

2024 Yoga Retreat in Mexico w/ Athena Pappas

Saturday, February 10th – Saturday, February 17th 2024

On site Rates from \$1,535 - \$1,850



Revitalize yourself with a week of yoga and sunshine. At La Loma Linda Yoga Center ocean breezes, golden sand and hammocks for lounging, reading, relaxing await. La Loma Linda is a retreat center situated on Zipolite Beach on the southern most tip of Oaxaca. The beach is one of the most beautiful on the coast.

Your day begins gently – a light breakfast, perhaps a stroll on the beach and then a morning yoga class followed by lunch. The afternoon is yours to enjoy, a swim in the warm ocean or a nap in the sun. We'll meet again for an afternoon yoga class, watch the sunset and then enjoy dinner. Ocean waves will lull you to sleep.

La Loma Linda offers a beautiful well-equipped yoga room and spacious bungalows. Twice daily yoga classes taught by Athena will allow you to deepen your practice and experience the serenity that yoga has to offer. The group size will be limited to allow each participant to receive personalized attention during the classes.

Cost includes: 7 nights accommodations, arrival evening dinner, departure evening dinner, daily breakfast and daily lunch. 12 yoga classes

A \$800 non-refundable deposit holds your place. Balance is due by November 15th, 2023. Please read through terms and conditions below for more information. Contact athenapappas@prodigy.net if you have further questions.

2024 Mexico Retreat Terms and Conditions

All accommodations, included meals as noted below and classes are at La Loma Linda located on Zipolite Beach in Oaxaca, Mexico. Registration does not include airfare, airport transfers, gratuities, meals at local restaurants, alcohol, massages, local transportation or excursions.

Accommodations: Participants will stay in bungalows built by a master builder with a wonderful sense of aesthetic along with beautiful design and finishing touches by the owner, these lovely bungalows, many with stunning views are unlike any other accommodations nearby. Each bungalow is unique, a few rooms have shared toilet/shower facilities, most rooms have private bathrooms, some have ecological composting toilets. All bungalows have mosquito nets, hammocks, fans, filtered water, small refrigerator and high-speed internet. La Loma Linda offers plenty of hammocks with unforgettable ocean views for participants to spend time outside of their bungalows should they chose to. Dieter one our hosts is an exceptional gardener and participants will enjoy the beautifully landscaped property.

Accommodation options and pricing per person:

Cost of retreat varies in price depending on the accommodation type starting at \$1535.00 shared w/ocean view or a single w/o view to \$1815.00 single w/ocean view.

Prices are per person. Please register early to ensure your accommodation preference. Presenter (Athena Pappas) reserves the right to change room assignments however will not do so without the participant's agreement.

Meals: Are prepared onsite by our own personal chef. Participants will enjoy breakfast and lunch each day of retreat. Dinner will be served on arrival evening Saturday 2/10, Sunday 2/11 and departure evening Friday 2/16. All other dinners will be at participant's expense at a local restaurant of their choosing. Presenter will not make off-site dinner arrangements for participants. Breakfast will be served on departure day (2/17). Meals feature local cuisine as well as international dishes and may include chicken or fish. The kitchen's ability to accommodate dietary restrictions is limited to vegetarian, gluten-free and dairy-free, if you have dietary requirements behind these or have severe allergies please contact Athena before registering. The kitchen cannot accommodate dietary preferences. The town of Zipolite offers excellent inexpensive as well as upscale restaurants. There is lively nighttime scene. Participants should bring pesos for meals. Credit cards are accepted at some restaurants. There may or may not be a working ATM in Zipolite or anywhere nearby.

Yoga Classes: Participants must have Iyengar Yoga experience and be taking Iyengar Yoga classes with a Certified Iyengar Yoga Teacher on a regular basis. If you do not meet this criteria please contact Athena prior to registering. There will be a two hour mixed level yoga class each morning, and an hour-long restorative yoga or pranayama (breath awareness) class each afternoon (one afternoon will be free for exploring the area). Classes are held in the yoga studio, which is equipped with props and views of the ocean.

A **gratuity** for the kitchen and housekeeping staff is recommended at the end of the retreat. This amount suggested at \$60 will be at your discretion and is preferred in Mexican pesos (1200 pesos).

Arrival and departure: The retreat begins SATURDAY, February 10th, 2024 with a class from 4 pm – 6 pm followed by dinner at 7pm. The retreat comes to a close after breakfast on SATURDAY, February 17th, 2024.

