



Things to Know Before You Go

Following is a collection of information and ideas gathered over time by yoga students visiting Casa Lalita. Most of the contributors are from the Twin Cities area in Minnesota, so that's the perspective from which this is written. A lot is covered, but this is not meant to take the place of a guide book, especially for the first-time traveler. Enjoy!

- * **Puerto Morelos** is a small fishing village on the Caribbean Sea, along the eastern coastline of the Yucatan Peninsula, aka the Mayan Riviera, 22 miles [36 KM] south of Cancún. It is in the Mexican state of Quintana Roo.
- * **Casa Lalita** is a dwelling with six double rooms with baths and small fridges on the main floor, Faye Berton's living quarters on the second and the Teaching Studio and Teacher's Quarters on the third. It's across the street from the beach.
- * **You must have a passport or a certified birth certificate and driver's license to travel to Mexico.** Please check with your travel agent or airline representative or website regarding the ever-changing **rules of flying**. www.TSATravelTips.us has lots of info about new security requirements.
- * There are two **terminals** at the Cancún airport, one for charters and one for regularly scheduled flights.
- * Especially if you are a first-time traveler, current **guidebooks** on the Yucatan Peninsula have helpful information. You can also check www.puertomorelos.com.mx. If you don't speak Spanish, a pocket **phrase book** is useful. Although you can get by with English, some effort will often be appreciated. A good many Mexicans you will encounter do not speak English.
- * Last we checked, no **shots** are absolutely necessary for this area of Mexico. Check your local Travel Clinic.
- * If you plan to call the US from Mexico, check with your **long distance** carrier and/or cell phone company to find out what the process is. Or you can purchase a phone card in Puerto Morelos or at home. You may also want to call your **health insurance** provider to find out proper procedure for medical emergencies in foreign countries.
- * There are **no public phones** at Casa Lalita, so you'll need to make other arrangements once in town if people need to contact you. You can receive faxes [011-52-998-871-0361] and emails at the internet cafe CompuTips {5} or at @ {20}*. In case of family **emergency**, Faye, the owner, can be contacted at 011-52-998-871-0284. Please, for emergencies only!
- * One way to make life a little easier in case of **loss or theft** is to make two copies of your identification and any credit or cash cards. Leave one copy in the States with someone you can call and pack the other in your carry-on bag. If you bring two sets of credit cards and ID, you can use one and stash the other set as a back up.
- * **Travelers cheques** and/or **cash** seem to be the legal tender of choice. You, in no way, need Mexican currency [called NP, New Peso] until you are in Puerto Morelos, and even there US dollars are accepted. There are two **money-changing** venues {S} around the town square, open until 9 or 10pm, no fees. There are two ATM machines {14, 35}, they deliver pesos only. Don't rely solely on your cash card, as you can often encounter an out-of-service machine. Your bank may charge higher fees for international withdrawals and some limit how much can be withdrawn in a certain time period. Bring US cash for transportation to Puerto Morelos [see next page] and have some singles handy for tipping in the Cancún airport.
- * In the winter, Puerto Morelos is generally in the 80's. Weather can also be cool and windy [you can check the **weather** in Cancún by going to www.weather.com]. The sun is strong: **pack** sunscreen, a hat and sunglasses. The moist air is a powerful force against things like cough drops, gel caps, leather and band-aids. Things do not dry quickly, so if you plan to swim a lot, bring two bathing suits and beach towels [Casa Lalita provides bath towels, but not beach towels]. Or you can buy yourself a colorful **pareo**, like a sarong, \$9. It's not a bad idea to bring extras of critical items, like prescription glasses, or copies of written prescriptions. Some other possibly useful items: disposable poncho; bug repellent for visits to ruins; ear plugs if you sleep lightly; plastic zip bags for shells and wet suits. If you're bringing **food**, be forewarned that you can't bring vegetables, seeds or fruit into Mexico. If you're bringing a **laptop**, we suggest a surge protector. In case your bags are lost, pack anything valuable or that you can't live without in your carry-on, such as jewelry, medications and anything you'll need in the first 24 hours of your visit.
- * Carry your ticket and identification in an accessible place – you'll be pulling them out frequently during your trip.

