



## **Frequently asked questions**

### **What should I expect on this retreat?**

8 days/7nights accommodations at Haramara Retreat Center in Sayulita, Mexico!  
2 + workshops per day + evening ritual  
Daily movement, dance and/or yoga class  
Daily guided meditations + self-care practices  
3 organic meals/day (vegan + GF options available)  
1 massage or Ayurvedic facial (\$105 value)  
Nourishing time in Nature  
Infinity pool and private beach access  
Continued support post-retreat with 1:1 and online group circles  
Free time to explore Sayulita  
Closing night bonfire

### **What does embody mean?**

Embody(verb): "to be an expression of or give a tangible or visible form to (an idea, quality, or feeling)".

Embody means to be fully aware of and shift/adjust your body to its needs. To be embodied is to be connected to your emotions, intuition, and inner wisdom. Every emotion has a corresponding sensation. Your body is a moving, breathing history of your life's experiences. To be embodied means to be able to tune in and listen.

Our mind's need to control, worry and analyze often overrides our bodies ancient instinctual nature. To be embodied is to be present. To live in the here and now rather than in the mind of past and future.

Within your body lies your compass and power. To be embodied is to develop a relationship with our body in which you can TRUST your body to guide you. To be embodied is to trust the bodies capacity to communicate, and to heal itself. It will often share with you how to move from 'stuckness' to flow.

To be embodied is to be fully human, to be fully living out your purpose, and attuned to your surroundings.

Embodiment is being one with the somatic intelligence we were born with, using it as a golden compass on our sacred journeys home.

The above foundations inform this retreat and however “embodied” you identify yourself right now is just fine. You will leave having developed a deeper relationship with your body and thus with yourself, your intuition, and purpose.

**I have never been on a retreat before and am curious about joining you. How will this enhance my life?**

Sometimes it can take a retreat... a moment away from your daily life.... to come home to yourself. Quite literally, to move away from distractions and patterns to reveal the path that your Soul is calling you towards.

This is an opportunity to commit to yourself and go on an adventure that surely your Soul is craving.

This retreat is meant for you to be able to dive into a deep container of the Sacred so that you can re-emerge and share all of the medicine and teachings with the world. To be a Visionary in your home, work, community, etc.

This retreat will change how you relate to yourself as a woman.... It is based on embodiment, assimilation, and integration.

We create retreats that honor the WHOLE of woman. We respect that every woman is multi-faceted, powerful, and full of possibilities. We welcome you and know that every day here will activate deep remembrances for you.

**Is this retreat for me?**

This Retreat is For You If You Seek:

- Deepened self trust and trust in life
- Physical, psychological and spiritual tools for navigating life
- To find Your Wild, Creative Self
- To live life with more ease and allowance
- Support from codependence
- Embodied practices to ease stress and mend trauma
- More opportunities to DANCE
- Intentional living
- Time in nature
- Increased self-worth and self-love
- Strengthened intuition
- Deeper connection and integration of mind, body and soul
- Transformation and healing alongside an inspired sacred sisterhood

**This Retreat is NOT For You If :**

- You're wanting a vacation, where you simply relax by the pool/beach and explore town.

- Feel like being alone
- Not interested in dancing
- Not interested in deep transformational work
- Not open to sharing
- Want a co-ed retreat

### **Why do I have to fill out an application to register for this retreat?**

In effort to curate an aligned and supportive group of women, we are requesting that everyone fills out an application prior to booking. This application also will help us best support the women that attend.

### **I am feeling fear about investing in myself. Do you have any recommendation on how to move through this?**

Ah yes, girl. Our own deservability and worthiness. Here is a simple practice. Read the retreat information a few times. Check out all the tangible and intangible gifts you will receive.

After reading, stand up and with feet firmly on the floor, put one hand over your heart and one hand over your womb space. Picture yourself in Mexico. An understanding of your body's wisdom, a heightened sense of power, a group of women who have got your back. Breathe deep.

Take a step back (literally). Open your eyes and ask yourself if this program is a Yes. This is a process of asking your body. In our minds, we can create a litany of reasons NOT to leap and this generally holds us back from our truest desires. Ask your body. I promise you will get a clear Yes or No.

### **Can I come with my child or partner?**

This retreat is intended to be for women only and a time for women to get some quality time with themselves without interruption. Children under 13 are not allowed on the property.

### **What do I pack?**

Everything will be emailed to you upon Registration.

