

## Dear Spiritual Traveler,

Thank you for joining us on our Journey to Teotihuacan on **February 11-16, 2010!** 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, 987 Smith Rd., Afton, VA 22920**. Her phone number is (540) 456-6461 and email is [rose@lifemasteryprograms.com](mailto:rose@lifemasteryprograms.com). Rose will be happy to help you with all logistical and registration questions.

### Deposits & Payments

The cost of the trip is \$1195. 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 29<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 "Choose by Brand," 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 Secure 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: **[rose@lifemasteryprograms.com](mailto:rose@lifemasteryprograms.com)**  
OR mail a copy of your confirmation to Rosemary Quade.

### 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 11<sup>th</sup>**. 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 16th 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**

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!**

## **Packing List**

We are delighted that you are joining us for the upcoming excursion. We ask you to carefully read the following information to ensure that your experience is as physically comfortable and spiritually rewarding as possible.

Each Journey invariably includes two itineraries. On the physical part of the journey, we each travel as a member of a group to places of extraordinary beauty, power and enchantment. On the inner journey, we travel solo down a long winding road often rife with potholes, detours and rivers to cross with no bridge in sight. The inner journey requires that we bring along all our love and courage to honestly deal with ourselves to separate truth from illusion.

The inner journey is potentially the hardest one we ever make. For the physical journey we just need a sense of humor, flexibility and a properly packed bag containing all the things a physical body could need!

### **Mandatory Items**

- Passport
- Money for personal items and for expenses;
- A water bottle suitable for daily use. You should only buy purified water and brush your teeth with the purified water. We do not recommend that women soak in a bathtub.
- Sturdy, well broken-in walking shoes;
- Enough of your medication for the entire trip in your carry-on bag in case your luggage gets lost; and
- Your prescription glasses.

### **Recommended Items**

- Hat or visor;
- Suntan lotion;
- Bug repellent;
- Sunglasses;
- Comfortable non-binding clothing in layers for warm days and cool nights;
- Bathing suit;
- Personal items and toiletries;
- Journal for writing;
- Poncho for rain;
- Back pack or fanny pack for camera, water, snacks, tissues and sweater; and
- Alarm clock to be on time!

### **Recommended Vaccines and Medications**

While each person's body has different needs, the following vaccines and medications can be used as a precaution when traveling to foreign countries. Please consult with your own doctor regarding these suggested medications.

- Six pills of Ciprofloxin 500mg (or the equivalent if you are allergic to Cipro) to be taken twice a day for three days for severe diarrhea that lasts more than a couple of days or

for

food poisoning;

- Pepto Bismol for mild stomach problems or diarrhea;
- Imodium for moderate diarrhea problems;
- Aspirin, Tylenol or Motrin for aches, pains, headaches, etc.;
- Rolaids, Tums or any antacid of choice
- Benadryl for allergic reactions, bug bites or lack of sleep;
- One set of ten days of Amoxicillin (or the equivalent if you are allergic to penicillin) for

sinus infections, bronchitis or pneumonia;

- A tube of Bacitracin or Triple Antibiotic Ointment for cuts and a tube of Hydracortisone

cream for itchy critter bites and rashes;

- Have you had your Measles, Mumps and Rubella vaccine?
- Tetanus shot
- Polio Vaccine
- Hepatitis B: This consists of three injections given over 6 months.
- Hepatitis A: It is recommended by the Center for Disease Control that all travelers have

this vaccine. It consists of two injections given 6 months apart. You can catch Hepatitis A

just from drinking a glass of water and pass this disease to an entire group of people from sharing water bottles, etc.; and

- Measles Vaccine: ask your doctor if you need a second dose

Please consult your travel physician regarding the current Center for Disease Control recommendations.

## **Terms & Condition**

### **Included**

Total costs for the six day journey is \$1195.00 to Teotihuacan, which includes: 5 nights accommodations at The Dreaming House (<http://thedreaminghousemx.com/>), 3 meals a day featuring healthy and traditional Mexican food, all lectures and teachings from our Trip Guides and their designated assistants, entrance fees to the pyramids, all transfers and luggage handling, and ground transportation provided that you travel at the times noted in our Intro Letter. Prices are double or triple occupancy. Life Mastery Programs reserves the right to raise the trip fee if there are exceptional cost increases beyond our control. *Every effort is made to ensure that no cost increases occur.* If a cost increase occurs and the necessary increase does not meet your satisfaction, you may cancel your reservation, at that time, for a full refund minus the non-refundable expenses. This statement is explained in detail in the CANCELLATIONS AND REFUNDS paragraph of this document.

### **Not Included**

We are not responsible for your round trip transportation from your home to Mexico City. Also not included are items of a personal nature such as laundry, gifts, shopping, beverages, toll calls, excess baggage, medical costs, and the costs of hospitalization and evacuation from remote areas, insurance and additional expenses arising from the delay or extension of a trip due to weather, political disputes, sickness, failure of transportation, or other causes beyond our reasonable control.

### **Payment**

A \$195.00 dollar deposit, which is non-refundable (unless we cancel the journey), secures your place on the journey. Your deposit is due by **January 10th**. The remaining payment in full is due **January 29th**. All payments are by credit card (Visa, MasterCard or American Express) personal check, money order, cashier's check, made out to "Life Mastery Programs."

