

# Life Mastery Programs

## Cover Letter

Dear Spiritual Traveler,

Thank you for joining us on our Journey to Teotihuacan on **February 5-10, 2009!** To make sure you have a wonderful trip, we have enclosed some helpful information.

### Before the Trip, Please Sign and Return the Enclosed Forms:

- ⊙ Trip Application;
- ⊙ Statement of Psychological and Health Condition; and
- ⊙ Release of Liability and Assumption of All Risks form.

To our trip coordinator, **Rosemary Quade, 265 Blackthorn Lane, Charlottesville, VA 22902.** Her phone number is (434) 996-6664 and email is [rosemaryquade@hotmail.com](mailto:rosemaryquade@hotmail.com). Rose will be happy to help you with all logistical and registration questions.

### Deposits & Payments

The cost of the trip is \$1295. Make sure to send your deposit payment of \$195.00 per person, by **January 10<sup>th</sup>** with these forms. The deposit is *non-refundable* and confirms your reservation on the journey. **If we receive your payment in full by January 10<sup>th</sup>, you will receive \$100 off the trip price.** Your final balance is due by **January 24<sup>th</sup>**. Please make your payments to Life Mastery Programs, or you may pay by Visa, MasterCard, or American Express.

### Your Flight Info

It is essential that you indicate your flight information on the trip application form so that we know the **airline you are flying on, flight number, arriving and departing times.**

### Traveler's Medical Insurance Requirement

We require all participants to purchase and provide proof of Traveler's Medical Insurance. Depending on the plan you select, coverage is either \$3.25 or \$5.00 per day for travelers under age 70. On the internet:

1. Go to **<http://www.travelinsure.com>**.
2. On the left side of the home page under "Find a Plan by Name," click on *Intermedical Insurance*.
3. In the upper right corner, click, print and read the *Outline of Coverages and Rates* and decide on Plan A or B.
4. Still in the upper right corner, click *Enroll Now* and proceed with *Instant Online Enrollment* with a credit card; or print out *Printable Enrollment Form* to pay by check or money order via postal service.
5. Forward email confirmation of coverage to: **[rosemaryquade@hotmail.com](mailto:rosemaryquade@hotmail.com)**  
OR mail a copy of your confirmation to Rosemary Quade.

PO Box 261, Marblehead, MA 01945

PHONE: 877-670-9831 FAX: 781-639-4878

[www.lifemasteryprograms.com](http://www.lifemasteryprograms.com)

[info@lifemasteryprograms.com](mailto:info@lifemasteryprograms.com)

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### Arrival To and Departure From Mexico City

You are responsible for your own transportation to and from the Mexico City airport. You need to arrive at Mexico City Intl Airport no later than **4:00PM on February 5th**. Make sure your flight arrives with sufficient time to clear customs. We depart the airport at **5:00 pm** via shuttle. Once you arrive and pass through immigration and customs, we take care of getting you where you need to be. Plan to meet at the Freedom Cantina outside the International Customs area. When you depart Customs area, turn left and walk about 80-100 yards to the Cantina on your left. Look for the big blue awning. Please wait in front of the Freedom Cantina and stay with your luggage at all times. If you get into Mexico City early, feel free to go to a restaurant and eat, but always have your luggage with you and plan on checking in with the group no later than 4:30.

Please arrange your outbound flight from Mexico City on **February 10th any time after 1:00pm**.

### Ground Transportation

**We depart the airport, by bus, promptly at 5:00 PM.** All luggage will be loaded in the 4:00 PM hour. Should your flight arrive late, please call the hotel at the number listed below and we can arrange safe transportation for you from the airport to our hotel in Teotihuacan at an additional cost. If you have odd circumstances and cannot get a flight from your home that arrives in Mexico by 4:00 PM, please let us know in advance so that we can accommodate you at an additional cost.

If your travel to Mexico City is delayed and you do not have an opportunity to make arrangements in advance of your arrival, please call the hotel, at 01 (594) 956-3969 from the airport. PLEASE, do not get into a cab unless it is affiliated with the Dreaming House in Teotihuacan. We know these drivers and we know that they will keep you safe

### Money

It is a good idea to have money changed from dollars to pesos while you wait for the group at the airport. There are several good exchange kiosks in the airport. There is a money exchange kiosk directly across from the Freedom Cantina. Convert enough money for additional food or snacks (meals and bottled water is included in trip price), souvenirs (there are many artisan shopping opportunities), or other incidentals that you might like to buy. Plan to convert a minimum of \$10/day for above, plus an additional \$10 for tips to the cleaning ladies and cooks at the Dreaming House. Please note that after breakfast we go out for the day and often do not get back to eat until late afternoon. If you need to eat before then, make sure you have power bars, nuts, trail mix or whatever you need to take care of your body!

### Health & Safety

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Your health and safety is of utmost importance to us. Please let us know if you are not feeling well while travelling with us. The tap water in Mexico is not drinkable, so drink only bottled water. Always stay with at least one other person from our group when in the pyramid complex or outside of the hotel grounds. Never get into a taxi that has not been pre-arranged for you. Mexico is a safe country to travel in as long as you travel with the right information and follow the guidelines that we have outlined here for you.

### Hotel

Please let your family or a friend know where you are while you are away. We stay at The Dreaming House in Teotihuacan. To dial our phone number in Mexico from the United States, call 011-52-594-956-3969. You can ask for Alberto. You can also visit the hotel's website at <http://thedreaminghouse.com> to see our beautiful accommodations.

### Packing

Please see the enclosed "Please Don't Forget Me List."

### Daily Itinerary

If you notice, we never publish a detailed program schedule for any event. The reason for this is that our trip leaders teach from Spirit as it guides them, and that is always changing! Depending on the group energy, the program may shift in any direction. Please trust that magic will happen at every event and put your "voice of knowledge" and "need to know" at rest.

**Be assured that we have a wonderful journey planned for you. We look forward to a most exciting adventure together!**