If you do not receive an email from us with this information, please email [Info@embodiedsacredwomen.com](mailto:Info@embodiedsacredwomen.com)

### **What is the weather like?**

The Central Pacific Coast of Mexico is surrounded by jungle and receives approximately 345 days of sunshine per year. Located on the same latitude as the Hawaiian Islands, its sub-tropical climate is often compared to Hawaii's. Temperatures can reach 90 degrees during the summer, along with high humidity, but at night, the onshore breeze brings cool air that makes for pleasant sleeping conditions. The rainy season is June through October; however, August and September are considered the two "rainy" months. On average, September has 15 wet days per month, while January has only two. Rain usually doesn't start until late in the afternoon, leaving most of the day free for outdoor activities. March, April, May, October and November are warm but comfortable (upper 70s to low 80s). December, January and February are usually comfortable (low to mid 70s) but can be chilly at night (low to mid 60s). June, July, August and September are hot (mid 80s to low 90s) and humid.

### **How much does it cost to attend?**

Dorm Room - \$1830  
Quad Room - \$1955  
Triple Room - \$2080  
Double Room - \$2288  
Single Room - \$3079

**If paid in full by 8/15, you receive \$100 off your price. If paid in full by 9/15, you receive \$50 off your price.**

We accept venmo, paypal, or cashiers check. Payment plan available upon request. Email [Info@embodiedsacredwomen.com](mailto:Info@embodiedsacredwomen.com)

### **Whats included in the price?**

8 days/7nights accommodations at Haramara Retreat Center in Sayulita, Mexico!  
Daily movement, dance, meditation, self care and/or yoga classes  
3 organic meals/day (vegan + GF options available)  
1 massage or Ayurvedic facial (\$105 value)  
Continued support post-retreat with 1:1 and online group circles  
Shuttle to/from Puerto Vallarta Airport (PVR)

### **What is the Continued support post-retreat with 1:1 and online group circles?**

A lot of positive change can occur rapidly in Retreat settings. Growth, insights, and lifestyle changes, including eating healthy, consistent movement practices and self care, proper rest, spending time in nature, connecting vulnerably and authentically with others.

And then its time to go back home...which can be heart wrenching, especially when so many beautiful friendships are forged in these intimate settings. And thats it often people never see each other again!

Well we are changing that! Included in this retreat, is an integration 4 week long virtual retreat! For 4 weeks, we will all gather weekly (virtually) to connect with the sisters we came so close to know, to continue the conversations, rituals, and checks ins. A private facebook group and WhatsApp chat will be created so that you always have a place to turn to, share, and support one another.

Integration post-retreat, is the hardest and also the most important aspect for lasting impact. Integrating alone is much more difficult than with your sisters! These weekly circles will be time to integrate, reflect, share, vent, laugh, cry, seek advice and support;

Also included is a post retreat 1:1 with one of the guides of your choice. In this 60-90 min 1:1 session, you will have the opportunity to address whatever is still needing to facilitate integration and continued growth and support.

## **FAQ:Logistics**

### **Where do I fly into?**

Most people fly into Puerto Vallarta's International Airport (Gustavo Diaz Ordaz, airport code: PVR).

You will need a CURRENT PASSPORT for your trip to Mexico. A Driver License is no longer a valid identification document for travel to Mexico.

During the flight to Puerto Vallarta you will be given a document to fill out which you will then need to present to the immigration official upon your entry into Mexico. This document is your Travel Visa. BE SURE YOU KEEP THIS PIECE OF PAPER FOR YOUR DEPARTURE! You will be asked for it upon check-in for your return flight home. If you do not have this piece of paper, there will be a fine and the hassle of redoing all of this paperwork on the spot! Also during the flight you will be given a second document to fill out. This document is your Customs Declaration Form. You will need to present this to the customs official after collecting any checked luggage. Once you have presented your document, all of your carry on and checked luggage will be x-rayed. You will then be asked to press a button for a customs inspection. This is a random selection system. A Green Light means you are free to pass through the customs area without an inspection, a Red Light means you will need to head to the customs inspection counter where all of your luggage will be searched.

### **Where is the retreat held?**



The beautiful Haramara Retreat center, located 45 minutes north of the Puerto Vallarta airport, near the quaint town of Sayulita, in the spectacular Pacific coastal region known as Riviera Nayarit, Mexico. For details, images, and FAQ check out <https://haramararetreat.com/> If you have more questions, feel free to email us at [info@embodiedsacredwomen.com](mailto:info@embodiedsacredwomen.com)

### **How do I arrive to Haramara from the airport?**

Haramara Retreat can easily be reached from the Puerto Vallarta International Airport via retreat shuttle which is included in your price.

You will encounter a large, loud crowd waiting outside the sliding glass doors. In this crowd you will find your driver holding a sign reading "Haramara Retreat". The driver will have a list with your name on it.

If you somehow miss the shuttle, you can take a taxi or bus.