* Numbers in brackets {20} indicate position on accompanying map

You're Off to Mexico!

- * Before you land, the flight attendants will give you two **forms** to complete: a customs declaration form and a Mexican Tourist Card [immigration form]. When you finish filling these out, put them with your identification. The first is about your *stuff*, the second is about *you*. You will need to present them after landing.
- * After you deplane, follow signs to **immigration** ["Migracion"]. You will be somewhat herded. At the booth, present your identification and your Mexican Tourist Card. They will check everything and hand back all but their copy of the tourist card. Keep your copy. You'll need it when you're leaving Mexico.
- * After immigration, follow the signs to the **baggage** area and get your luggage. If you have a lot of bags, carts can be found for \$1 US, or about 10 pesos. [Note: Mexico uses the dollar sign to indicate pesos, so \$10 can be either *dollars* or *pesos*. Ask if it's not obvious.]
- * You can take a **taxi** to Casa Lalita. In the **Charter Terminal**, there are kiosks in the baggage area where the workers speak English. It's \$30-40 US *per taxi* and you can pay with US dollars. They will give you a ticket to give to the taxi driver. If you can find a bunch of people going to the same place, you can share the cost of a van, which can be around \$70 US *total*.
- * After baggage, you go through **customs**. You will need your customs declaration form. Look for the miniature stoplights [or surging crowd], where you will press a button. A green light [more common] lets you go through; a red light means they will probably check your luggage. If you have indicated you have food or other forbidden items on the customs form, they may check your bags even if you get a green light. Customs keeps the declaration form.
- * Once past customs, proceed to the **exit** to your taxi. Expect mostly Spanish and a little chaos. In the **Main Terminal**, before you get outside, you may want to hire eager service people who will take your bags and get you to a cab. Or you can do it yourself outside: \$30-40 US for a cab, \$70 US for a van. \$2 US tip per person is fine. **Other options** for the more adventurous include a \$15 US Playa del Carmen **shuttle** — you need to offer an additional 20 pesos for door to door service to Puerto Morelos [Playa is south of PM]. There is often **bus** service to Puerto Morelos, though this is not great for the luggage laden. Look for "autobus" signs. It's about \$4-5 US for a ticket to PM. You'll get dropped on the highway at the PM exit {32}. Proceed across the highway to the taxi stand {33} and get a cab to Casa Lalita.
- * The driver will know the way to **Puerto Morelos**. If you are renting a car, follow signs to PM [also Playa del Carmen, Tulum], **not** Cancún [Cancún is north of the airport]. It's about 12 miles south of the airport on highway 307. You'll get to a sign for PM at a stoplight and turn left [east] on Blvd. Jose Maria Morelos. You'll travel just over 1 mile. The first road you encounter that outlines the town plaza is **Avenue Javier Rojo Gomez** {15, 17}. Ask the driver to turn **left**, north, and check the odometer. Casa Lalita {29} is **exactly one kilometer** [^{6/10ths} of a mile] and is on the left side of the street. Gomez, a divided road, runs parallel to the beach, which is now to your right, east. It's **6 blocks**, counting discernable cross-streets on the left. The **three-storied Casa Lalita** is on a **corner** lot and features many **arches**. You'll see a break in the divide as you're just past the house, where you can make a left **U-turn**. Take the **next right** to the south side of the house and pull up to the **iron gate**. [If you get to a dead end on Gomez, you've gone a block too far. If you're totally lost, ask a PM taxi driver.] Some guide books say you don't need to tip drivers; decide for yourself. Ring the **bell** and someone will show you to your room. The stairs just inside the gate go to a Faye Berton's flat. The stairs by the kitchen go to the Teacher's Quarters and Teaching Studio on the third floor.
- * Puerto Morelos is in the same **time zone** as Central Standard time in the US.