Travel Information: You are responsible for booking and purchasing your flight. The nearest airport is Huatulco (HUX). At the time of writing all flights to/from HUX connect through Mexico City. Oaxaca is 2 hours later than San Francisco. Once you receive confirmation of your registration please book your flights as soon as possible to ensure the best routes/fares. Huatulco is about an hours drive away from Zipolite. Presenter (Athena Pappas) will not make travel arrangements for participants but will gladly offer guidance if needed.

La Loma Linda will arrange for airport pick-ups and drop-offs, the approximate cost will be about 1000 pesos and split by the number of participants in the taxi. **Fees for airport transfers will be paid directly to arranged taxi in pesos.**

HEALTH – All participants must be fully vaccinated & boosted per current CDC Covid vaccination guidelines. Prior to the retreat participants are requested to do their best to maintain good health and follow covid-related protocols such as mask wearing, social distancing, testing (if potentially exposed), avoiding possible exposure to Covid/Flu/Colds for at least 10 days prior to travel. Participants are required to provide a negative covid test taken within one day of retreat start (2/10). **If participant is ill and unable to travel no refunds will be made. Any participant who is or becomes symptomatic or sick upon arrival at La Loma Linda or during the retreat will be required to isolate from the group – no refunds for missed classes or meals due to illness.** Zipolite is a small town with limited resources and medical services, therefore it is recommended that participants bring rapid tests with them in the event that covid testing is needed. Purchasing travel insurance is highly encouraged. Health protocols are subject to change owing to the changing nature of local, state and country covid-related mandates. **Bottom line – stay healthy if you are in anyway unwell prior to the trip stay at home. Buy travel insurance to protect your purchase and yourself.**

Drugs/Alcohol: Mexican Border Patrol (MBP) has a zero tolerance policy on illicit drugs (cannabis in any form, heroin, cocaine, prescription drugs intended for non-medical or recreational use). Participants are not to use illicit drugs before or during yoga classes nor before or during meals at La Loma Linda. Participants may not bring alcohol to meals onsite. Athena Pappas (presenter) reserves the right to ask any participant who is intoxicated by drugs or alcohol use to leave class and/or onsite meals.

Release and Responsibility: The participant agrees that Athena Pappas (presenter) will not be held liable for any injury, damage, loss, delay or irregularity that may be occasioned for any reason. The participant agrees to assume all risks associated with retreat and agrees that no liability will attach to Athena Pappas in respect of death, personal injury, illness, delay, or for any loss or damage to the property (including luggage) of the participant during the course of the retreat, howsoever caused.

Cancellation Policy: All cancellations must be in writing (e-mail is o.k.) and received no later than November 15th, 2023. Upon receipt of cancellation letter any fees paid will be refunded less the \$800 deposit. No refunds will be made after November 15th, 2023. No refunds will be given for late arrival or early departure from retreat. Because cancellations result in additional costs for the Presenter (Athena Pappas), under no circumstances, regardless of reason for cancellation on the part of the participant will the \$800 deposit fee be returned, nor will the terms of cancellation as stated above be waived. Presenter reserves the right to cancel the retreat prior to departure. If such cancellation is NOT due to circumstances beyond the Presenter's control – such as war, terrorist activity, adverse weather conditions, pandemics, fire and natural disaster – Presenter will refund all payments, constituting full settlement with the participant. However, should cancellation or early termination of the retreat be deemed necessary by Presenter due to reasons beyond Presenter's control as outlined above, no refund or compensations will be made unless Presenter is able to recover any trip-related sums from La Loma Linda. Athena Pappas is not responsible for expenses incurred for delays as a result of circumstances beyond her control.

Registration: Enrollment is limited. A \$800 non-refundable deposit is required to secure your place. To register please send \$800 to Athena Pappas. Send athenapappas@prodiqy.net an email stating you have read and agree to the 2024 Mexico Retreat Terms and Conditions. Contact Athena/Presenter through her website www.athenayoga.com for address to mail check. PayPal payments are accepted (no fees if you use your bank account & indicate payment for friend/family). Venmo payments accepted as well @Athena-Pappas-3. **IF USING PAYPAL or VENMO DO NOT select Goods/Services or any Purchase Protection** as these options or prompts can result in a fee being deducted from the payment amount that you may not see on your end. Presenter reserves the right to charge a \$50.00 administrative fee along with re-imbursement for the full amount of any deductions incurred by presenter.

The balance of payment is due on or before November 15th, 2023. Persons registering after November 15th, 2023 will be accommodated if space is available and must pay full cost of retreat at the time of registration, unless other arrangements are agreed upon. Checks are to be made payable to Athena Pappas.

When registering for the retreat please print a copy of the above terms & conditions for your reference. Please contact presenter (Athena Pappas) should you require clarification on the terms and conditions.