For taxi: proceed through the sliding glass doors after you exit customs. You will encounter a large, loud crowd waiting outside the sliding glass doors. We suggest that you not use the airport taxis and continue walking straight ahead through the airport exiting out the glass doors.

Head for the pedestrian overpass on your left, go up the ramp, over the highway and down the other side. It is less expensive to take a short walk across the pedestrian overpass to the other side of the highway and negotiate with the drivers of the yellow and white Puerto Vallarta taxis.

For bus: proceed through the sliding glass doors after you exit customs. You will encounter a large, loud crowd waiting outside the sliding glass doors. Continue walking straight ahead through the airport exiting out the glass doors. Head for the pedestrian overpass on your left, go up the ramp, over the highway and down the other side. Wait for a green and white "Compostela" bus that has "Sayulita" written on its windshield to arrive. You will purchase your ticket on the bus. When you arrive in Sayulita, you will then find a local taxi at the same place you are dropped off and take it out to Haramara Retreat.

### **How far is the Haramara retreat center from the beach?**

Haramara Retreat has its own beach on property. It is just a short 5-minute walk down from the highest point of the property. There are numerous beaches, both north and south of our beach, which you can visit. You will have to climb over the rocky outcroppings that are between the beaches to get to them or take a taxi for the ones that are farther away. You can ask for suggestions and directions before you go.

### **What currency do I need in Mexico?**

You can bring your own currency over and convert it to Pesos, or use ATM machines to withdraw US\$ or local currency. ATM withdrawal fees vary bank to bank, so make sure you check in with yours to get all the info.

Cash and credit cards are accepted at Haramara Retreat for on-site purchases in our boutique, restaurant, terrace, pool bar and spa. Checks, including travelers checks, are not accepted. In the town of Sayulita, U.S. Dollars or Mexican Pesos are much more widely accepted than credit cards or traveler checks. You can obtain pesos at home before your departure or upon arrival in Puerto Vallarta at the airport. There are also many ATMs in the town of Sayulita to acquire more cash if needed. If payment is made with a credit card a 5% processing fee will be added to the total of your purchases.

Cash and credit cards are accepted at Haramara Retreat for on-site purchases in our boutique, restaurant, terrace, pool bar and spa. Checks, including travelers checks, are not accepted.

### **Do I need a travel visa?**

Make sure that you have a passport valid for at least 6 months from the arrival date or you will be turned away from your departing city. You must also have proof of a return ticket.

### **What is the electrical current/outlet in Mexico?**

In Mexico the power sockets are of type A and B. The standard voltage is 127 V and the standard frequency is 60 Hz.

Note that there is no electricity in the cabanas at Haramara. They are illuminated at night with oil lamps and candles. You will be unable to use any small electrical appliances like hair dryers, curling irons or razors. There are no fans or air conditioning in the cabanas. If you want to

read at night, you will need to bring a book light with you. There is no outdoor lighting so you will need to carry a flashlight or use a headlamp at night. There is, however, electricity in the Yoga Pavilion and the Restaurant for recharging batteries. It is the same voltage as the United States so no converter is needed.

There are no phones, internet or fax at Haramara Retreat. If you would like to use the phone, internet, or fax you will need to go into the town of Sayulita. For Emergency Contact Only – In case you need to leave contact information to be reached in an emergency, the phone number to leave is the Haramara Business Office number in Tucson, AZ: 1-800-687-3132 or the email address: [info@haramararetreat.com](mailto:info@haramararetreat.com). Messages will be delivered to you out at the retreat as soon as possible.

### **Health and Safety Questions**

#### **Do I need vaccines?**

No vaccinations are required to enter the country. However, Traveling outside of your home country can expose you to bugs your body might not be used to. It's always nice to check in with your family doctor or local travel clinic if you need any information on vaccines or medications to bring with you; a common prescription to take along is Cipro in the event of a bacterial infection from accidentally drinking unfiltered water. There are also pharmacies in town. There are a number of doctors in the town of Sayulita, some with 24 hour service. There is a small hospital in the neighboring town of San Francisco (a.k.a. San Pancho) for small emergencies and a number of excellent hospitals in Puerto Vallarta for bigger emergencies. Depending on the problem and the severity, there is someone you can be taken to for help.

#### **Is the water safe to drink?**

The water from the faucets is safe for showering and other necessities but is not safe to drink. There is clean, fresh, purified water provided in each cabana for drinking, brushing your teeth and cleaning your contacts and contact cases. There is bottled water available in the restaurant each day. The ice used in the restaurant is also made from clean, fresh, purified water.

**I have more questions. Who do I contact? [Info@embodiedsacredwomen.com](mailto:Info@embodiedsacredwomen.com)**