Welcome to Casa Lalita.

Here are a few things you need to know while you're here. *Numbers in brackets {20} indicate position on accompanying map.*

- * **Check-in** time is 3pm. If you arrive early you can leave your luggage in the courtyard until your room is ready.
- * For the comfort and health of all guests, there is **no smoking** at Casa Lalita.
- * Do not drink or brush your teeth with water from the tap. **Drinkable water** is supplied in a 5-gallon bottle dispenser in the outdoor kitchen. If water is running low, go ahead and load up a fresh bottle [stored under the bench by the front gate], or let the caretaker know. You can shower and wash dishes in tap water.
- * **It is very important that you put all toilet paper in the waste basket, not in the bowl.** This prevents ecological problems, keeps the toilets from plugging and helps our delicate septic system. This is a practice throughout the area.
- * When using the **shower**, it is important that you turn off not only the hot and cold water handles but also the shower handle. Otherwise, the hot water continues to run and will drain the water heater! The tile over the shower drain is there to block visits from members of the insect family. Please keep it over the drain when not in use.
- * You may see many **creatures** here, including geckos and scorpions. Geckos are harmless lizards. If you step on a scorpion, it will sting you, feeling like a bee sting. It is as afraid of you as you may be of it. So awareness, as usual, is your best tool. Leave your shoes outside your room, leaning against the wall. Don't leave things on the floor that will create a cozy place for them. At night, watch your step. Also, in the kitchen, go into the cabinets mindfully [there's usually a small flashlight available if it's dark, and it's not a bad idea to bring your own]. If you find a scorpion in your room, you can shoo it out the door and **out to the street** with a broom you'll find in the closet. If pain from a sting persists, seek advice. And with all that said, even *seeing* a scorpion is not a common experience!
- * The outdoor **kitchen** is for anyone staying at Casa Lalita. An outdoor kitchen this close to the sea is akin to camping [including the presence of mosquitoes]. Dig around and make yourself at home, you'll find dishes, pots and pans and basic tools. This is a communal kitchen. **Please clean up after yourself** – food left out will attract bugs quickly.
- * If you need to remove **trash** before Lucia, the housekeeper, arrives, there is a can outside the gate to your right.
- * If you need to do **laundry**, there is a laundromat, *lavanderia* {4} just past the square. You may hang any hand-washing or wet swim suits, etc. on the clotheslines on the kitchen-side of Casa Lalita.
- * There are several **hammocks** around the grounds for your enjoyment. The **roof** has a great view, stairs are by the Studio. There is a communal **bathroom** with a shower on the third floor by the Studio [this can be used if your schedule does not coincide with check-in and -out times]. The hammocks are not to be moved from their location.
- * To get to the **beach**, the closest access is {30} on the map. Once on the beach: to your left is a bit more quiet; to your right, on the way to town, there are more people and hotels. Beaches by hotels will be more populated and more groomed. The beach is public; you can settle in any where you like. Don't walk on the seaweed that accumulates on the beach. The bugs that live in it can create quite an itch.
- * As at home, use your **common sense** regarding walking alone in isolated areas and at night.
- * Please rinse the **sand** from your feet when coming back from the beach. There's a hose inside the gate for that purpose. Please pull the hose either to the garden or the street so the sand does not accumulate in the entryway.
- * There is a bulletin board by the gate where **messages** for house guests will be posted – please check periodically.
- * At the end of your stay, leaving a **tip** for the housekeeper is much appreciated.

