lovely jungle road that parallels the coastline.
 - **Our host:** We have an in-country host and Pilates contact, **Kerstin Stuart** -- owner of Pilates San Pancho -- who used to teach for me and has been a part of the Skillful Teaching mentoring program.
 - She's helping us make our way and I can forward any of your questions to her as well. This is a very relaxed retreat with a focus on community.
 - **This is a community retreat:**
 - What makes this retreat so spectacular and special is that it's about being WITH each other.
 - Two of our retreaters, Mama Constance and Mama Kate prep and cook all of our meals in an amazing open-air kitchen.
 - **And everyone will be expected to participate in doing some light meal prep helping the chef and set up as well as clean up. We'll be on a rotation so everyone does a little bit.**