

Rainbow Family Yoga Retreats

Yoga Fun and Relaxation on the Beach

For the Whole Family!

October 22 – November 7 (Weekly and Daily Rates Available)

Tulum, Mexico

Come to play, relax and do yoga together on the beautiful beaches of Tulum, Mexico. Reconnect with yourself and with your family, breathe pure ocean air, feast every sense with joy, and celebrate life together!

Tulum is the perfect place where you can combine total rest with exciting adventure. This quiet town, situated along the virgin Caribbean coast of Quintana Roo, is home to one of Mexico's best preserved Mayan sites, lush nature, crystal clear swimming holes and underwater caves.

Over this gorgeous time you will experience:

- Kids yoga, family yoga... and even some partner yoga
- Rejuvenating relaxations and fun guided imagery
- Thai yoga massage for the whole family
- Light hearted meditations and breathing practices
- Energetic yoga games and exiting activities in and out of the ocean

You'll all return home rejuvenated, fully stretched, overflowing love in your hearts, and a sparkle in your eyes!

No previous yoga experience is necessary.

Schedule:

6:30 – 7:30 (Optional) Sunrise Beach Meditation Walk

8:00 – 9:00 Breakfast

9:00 – 11:00 **Kids:** Kids Yoga Class & other fun kids activities

Parents: Partner Yoga, Family Yoga or Grownup (regular) Yoga

11:00 – 1:00 Free Time!

1:00 – 2:00 Lunch

2:00 – 3:00 Fun Workshop For Everyone: yoga obstacle course, yoga treasure hunt, acrobatics and human pyramids, yoga art project, Mandala painting, Thai Massage, vegetarian cooking workshop, yoga Origami, arts and craft from recycled materials...

5:00 – 6:30 Family Yoga Class

6:30 – 7:30 Dinner

8:00 – 9:00 Something Fun: Bonfire, yoga drama (or movie) made by the kids, yoga circus and acrobatics performance, music, talent show, dancing, movie...

None of the activities are mandatory and there is plenty of time to relax on the beach, receive a massage, explore the depths of the sea or some ancient Mayan temples in the area.

Activities in Tulum:

Below are some of the recommended activities in and around Tulum. These activities are not included in the retreat price, but local organizer extraordinaire Catalina (and Rainbow Kids Yoga grad!) and her company Tour Messico (www.tour-messico.com) can organize your adventures and also get great discounts.

1. Sian Kaan Biosphere

You can snorkel, see dolphins, sea stars, crocodiles and much more wildlife in their own environment.

www.tour-messico.com

2. Xcaret (Fun Eco-Park)

www.xcaret.com

3. Cenotes (Scuba dive in underwater caverns)

www.cenotedosojos.com

4. Tulum Ruins

http://www.caribemexicano.com/eng/guia/tulum/que_hacer/index.htm

www.inahqr.gob.mx/Tulum/Tulum

5. Chichen Itza Ruins

www.chichenitza.com

6. Coba Ruins

www.coba.com.mx

7. Aktunchen Park (Caves, Canopy zip-lines, wildlife, and more)

www.aktunchen.com

Dates and Location:

You can book either per week or per day, during the retreat period (Oct 22 – Nov 7, 2010).

Participants will be accommodated at Luv Tulum.

To help preserve the ecologically pristine character of Tulum, hotel size is limited by law, so each retreat is small and eco-friendly.

Luv Tulum
Carretera Tulum a Boca Paila Zona Hotelera
info@lvtulum.com
México 011-52-984-141-7821
USA 01-786-877-5789
<http://www.lvtulum.com/tulum.html>

Registration and Pricing:

You can book for a week at a time (7 nights) or per night. Week-long bookings are discounted. All prices go up on July 13 and September 1, so make sure to reserve early! Prices do not include airfare, airport transfers, or outside activities.

Weekly Rates:

Adults: \$1400 (USD)/week if you register by September 1, 2010

Kids (ages 3 – 11): \$ 1120 (USD)/week if you register by September 1, 2010

Adults: \$1800 (USD)/week if you register after September 1

Kids: \$ 1400 (USD)/week if you register after September 1

Children under age 3 stay for free.

Daily Rates:

Adults: \$230 (USD)/ day if you register by September 1, 2010

Kids (ages 3 – 11): \$ 185 (USD)/ day if you register by September 1, 2010

Adults: \$290 (USD)/ day if you register after September 1

Kids: \$ 220 (USD)/ day if you register after September 1

Children under age 3 stay for free.

Prices include:

- All classes and workshops
- Accommodation in a beautiful ecological beach-front resort
- 3 delicious vegetarian meals a day (breakfast, lunch and dinner).
- Herbal teas and drinking water throughout the day (please bring your water bottle to save plastic)

A 50% deposit is due upon registration to hold your place; the balance is due by September 21, 2010

Retreat size is very limited, so please register promptly.

Registering and Payment:

Registration is a quick two-step process: send us your contact details and then submit the deposit.

Please send an email to info@RainbowKidsYoga.net with "Family Yoga Retreat Tulum" in the subject line, including the following information:

- The dates you would like to register for
- Your name
- Your partner's name if applicable
- The name and age of your child(ren)
- City and country of residence
- Phone number
- Email
- Emergency contact (name and phone #)

To reserve your place, you can submit the deposit a few different ways:

1. Have a checking account at a US bank? Mail us a check. Just email us and we'll send you the details (mailing address, etc). If you live outside of the US but can get a bank draft in US dollars from your local bank, that works too.
2. Call us at 1 (646) 797-3226 (USA) with a credit card number. In the office we take Visa, MasterCard and Discover. Please note that we are often traveling, but we make every effort to return calls promptly.
3. Send us a the deposit through PayPal. Please include a note explaining that the payment is a deposit for the Family Yoga Retreat. (Recipient name: Rainbow Kids Yoga; Recipient email: info@rainbowkidsyoga.net)

Cancellation Policy:

Your deposit is fully refundable if you cancel before September 15. After that, it can be used as credit for a future retreat or training course with Rainbow Kids Yoga.

Transportation:

Flights and transfers are not included in the retreat price.

You will need to fly to Cancun International Airport, Mexico. From there we can arrange airport transfers (please email us your arrival details).

Driving time from Cancun to Tulum is about two hours (130 km) and a round-trip ride costs \$60 (USD) per person (\$30 R/T for kids). We can arrange these transfers but need to know ahead of time in order to reserve your space in the van.