Getting Around Puerto Morelos

According to Fodor's Travel Guide, this port was once a point of departure for Mayan women making pilgrimages by canoe to Cozumel, the sacred isle of the fertility goddess. Puerto Morelos is a growing little town, prospering from the boom of the "Mayan Riviera." Along with the sounds of the Sea, the birds and the breeze, you'll hear sounds of new buildings going up, the gas man and the fruit truck man advertising their wares and the every day activities of Mexican life – plus the sounds of many other languages being spoken. Most people, Mexicans and Mayans, will give you a big smile but don't speak English. Here is some information and a few observations collected over time from some of Casa Lalita's visitors.

YOUR BEARINGS

Walking “into town,” you’re headed **south**. The water is to your left, **east**. The walk to the town plaza is one kilometer [.62 miles]. The road from Casa Lalita to town is called **Rojo Gomez**. The road parallel to it, one block west, is called the **Ave Niños Heroes**. The **Crossroads** [la Crucera] is where you turned east towards Puerto Morelos from the highway.

MONEY

Mexico uses the **dollar sign** to indicate pesos, so \$10 can be either *dollars* or *pesos*. Ask if it’s not obvious. There are, two **money changing** places around the square {S}. They’re open till 9 or 10pm, seven days a week, no English. You can’t change Travelers Cheques for US dollars, just pesos, so **have some dollars** for your trip home. There’s a **cash machine** next to Casa Martin grocery store {14} and one out at the Crossroads {35}. ATM dollar amounts are in *pesos*. The machines are frequently out of order. The closest **banks** are in Cancun or Playa del Carmen. The **exchange rate** changes often and sometimes dramatically. On 2/6/04, it was 10.8%. To figure exchange rate: US money (x) exchange rate = pesos. So \$1 US = 10.8 pesos. \$10 US = 108 pesos. Some merchants will shun **torn money** but they can only refuse it legally if any part is torn *off*.

EATING OUT

A word about eating and drinking in Mexico. You have probably heard of **turista** or **Montezuma’s Revenge**, essentially a wretched case of diarrhea. This comes from drinking the water, eating un-purified fresh fruit or vegetables and also bad shellfish. You can eat fruits and veggies you can *peel*. Other food has to be soaked in a purifier. You’ll see little bottles of it in the kitchen and/or at the grocery store. You must use this if you’re preparing your own food.

Puerto Morelos offers a wide range of dining experiences. Most all restaurants cater to tourists, so you can drink the water and eat salads in those places without worries. Ask if you’re not sure. Here’s just a small sampling of eateries.

[Codes: E=English spoken; V=vegetarian possibilities; \$=cheap; \$\$=medium; \$\$\$=high end]

* **Los Cocodrilos** {3}. In the center of the Mexican Handicraft Art Center is a little restaurant and bar with a mural of crocodiles serving a couple of presidents as dinner! Bush fans may want to skip this place. It’s run as a cooperative and sort of like going to someone’s home for dinner – no menu or English, but a delicious and heart-warming experience. One of the workers can take you out back to see if the resident crocodile is sunning by the mangrove. [\$\$]

* **Posada Amor** {5} is a little restaurant and hotel. This year, was the favorite of a few travellers, for it’s scrumptious grilled fish and chicken mole. You’ll find a wide variety of items at the breakfast buffet, served until 11am. [some E; V; \$\$]

* **Hola Asia** {8} serves Thai, Chinese and Japanese food. Very sophisticated, food is beautifully done and delicious. The place is often packed, not open for lunch. [E; V; \$\$\$]

* **El Picudo Azul** {8}. Shrimp tacos were enjoyed here and also crepes with cajeta* – caramel made from goat’s milk, not quite as sweet, just as yummy. Get an outside table if you can. [some E; \$\$]

* **Café del Puerto** {9}. This little sidewalk cafe has got great salads and iced coffee. Nice spot to wile away the afternoon. Just off the square, but still plenty of people-watching to be had. The owner speaks English, not so much the waitresses. You can get a coconut ice cream cone here, or at the ice cream place on the square. [some E; \$\$]

