



# BELIZE – YOGA & MINDFULNESS

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*Retreat pricing & payment options*

## Retreat dates :

Friday Nov 10th - Wednesday Nov 15th' 2023

**Retreat Pricing :** Join APARNA for a PRIVATE ISLAND yoga & mindfulness retreat located at Thatch Caye Resort. Stretch, play, adventure, relax, and have fun in this 5 nights and 6 days experience designed to tap into your body & mind as well as your adventurous spirit. through daily yoga & mindfulness practices, optional Belize Barrier Reef snorkel experience, kayaking, paddle board, island biking and local cuisine.

Connect to your body, detox your mind, and free your spirit in this all-Inclusive retreat in Belize in overwater bungalows and island cabanas surrounded by crystal clear waters, lush Belizean foliage, and pristine beaches.

Retreat price **includes** yoga & mindfulness classes as detailed in the daily schedule, 5 nights accommodation, all meals, and transportation as specified in our itinerary. Please see our link for daily schedule and itinerary to read more about the fantastic magical journey we have planned for you.

- ***RESERVE YOUR SPACE latest by Sept 10th 2023 with a \$400 deposit. NOTE : If you are signing up for the retreat after Sept 10th your deposit is due immediately and your full payment needs to be made latest by Oct 10th.***
- ***AND PAY balance latest by Oct 10th in one or two installments (as long as payment is made in full latest by Oct 10th)***
- ***Pay for the excursions in the itinerary at the Thatch Caye resort on Nov 11th***





# ROOM RATES FOR THE 5 NIGHTS & 6 DAYS RETREAT

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- Private room with SINGLE Occupancy (King bed) : \$3075 USD per person (*NOTE : ONLY ONE SINGLE ROOM LEFT*)
- Private room with DOUBLE Occupancy (2 people sharing each room, 2 queen beds) : \$2240 USD per person
- **NOTE** : All rooms are either overwater bungalow or oceanfront cabana, with attached private bath. All rooms are the same cost. First to register, has first choice of room type. Overwater bungalows are limited and are available on first come first serve basis.

## **Cancellation policy:**

Full refund if this retreat is cancelled by the organizers. Deposit is non refundable. No refunds if cancelled 30 days or less than start dates of retreat.

## **Diet restrictions :**

If you have any diet restrictions (gluten free, vegan, allergies) and/or would like a specific type of menu (vegetarian, fish, chicken, seafood) please let us know latest by Oct 10th.

## IMPORTANT NOTE :

- Attendance at yoga and mindfulness meditation classes in the retreat is required. All yoga classes are gentle or level 1. If you have individual concerns or questions regarding these classes please connect with Aparna at [aparna@livingyouryoga.org](mailto:aparna@livingyouryoga.org)
- WE ARE HAPPY TO ASSIGN YOU A SAME GENDER ROOMMATE IF YOU ARE ATTENDING THE RETREAT AS A SINGLE BUT WOULD LIKE TO CHOOSE THE DOUBLE OCCUPANCY OPTION. HOWEVER, WE CANNOT GUARANTEE ROOMMATES.
- You can make a deposit to save your space and pay the retreat in full latest by Oct 10th.
- If you'd like to put down a deposit (\$400) you can do so HERE : [http://livingyouryoga.org/the\\_store\\_classes\\_wkshps\\_retreats](http://livingyouryoga.org/the_store_classes_wkshps_retreats)
- You can also pay for your deposit via credit card by calling 505-227-7765.
- If you come to class with Aparna you can pay your deposit via check/credit card or cash.

Please read the detailed itinerary to see all your inclusions

# THINGS TO KNOW

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- **BEACH TOWELS** Beach towels are provided and are located at the front desk. These towels are provided for the use of the beach, river, and excursions.
- Use of kayaks, paddle boards, snorkel gear, fishing poles, and other non-motorized island toys is complimentary.
- **BILLING INFORMATION** The resort accepts American Express, Visa, Master Card, traveler's checks, and cash. Personal or company checks are not accepted. US currency and traveler's checks are widely accepted.
- **CHECK IN & CHECK OUT** Check in starts at 3:00pm. Check out ends at 11:00am. For departures after 11:00am, the late checkout fee is \$20 USD per hour. Please arrange for late checkout with the front desk at least a day in advance. Please place luggage at the front door of your room for pick up thirty minutes before your scheduled departure time. Meet at the front desk ten minutes before your check-out.
- **CURRENCY** The official currency is the Belize Dollar. The fixed exchange rate is \$2 BZD to \$1 USD and currency can be exchanged at banks and hotels. Most businesses accept US dollars, American Express, Mastercard, and Visa.
- **EMERGENCY PROCEDURES** In the event of emergency, please see the front desk or manager. If a medical emergency occurs after hours, please seek front desk or security to locate manager. Be advised, on-call doctors cost \$100 USD.

- **Laundry service is available.** Place soiled clothes in the laundry bag and leave inside near the front door of your room in the morning. Housekeeping will wash, dry, fold, and return them to your room the same day. Laundry fees are \$20 USD per load plus tax (whites and colors washed separately).
- **MEDICAL INFORMATION** Please inform us if you have any serious medical conditions that require special precautions or have any food allergies. In most cases, we can help you obtain a replacement for misplaced or forgotten medication at the pharmacy in San Ignacio.
- **NO SMOKING POLICY** There is no smoking allowed on this property except for designated smoking areas. The designated smoking area is located on the left of the front desk. Smoking in your room will result in a \$500 USD cleaning fee.
- **POPULATION & LANGUAGE** Total Belize population is about 375,000. English is the official language, but Spanish is spoken by almost half the population and is prominent in San Ignacio. Creole, Garifuna, Mayan, and a German dialect are also spoken.
- **WATER TOYS** are complimentary and located on the beach. We recommend the use of life jackets at all times. Ask the front desk for safety tips.
- **TIME ZONE** Time observed year-round is GMT-6, which is the same as United States Central Standard Time. However, daylight savings time is not observed in Belize.
- **WATER** Potable water is available at the front desk, bar, and in the rooms. Tap water goes through a purification system but is not suitable for drinking. Please use the water dispensers offered in the common areas or the glass bottles of water located in your room for drinking during your stay. Don't forget to use your complimentary reusable water bottles!
- This lodge features a restaurant and 2 bars/lounges. Enjoy the a rooftop terrace and perks like free WiFi. A business center, a terrace, and a garden are also on offer.
- **DINING** : According to daily schedule as listed on our website.

# THINGS TO BRING :

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- Reusable water bottle
- Sun screen 50 or up
- Flash light
- Bug spray
- Light raincoat or umbrella
- Flip Flop, T-shirts, shorts, swim suit, sneakers, hat, beach towel or beach mat
- We offer Yoga props - mats, blankets & blocks. Bring your own Yoga mat if you like.
- COVID regulations - NO vaccination required if you enter from the US or Canada. Covid testing might be required. We will update you regarding these regulations as it gets closer to the retreat.
- Each participant has to sign a waiver.





***CULTIVATING EQUANIMITY - A YOGA & MINDFULNESS  
MEDITATION RETREAT 2023 with APARNA***