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## SACRED EXPRESSIONS RETREAT FAQ

### PASSPORTS:

- Apply for passport (or make sure it's valid for 6 months beyond dates of travel).
- Allow 4-6 weeks for normal processing.
- You can apply at many local post office locations or via:  
<https://travel.state.gov/content/travel/en/passports/apply-renew-passport.html>
- *Note:* A travel visa is NOT required for American citizens (for stays shorter than 90 days with a return flight booked)

### BOOK FLIGHTS/TRAVEL:

- LEG ONE: SAN JOSE DEL CABO - Book roundtrip tickets to San Jose Del Cabo, Mexico (Los Cabos International Airport – Airport Code SJD)
- LEG TWO: Arrange car from Los Cabos International Airport (SJD) to Pachamama Mexico Retreat Center in Todos Santos, Baja Sur California, Mexico. Private shuttle can be affordable if you are interested in coordinating with other retreat-goers to see if others' travel schedules sync up, let us know and we can try to connect you.

### CHECK IN/OUT & EXTRA NIGHTS:

- CHECK IN: no earlier than 2PM Saturday, February 1, 2020 (Dinner included at Pachamama)
- CHECK OUT: no later than 10AM Friday, February 7, 2020 (Breakfast included at Pachamama)
- EXTRA NIGHTS: Please take into consideration when booking your travel and

consider if you will need to arrange extra nights stay.

- PACHAMAMA: To check availability & book extra nights at Pachamama please visit: [www.pachamamamexico.com/](http://www.pachamamamexico.com/)

## **MONEY:**

- LOCAL CURRENCY: US Dollars and Mexican Pesos  
1 Mexican Peso = about 0.052 American Dollars
- Most places accept US Dollars and Pachamama also accepts Visa, Mastercard, Discover & American Express (except for tips)

## **EXTRA SPENDING MONEY:**

- Travel & food to/from retreat
- Pachamama Gift Shop
- Spa services at Pachamama. Link to Spa Services here: <https://www.pachamamamexico.com/holistic-spa/>
- Shopping in the main town
- Adventure Tours & Transportation: You are welcome to plan any extra excursions on your own time throughout the retreat.

Tips – tips to the Pachamama staff are appreciated and can be made at the end of your stay-*Cash Only*.

## **PACKING:**

- Beyond the basic travel necessities, here are some packing tips:
- Yoga Gear: Bring your yoga mat! If you practice with a yogitoe or mat towel you might bring one of those – or any props you may want to use!
- Sunscreen- yes to sunshine, no to sun damage! Protect yourself!
- Bug Spray – we suggest essential oil bug spray
- Hat/Sunglasses
- Flip flops/Water Shoes like Texas/Tennis Shoes
- Yoga, Beach Wear!
- A few changes of comfortable clothes for yoga practice
- Shorts & tanks, Swimsuits & sarong
- 1 pair pants and hoody (layers to stay warm if its chilly)

## **RETREAT HIGHLIGHTS**

- Daily meditation and yoga practice (Some guest teachers included)

- Create and begin using your own morning ritual
  - Daily self-exploratory spontaneous writing sessions
- Sacred healing ceremonies (eg. Sweat lodge, Fire Ceremony, Sound Healing, Herbal Ceremony, aura cleansing meditation, Dance & Movement)
- Enjoy the relaxing atmosphere and beautiful view of sand, sea, and desert, around Pacha Mama
  - Special guests
    - 3 delicious organic meals daily + Snacks
    - 6 nights accommodation
  - Fresh squeezed juice and smoothies each morning
    - On site Holistic Spa
    - Scenic pool
  - 19% Mexican hotel and state tax totally covered

**EMERGENCY CONTACT INFORMATION: (US Consular Agency-Los Cabos)**

- Address:  
Tiendas de Palmilla, Carretera Transpeninsular Km 27.5 Local B221  
San José del Cabo, Baja California Sur, C.P. 23406
- Telephone: 664-748-0129  
Dialing from the U.S.: 1 (844) 528-6611.
- Email: [ConAgencyLosCabos@state.gov](mailto:ConAgencyLosCabos@state.gov)
- In case of an after-hours emergency involving U.S. citizens, please contact the Duty Officer at the U.S. Consulate general in Tijuana. From Mexico dial 01 (800) 681-9374, from the U.S., call 1 (844) 528-6611. These numbers are for emergencies only.

**MORE INFO:**

Please feel free to visit the Pachamama website for more info:

<https://www.pachamamamexico.com/accommodations/>

If we missed anything please do not hesitate to reach out! We are here to serve!