* **Las Palmeras y el Ché** {10}. Not to be confused with the very teal Las Palmeras, but just to the south, y el Ché is set back from the street, a little wooden structure with palappa [palm leaf roof]. You walk straight through and out the back door, down the stairs and soon you’re eating grilled fish and vegetables with your toes in the sand, white table clothes, a pitcher of **jamaica** juice [ha-my-ka, hibiscus flower], on the beach. El Ché himself may wait on you. [V; \$\$]

* **Tio’s** {13}, blue and white striped awning. It’s a tiny place, great for a big bowl of rich chicken soup, complete with avocado and rice and tostadas on the side. This is homemade stock at it’s finest! No English spoken at Tio’s. [S]

* **El Pirata** {14} kind of like a drive-in without the cars. This place gets a little spiffier every year, rather festive. A teeny bit of English spoken. The vegetable soup, fish tacos and sangria are great. [\$\$]

* **Doña Triny & BBQ Pollo** {19}. On either side of Goyo’s, you’ll find a couple street vendors selling terrific “fast food.” Classic Mexican offerings cooked in front of you, served with a napkin and a smile. Bring your phrase book. [S]

* **Mama’s Bakery** {24} across the field. You’ll see the sandwich board on the sidewalk. Wonderful eggs and coffee for breakfast and sandwiches and soup for lunch, great desserts. This is American food, so especially good if you’re homesick. You can also order baked goods to go, loaves of bread, cakes and the like. [some E; V; \$\$]

*You can try *cajeta* in the form of *Obleas Las Sevillanas*, *cajeta* between round wafers, often on the left counter as you walk in to Casa Martin grocery store.

IF YOU WANT TO COOK FOR YOURSELF

You won't find the endless variety available in American stores, especially ones that carry what we used to call "health food." Between the **grocery stores** {8, 14} and the **Farmers' Market** {7} you'll find basic items. **Casa Martin** {14} is like a rural convenience/general store. The **gourmet deli** {8} offers a narrow selection of things like good coffee, cheeses, a few soy products [no tofu] and the New York Times. The Farmers' Market is **Wednesdays only**, you'll find the best selection of fruit and veggies there. Get there by 8-ish, it goes fast. **Walmart**, in Cancún, very, very sorry to say, has the largest variety.

You can buy **fish** from the fishermen! About 2:30-3:30, the fishermen come in with the catch of the day. They go to a cement block garage {14}, set back from the street, iron gates: **Sociedad Cooperativa de Produccion Pesquera**. It's practically abandoned any other time of day but transforms into quite a scene when the catch comes in. There's no English spoken. You will be amidst fishermen arriving and weighing in. The fish are thrown into giant coolers. You, as a retail customer, are secondary to the primary business going on.

Don't miss the **fresh tortillas** at the Tortillaria {22}. Bring a dish towel to carry them in and separate them when you get to the casa. They'll still be warm when you get them. There's a convenience store north of the Tortillaria – you'll find eggs in a basket on the counter and they're really fresh.

ODDS & ENDS

You can arrange for a **taxi** at the little wooden house {15} on the plaza [please note, it has moved *back* to its 2002 location]. Prices are posted at the stand. Varying levels of English are spoken by cabbies, from none to pretty darn good. You can also take the **bus** out of town, which is quite economical, but it is *not* geared to tourists. Helps to speak the language. The bus stops are out at the Crossroads {32, 33}.

You can rent a **bike** or a **car** at the **Travel Agencies** {6, 19}. Richard Kimmel at Posada el Moto {19} is very helpful.

For **phone calls**, try any of the TelMex phones. You can use your long distance company phone card or a credit card [expensive]. You can buy a phone card in town [generally cheap]. The red telephones are for making local calls [including Cancún].