### **Trip Member Responsibility**

Trip members have the responsibility to select a trip appropriate to their abilities and interests. Trip members are held responsible for being in sufficient good health to undertake the trip. Trip members are responsible for preparing for this trip by studying the itinerary and pre-departure information sent by Life Mastery Programs and for discussing this itinerary with their personal physician. Trip members are also responsible for bringing the appropriate clothing, medicines, supplies and equipment as advised in the pre-departure information. *Trip members are participants in group travel and are expected to hold each other in compassionate regard, and to interact with each other with respect.*

### **Cancellation and Refunds**

If cancellation occurs 60 or more days before departure, there will be a loss of \$195.00 dollars which is the total deposit amount. For cancellation 0-60 days prior to departure, no refund will be given - as is the case with a cancellation at the time of departure or after the trip departs. All cancellation notifications must be made to Life Mastery Programs in writing. Any refund requests must be made in writing to Life Mastery Programs within 30 days of the return date. We strongly recommend you purchase Travel Cancellation Insurance if there is a chance you may have to cancel for any reason.

Life Mastery Programs reserves the right to cancel any trip, prior to departure, for any reason whatsoever, including an insufficient number of participants or logistical problems (e.g. acts of God, war, strikes, etc.), which may impede trip operations. The refund of all payments as described in the paragraph below shall release Life Mastery Programs from any further liability. A trip cancellation due to an insufficient number of participants would normally occur at least a month prior to departure, unless acts of God, war, strikes or other events impede our departure causing large numbers of participants to cancel participation on the journey prior to departure.

Life Mastery Programs must make substantial payments to suppliers (including providers of land travel) far in advance of the scheduled date on which we embark. If a trip is cancelled due to forces beyond our control (acts of God, war, labor strikes, earthquake, flooding, etc.), Life Mastery Programs will promptly refund the portion of the trip cost not advanced to suppliers (including any moneys set aside for airfare). Life Mastery Programs will use our best efforts to recover advance payments as promptly as possible, and we will refund to you the amount recovered, if any. However, Life Mastery Programs does not guarantee recovery of any or all of the advance payments made, and our use of best efforts to recover these payments will not include the institution of any legal proceeding in foreign lands. This policy applies to a trip cancellation by client choice following any necessary increase in trip costs.

#### **Responsibility/Limitation of Liability**

Life Mastery Programs which is a Massachusetts partnership with its principal place of business in Marblehead, MA, and its associates, gives notice that services provided in connection with these itineraries are rendered by suppliers who are not agents or employees of Life Mastery Programs. All of the accommodations, meals, tours, transportation and/or related travel services have been made by Life Mastery Programs only as an agent for the individual tour member. While every effort is made to make travel arrangements with reputable suppliers, a tour member expressly agrees that Life Mastery Programs shall not be liable for any delay, mishap, inconvenience, expense, irregularity, bodily injury or death to person, or damage to property occasioned through the negligence, wrongful or intentional acts, or default of any company or individual engaged in providing these arranged services. Each passenger conveyance, tour company, hotel accommodation, restaurant, etc. is subject to the laws of the state or country where the service is provided.

Life Mastery Programs shall not be liable, directly or indirectly, for bodily injury or property damage for any reason whatsoever, including, but not limited to the following causes: acts of God, detention, annoyance, weather, quarantines, strikes, civil disturbance, theft, negligence (including that of Life Mastery Programs), default, changes in government regulations, terrorism, war or failure of conveyance to arrive or depart as scheduled.

Life Mastery Programs reserves the right to substitute hotels and tour guides and to alter the itinerary when deemed necessary or advisable. The right is also reserved to cancel any trip prior to departure. Life Mastery Programs is released from any and all liability for cancellation of any trip, or portion thereof, except for payment of a land cost as set forth in the section on "**Cancellation and Refunds**".

Life Mastery Programs reserves the right to decline to accept or retain any person whose actions, physical health, mental condition or general deportment impede trip operation or

rights, welfare or enjoyment of other trip members. A refund based on the cost of unused land services is the limit of Life Mastery Programs responsibility.

Life Mastery Programs is not responsible for any refunds should a presenter advertised as attending or leading a tour or conference cancel for any reason. Life Mastery Programs is not responsible for any physical, mental, emotional, or any other reaction, trauma, or ailment during the trip or occurring afterwards, that participants may experience at the sites or from any leaders, workshops, or sessions of any kind, including private sessions with facilitators or presenters. Attendance on the trip indicates acceptance of this and all other provisions of this responsibility clause.

Life Mastery Programs recommends the purchase of appropriate travel accident insurance, baggage insurance, tour operation carrier default protection insurance, and trip cancellation insurance, and has made available explanatory information and policies, and the travel program member has the opportunity to purchase such insurance as protection against certain risks of travel to the planned destination. Travel program members are advised that travel insurance covers only what is included as stated in the travel insurance brochure.

The airlines or transportation companies concerned are not held responsible for any acts, omissions or events during the time passengers are not on board their planes or conveyances. The passenger contract in use by the carriers concerned, when issued, shall constitute the sole contract between the airlines or transportation companies and the purchase of this travel program and/or passengers.

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