



# *Frequently Asked Questions*

Tulum Mexico, July 10-17, 2010

The following questions and answers will assist you in learning more about your Tulum Retreat. Keep in mind that you will be receiving a Barefoot Works Newsletter with additional details regarding packing, hotel contact information, and other travel-related information approximately 30 days prior to departure.

## ***RETREAT***

### **What does the Maya Tulum Retreat include?**

- Accommodations
- Taxes and Tips
- Three fresh, delicious meals served daily, buffet style.
- Yoga & Meditation
- Unlimited sun, sand, and sea

### **How much does it cost?**

Maya Tulum has tree room choices; garden view, beach view and ocean front. Rates are based on single and double occupancy and are as follows:

|             | Double  | Single  |
|-------------|---------|---------|
| Garden      | \$1,240 | \$1,570 |
| Ocean View  | \$1,275 | \$1,640 |
| Beach Front | \$1,360 | \$1,815 |

### **If I travel alone, is it possible to share a room?**

Yes, absolutely. When you submit your reservation request please note your interest in sharing a room. We will make the rooming arrangement if there is another single, same gender, traveler interested. You will be charged the Double Room rate if we are able to accommodate your request. If not, you will be charged a Private Room supplement.

### **Is this a good trip for a solo traveler?**

Yes, meals are served communal and you'll find this a great opportunity to get to know others in the group. You can be as social or as private as you like. You'll

find that you will develop friendships the week of retreat and you'll want to keep in touch with those you've met. Plus yogis are laid back, fun people to be around!

**Is this retreat suitable for men?**

Yes of course! The retreat is designed for both women and men. Some men choose to come along as participants and sometimes a spouse will simply come along for a vacation.

**YOGA**

**I have never done yoga before. Will you teach to different levels?**

Your Barefoot Works yoga instructors will teach and modify each class so that it is inclusive of all abilities and levels. Modifications and props together with progressive flowing movements ensure that your experience is safe, relaxing, and fun. The morning sessions will be more physically active and dynamic. The evening sessions are more relaxing and quiet.

**Do I need to bring a yoga mat or any other yoga class equipment?**

Maya Tulum provides mats and props. However, if you own your own mat and are partial to it, please feel free to bring it with you.

**RESORT & TRAVEL**

**In which time zone is Tulum located?**

Although Mexico operates under 3 different time zones, Tulum recognizes Central Standard Time.

**What is the average temperature for this time of year?**

The average year-round temperature is 78-82, with June-September being the hottest months. Our trip is held every July and people are always surprised at the pleasant temperature, breeze and weather. No matter what time of year you visit, there will be a pleasant and cool Caribbean breeze.

**Does the hotel have air conditioning?**

No. However, each room has a ceiling fan and has been selected based on its proximity to the beachfront to feel the almost constant breeze off the Caribbean.

**If I do not travel with the group from/to Lexington, can transportation still be arranged to the hotel upon my arrival?**

Yes. You will coordinate the transportation with the sales department at Maya Tulum prior to leaving.

**Does the resort offer additional tours not included in your retreat?**

Yes. The resort offers half-day tours to a variety of sites at an additional cost. If you are interested, just sign up the evening before at the front desk.

**What is the expected resort attire?**

Maya Tulum Resort is a relaxing atmosphere where clothing choice is dictated by the current weather, and nothing more. Loose, comfortable clothing for yoga sessions is suggested as well as cover-up for beach attire when dining in the restaurant. Shoes are optional throughout the resort.

### **Should I worry about Mosquitoes?**

Mosquitoes are mostly active around dusk (please be assured that mosquitoes are not malarial in the Yucatan). For your comfort, bug repellent is advisable to bring. Last summer no one on our retreat had any problems with mosquitoes.

## ***FOOD & WATER***

### **Can the restaurant provide optional meals for special dietary needs?**

Yes. With advance notice the resort kitchen can prepare special meals which may incur a supplementary charge. The resort cuisine uses fresh, local ingredients and is primarily vegetarian, with some seafood selections. You may also order any of the a-la-carte items on the menu at the listed price.

### **Is the water in Mexico safe to drink?**

Yes. At the hotel, fresh water is provided daily in your room. Tap water is potable as well. When you are away from the hotel, it is advisable to purchase bottled water.

### **Does the resort serve alcohol and caffeine?**

Yes, both are served at Maya Tulum. Alcohol is not included in your week. You will be charged at the end of the week for the drinks you enjoy during your stay.

## ***WHAT TO BRING***

### **Do I need to bring beach towels?**

Yes. The hotel offers fresh room towels as needed, but requests that you bring your own towels for use at the beach.

### **Why do I need a flashlight?**

The evening beauty of Tulum is that there are no city lights! Be prepared to see a sky completely full of stars, as there really aren't any big, bright lights. It really is amazing. Flashlights are handy walking the beach at night, walking to the internet café, and walking up the road to dine or dance at Zamas.

## ***CURRENCY & PASSPORTS***

### **Do I need to have a passport to travel to Mexico?**

Yes. Since December, 2006, all travelers to Mexico are required to carry a valid passport. If you don't have one apply early to ensure that you get it in time.

### **Are credit cards accepted at Maya Tulum Resort and in town?**

Yes. The hotel accepts credit cards for any additional charges you may incur. Certain stores also accept credit cards; however, a commission of 2.5% of the

purchase value (for a maximum of \$9.20) is deducted per transaction. We highly recommend that you take cash for spending. Most of the small shops around Maya Tulum accept cash only, or they prefer to take cash. You'll find that cash is much more readily accepted in the area.

**Does the hotel exchange money? Is there an ATM?**

The Hotel Maya Tulum does exchange money and also accepts U.S. currency. Traveler's checks can also be exchanged at the local bank and provide safety when traveling (make sure to keep your receipts separate from your checks in case they are lost). There is no ATM at the resort, however, there are ATM's nearby in town. Be aware that banks charge a 2% commission of the sum withdrawn (up to a maximum of \$9.20), plus a charge of \$3.60 per transaction.

***COMMUNICATION***

**Is there telephone available at the resort?**

You will not have a phone (or a television) in your room. This is part of the beauty of Maya Tulum. Limited telephone service is offered respective to the quiet, soothing atmosphere at Maya Tulum Resort. Two pay phones (operable by credit cards or phone cards) are located adjacent to the hotel entrance.

**Will my cell phone work from Maya Tulum?**

Usually, although it depends on your carrier. Cingular and Sprint seem to work well, but it is best to check with your carrier prior to departure.

**Will I have internet access?**

There is internet access at the restaurant and the reception area for those who bring their laptop. For those that don't bring a laptop, Maya Tulum has one laptop available for use at the reception area.