Internet cafés are popping up like weeds, though we haven't spotted any wireless places yet. It's 20 pesos for an hour online, 5 pesos for 15 minutes. CompuTips {5} has **fax** too, the number is 011-52-998-871-0361. Some English spoken. Note: the @ symbol there is ALT 64 [on the numeric pad]. Give it a second to come up. La Net {20}, with the @ neon, is a new café, the machines there are fast. @ symbol is ALT Q. One person had trouble with long messages crashing before they were sent so save often. Ricardo there also teaches computer to school kids, so they're not open to the public till 4:40. Café Net in Marand Travel {6} is open a lot, and the people who work there are knowledgeable and helpful.

We've had root canals and CAT scans in Cancún and been happy with the results. There's a **medical clinic** in Puerto Morelos {2} and a **dentist** in Cancún. Fernando Mendoza {27}, formerly a doctor, now a massage therapist, is really helpful if you need help navigating the options. Puerto Morelos has no coop or health food stores, so any supplements, herbs, homeopathic remedies, etc. that you're used to, you'll have to bring from the States.

THINGS TO DO

* Go **sight-seeing**. Your guidebook will have thorough information – Casa Lalita visitors have enjoyed the ruins at Chichén Itzá and the incredible underground water spring Cenote Dzitnup outside of Valladolid. Ruins and iguanas at Tulum. The beaches north of Tulum are beautiful and less travelled. Cobá is a jungle ruin site. You can snorkel in quieter, although more crowded waters at Akumal, "Place of the Turtle." Or swim with dolphins at Xcaret. Sian Ka'an ["where the sky is born"] Bioserve and Isla Holbox on the Gulf of Mexico provide gorgeous views of the water, one turquoise Caribbean, the other sea green Gulf. There are guidebooks and information at the travel agencies {6, 19} and check out the bookstore {8}. If you arrive at heavily travelled areas before 11am, you'll beat the tour buses. When travelling, you need your passport with you.

* Go **snorkeling**. You can rent equipment, get a guide and a boat ride at various places on the plaza. Enrique, whose English is very good, and his guides from Almost Heaven {14} are very present for new snorkellers who may need help. Or check with folks closer to home at Casita del Mar {26}. If you have your own snorkeling gear, bring it along. You can snorkel along the shore [but with a flag!]. You need a guide to go out to the coral reef, the second largest barrier reef in the world.

* You can also arrange with Enrique to go **fishing** or rent a **kayak**.

