

Retreat Details

Cost:

- \$1000 per person
- 50% Deposit (\$750) due by July 12th
- 50% Balance (\$750) due by October 1st
- Cancellations: If you must cancel, know that your 50% deposit can't be returned after October 1st, and no refunds will be possible after that date unless someone is able to fill your spot.

Includes:

- Rest, Inspiration, Perspective, Clarity and Community!
- 7 nights at Florecer, double occupancy
- Group airport transfer to and from Florecer
- Dinner out on Sunday, November 10th
- Breakfast on Monday, November 11th
- One-day tour of Guanajuato on Monday, November 11th (including a stop for groceries!)
- Snacks, tea and coffee on workshop days
- Daily yoga and meditation option
- 4-Day workshop with Nani
- All Workshop Materials

Does NOT include:

- Round trip airfare (Currently about \$500 from PDX to Leon (BJX))
- Individual taxis to and from the airport if you don't arrive with the group (about \$30 for the 30 minute drive; simple to get in line at the taxi desk to pay and go)
- Meals: Each casita has a beautiful, well appointed kitchen for fixing breakfasts and lunches on our own. Dinners will be a group effort, family style, made in the Big House dream kitchen and shared at the big dining table or out on the terrace.
- FYI, a nice dinner with drinks at a Guanajuato restaurant is about \$12-15 US.

Things to know:

- Guanajuato is located in a big bowl, and is largely a pedestrian city, a maze of cobblestone streets, little alleyways, and narrow stairs. It's a wonderful walking city to meander around in, but you should know that the hills can be steep (think San Francisco), and the footing

irregular, so bring some good walking shoes. Casita Floricer is almost to the rim of the bowl and the property has a good slope to it. If you have any mobility issues, talk to me before you decide about this trip.

- Let me know about any food preferences so I can plan for our breakfast and have snacks that suit you.
- People often ask about the safety of Mexico. I have felt very safe and comfortable walking around Guanajuato. It is a university town, so there are always lots of young people milling about at all hours, along with abuelas and other tourists, creating a sense of being seen. That said, all of the good sense awareness of travel applies here too: being aware of your surroundings, not being alone and inebriated, etc.
- It would be great to coordinate travel plans to have as many of us arrive at the same time as possible so we can share a minivan to Floricer. Of course if you want to arrive early or stay later, you can make your own arrangements for airport transportation and book any extra days directly with Floricer's creator and your host, Liz.
- Almost every home in Guanajuato has a dog somewhere on the property. They are behind fences or on rooftops, so they don't pose a physical problem, but they are vocal! Combined with scooters going up steep hills and hourly church bells, they add to the nighttime cacophony. Bring your earplugs for a good night's sleep!
- I'm working on finding the right person to give us a little cooking class one day for either lunch or dinner. This will be included and optional.
- A wonderful massage therapist, Tano, can come up to the house for individual massages. \$35 for an hour and a half!!
- Bring your favorite journal and pen, and be ready to take lots of photos with either your phone or camera. It's a very photogenic place, plus, we may use photos of our days as part of our 20/20 visioning!
- Days are hot and nights are cool, so bring clothes and a hat to protect from the sun, and a lightweight but warm jacket for the evening. I have a thin puffy coat that is perfect.
- Taxis and the town's mini-buses are inexpensive and an easy way to bail on an uphill hike. The mini-bus ride averages 30 cents and a taxi is usually about \$2.50 - \$3.00. I always have a Casitas Floricer card on me so I can just hand it to a taxi driver to take me home.
- The air is dry and the sun is hot, so bring lotion!
- Don't worry about changing money in the US. ATM's are everywhere. The first night we'll go to some ATM's when we go to dinner to get some pesos. Some banks don't charge a fee, which is great. The peso to dollar is about 50:1, so it's easy math. Cash is good for small transactions, credit cards are fine if you're buying ceramics or gifts or other bigger purchases.
- So many good restaurants and great coffee. I'll definitely give you all a list and a map. Again,

we'll hit the big grocery store, MEGA, on the first day, which is like a giant Fred Meyer. You can stock up for the week, or return yourself mid-week for things. There are also small mercados throughout the town.

There is so much to do in this region, that you'll just scratch the surface in a week. On your free day, you may consider a trip to San Miguel Allende or other small towns nearby. Here's one of many great sites to check out what you'll find in and around Guanajuato:

<https://www.youtube.com/watch?v=ppVHV8KmoYo>