

Isla Mujeres (Spanish for *Island of Women*) is one of the ten municipalities of the Mexican state of Quintana Roo, on the Yucatán Peninsula about 8.1 miles northeast of Cancún in the Caribbean Sea. The island is quite small (4.3 miles long and 2,130 feet wide) so it is very easy to get around. It is possible to rent bicycles and golf carts and very inexpensive to take a taxi (10 dollars or so to cross the island). From Na Balam Resort we can easily walk to town, where you can dine and shop.

The weather on Isla Mujeres is wonderful. Expect it to be mid-eighties during the day and seventies at night. It's quite humid, however so some days can feel hotter. Be prepared for rain as there are occasional tropical downpours. Not to worry, they pass quickly.

Hotel Na Balam will provide you with both bath towels and beach towels that can be used on the beach and in the pool and can be replaced as many times as you need them. There are also some hotel toiletries provided (little bottles of shampoo and conditioner as well as small soaps) that are also replenished as needed. Also provided are two plastic bottles of water per day. There will also be a 5 gallon jug of clean water to refill your re-usable water bottles throughout the week.

#### What to bring

- light summer clothing
- yoga clothes
- rain jacket
- hat
- sunblock
- umbrella
- flashlight
- yoga mat
- yoga mat towels, if you use them
- a pair of sneakers or rain galoshes
- sandals
- swim suits
- re-usable water bottle

#### SCHEDULE

Friday August 22

Arrive to Na Balam in the afternoon

Unpack and settle in

7pm Welcome Dinner

Saturday August 23

8am-9am: Coffee, tea and fruit will be available under the yoga palapa

9am-10:15am: Morning Flow

Until 11am: Breakfast is served. Continental breakfast (coffee or tea and toast with juice or fruit) is included. Other breakfast menu items are available for purchase. You could also enjoy your continental breakfast on the beach at the resort and then walk to town for different breakfast options.

Afternoon: Free time. Enjoy exploring the island. There's lots to do: shopping, dining, scuba tours, Sea Turtle Sanctuary, the Women's Beading Cooperative, get a massage, relax on the beach or at the pool, etc.

5pm-7pm: Inversions workshop

Sunday August 24

7:30-8am: Coffee, tea and fruit will be available under the yoga palapa

8am-9am: Morning Flow

10am-2/3pm: Snorkeling in amazing crystal clear blue waters. We will explore some underwater sculpture as well as have a chance to see beautiful underwater sea life. Lunch is provided. Lunch is close to the Sea Turtle Sanctuary. There is a small fee to go. It's totally worth it. You can walk over there during lunch on this day, or adventure there on your own another day to spend more time. There are fancy frozen cocktails and beer, etc. available to purchase at lunch spot as well. Bring some cash.

5pm-6:30pm: Evening workshop TBA

Monday August 25

8am-9am: Coffee, tea and fruit will be available under the yoga palapa

9am-10:15am: Morning Flow

Until 11am: Breakfast is served.

Afternoon: Free time. Have you gotten your massage yet?

5-7pm: Evening workshop TBA

Tuesday August 26

6am: Leave for WHALE SHARK TOUR! This is an epic day, you guys. Light breakfast and plenty of lunch are provided. It's a long boat ride. Take your Dramamine if you get sea sick.

Whale sharks are the biggest fish in the sea. They can be up to 40 feet long and weight over 20,000 pounds and you will be swimming right next to them! Their species originated over 60 million years ago and they are the sole member of their genus and family. Technically fish, Whale Sharks get their name for having lots of teeth like a shark, but using them to filter feed like baleen whales. Also they are as big as many whales. Each whale shark has a unique and beautiful pattern of lines and dots on their backs, which helps marine biologists to track them. The markings resemble star constellations and are beautiful to observe.

5pm-6:30pm: Evening yin practice with yoga nidra

Wednesday August 27

8am-9am: Coffee, tea and fruit will be available under the yoga palapa

9am-10:15am: Morning Flow

Until 11am: Breakfast is served.

Afternoon: Free time.

5-6:30pm: Evening workshop TBA

7pm: Farewell Dinner and then let's all hit the town together!

Thursday August 28<sup>th</sup>

Leave Na Balam for Cancun airport. We can all decide at the Farewell Dinner if we'd like to have an early morning practice. Breakfast is still included on this final day. Your transportation back to the airport is also included and will be arranged by the front desk staff.