- * Just south of Ojo de Agua {23} there are nice coral heads if you don't want to go all the way out to the reef. On the map, you'll see a water spring or "**cenote**" [*underwater river rising to the surface*] offshore from Ojo; this is the *literal* "Ojo de Agua" – in English, "Eye of the Water."
- * Go **windsurfing**. Tom runs a little kiosk on the beach called Koko Dogz, just south of Ojo de Agua {23}. He can give you lessons and he's from New Hampshire, so he'll know what you mean by "Help!".
- * Go **swimming**. There's two kinds of beaches, ones with reef and ones without. Puerto Morelos has the advantage of the reef for those who want to swim in calmer waters and snorkel. Beaches without reef are like postcards – the waves are big and turquoise, white sand for miles, shells to pick – like Magic Beach south of town and beaches north of Tulum. Playa del Carmen beaches have tons of tourists, but just north is Punta Bete, a gorgeous spot [ask Faye how to get there]. Reality check: when exploring isolated areas, please use common sense and don't do it alone. This area is generally very safe but over the years, a few serious crimes have been reported. And sadly, some beaches are periodically plagued with illegally dumped trash. But, typically, your travels will bring you to some breathtaking views and fun, salt-water swimming.
- * Go **shopping**. There are many little places around and radiating out from Puerto Morelos' town plaza. Tatich {9} has nice clothes and art work as does Sorpresas {12} and Artisolo {19, open evenings}. There is Hunab-Ku, a cooperative Handicraft Art Center {3} where you can buy hammocks and other crafts. Eighteen families cleaned up a garbage dump to create this place where the local artisans can make their art and sell directly to the public. Mayan Handicrafts {18} features crafts by local Mayan women who are part of a local project that distributes sewing machines for families whose men were put out of work by the advent of synthetic gum! [See the following entry.] There are tourist places all up and down the coast.
- * Go to the **Botanical Garden** {31}. Take a cab, it's a mile or so south of the Crossroads on highway 307. Lots of exotic plants are all meticulously labeled – there's endangered species such as spider monkeys swinging around and an amazing lookout tower to climb. Also reproductions of a chiclero [old fashioned gum collector] and a Mayan house.
- * Go to the **zoo**. There's a crocodile farm called Croco-Cun run by biologists offering a tour with tons of information about most of the animals and reptiles indigenous to the area. It's just north of Puerto Morelos off highway 307.
- * Don't miss the expat Goyo at Goyo's Jungle Adventures {19}. Tell him you're staying at Casa Lalita and he'll take good care of you. He offers **jungle tours** and **sweat lodges**. The lodge structure is based on the Mayan style with a gentle ceremony good for first timers. Often there are jam sessions at his place on Saturday nights. He's been in town for some 25 years — he's a terrific resource if you want a massage or a reading, to know about the Mayans or how to open a coconut.
- * There's always someone around to give you a **massage**. Fernando Mendoza lives around the corner {27}. We haven't tracked down the Egyptian Tarot Card Reader yet. Look for flyers at the bookstore {8} or Computips {5} or you can ask Goyo for references.
- * Get a **pedicure** at Lety's {21}. Very reasonable!
- * Check out the used **bookstore** {8}. Alma Libre Books is owned by two ex-television professional expats [www.almalibre-books.com]. Closed Monday and Tuesdays, and other days don't try going there during siesta. There's a large group room at Rancho Libertad {1} with a whole bookcase full of guides to Mexico — you are welcome to sit and read as well as avail yourself to their hammock row.

Going Home

Check-out time is 10:30am. A **tip** for Lucia, the housekeeper, is much appreciated.

You can get three people with a fair amount of luggage in one **cab** for about 200 pesos [plus tip]. Ask for a wagon if you need more space.

For scheduling purposes, add the time it will take you to get through **Immigration** [in the States] to your arrival time. This can take one to two hours depending on the crowds. If you have a layover, you'll go through Immigration at your first point of entry. Immigration is similar going home – you'll fill out a customs declaration about your stuff [no immigration form if you're a citizen]. Items not allowed to be brought into the country include food, plant life, Cuban cigars, anything illegal, etc.

Especially if you're flying a charter, not a bad idea to check to see if your flight is **on time** before you leave Puerto Morelos.



Specific Notes for Yoga Retreaters

Trip Preparation —

- * For Twin Cities residents, there's a terrific **Travel Clinic** in Regions Hospital, St. Paul, 651-254-4781. There are also other clinics around town.
- * **Pack** a yoga mat, if you have one [mark it so you know which one's yours]. A foam pad is helpful if your knees are tender; the floor in the studio is made of handmade [so not perfectly even] terra cotta tile.
- * No perfumes or **scents** of any kind in the classroom, please.
- * For folks coming from a frigid climate, **dress** in layers so you can shed from "winter" to "summer" during the course of your flight. If someone is picking you up upon your return, leave your coat, hat, gloves, ear muffs, scarves and Sorrels with them.

Once in Mexico —

- * If you are a **meditator**, or have other practices, feel free to use the **Studio** when not in use. You get to the Studio via the staircase by the kitchen. Honoring the yoga tradition that Casa Lalita grew from, as well as maintaining its comfort as a teaching space, we ask that **no shoes** be worn in the Studio. On arrival day you may use it after 10:30am; on departure day it can be used until 8:30am.
- * There is a collection of **books** and **tapes** that can be made available to you – please ask Faye.
- * If you have been doing intensive practice, give yourself time once you get home to make the **transition** back to life as you knew it!