

## January 20-24, 2025 Feldenkrais Retreat Info

Hello travellers,

What follows is information intended to make your travel plans easier. Returnees will hardly need it but...

1) Currency: Please get pesos from your bank before coming down. Yes, you can exchange dollars for pesos at the airport or in Valladolid but at a less favorable rate.

2) Transportation: We recommend flying into the Cancun airport. (If you fly into Merida you can travel to Valladolid by bus or share a taxi) Participants are arriving from Thursday through Sunday before the retreat. If enough people arrive on Saturday afternoon we will arrange a van to pick people up at the Cancun airport. Please send your travel plans so we can coordinate. If you plan on getting to Valladolid from the Cancun airport (by rental car) the toll is up to 385 pesos (about \$23) on the toll road (Route 180D) and takes about 2 hours. If you still have any questions please text, email or call me at 505/577-4652.

3) Weather: Possibility of afternoon showers. Temps around highs of 85 F and lows of 65 F. So have layers of clothing for evenings. With global temps rising it might be a little warmer.

4) Location of retreat. It is at our new little retreat center at Calle 43 diagonal #219 in downtown Valladolid just off Calz. de los Frailes. If you like, please come by on Saturday afternoon/evening to see where we are and to give us a chance to make contact, especially with the new people. We will send you a map with the location after you register.

5) WhatsApp group: We will make a new WhatsApp group and invite the participants this Fall as people register. It is one very good way for all of us to communicate.