

Mexico Yoga Retreat at Mar de Jade

with Lynne Minton

February 1-8, 2025

Hola Amigos i Amigas! I am very happy to be sending this registration packet to you as you have confirmed your interest in the 2025 Yoga retreat at the gorgeous Mar de Jade..

Please read the packet thoroughly before you book as it will answer frequently asked questions.

BOOKING AND RATE PER PERSON (USD)

Mail a \$500 deposit check to Lynne Minton at 5961 Everson Goshen Road, Bellingham, WA 98226.

Then go to the website mardejade.com to choose your preferred accommodation. See the chart below for the pricing of your package according to room type.

Then, choose an option below to secure your room. The full price of the retreat is the \$500 deposit plus the package rate that you choose.

WAYS TO BOOK (#2 Calling may be the easiest, **(But please DO NOT CALL ON SATURDAY)** they are VERY helpful).

1. [Book Online](#) (unique booking link for direct access to the retreat)
2. Call 1800-257-0532
3. Email info@mardejade.com

Note: The online booking system will only reserve complete rooms. If two or more people are booking together and wish to split the deposit on multiple credit cards, please call directly. We are not able to guarantee shared rates if roommates do not book together.

Package rate includes: 7 nights accommodations, 3 buffet-style

meals per day, use of the retreat hall props, equipment and taxes.
Does NOT include: Bar drinks, spa treatments, excursions, transportation and gratuities.

These were the 2024 rates and may be subject to a small change.

	Single	Double	Additional Person
Ocean Room	\$2,550	\$1700 PP	\$800.00
Garden Room	\$2,250	\$1,550 PP	\$800.00
Guest Room	\$1,900	\$1,300 PP	\$800.00
Women's Dorm	\$1050.00		

RATE NOTES Women's Dorm: These are Guest Rooms with a Loft to be shared between 4 women. The women's dorm is a guaranteed rate; as a result, Mar de Jade reserves the right to assign roommates from different retreats in order to fill the dorm or to reassign participants to a guest room single or double if it doesn't fill. Retreat leaders may book an entire dorm with 4 people for exclusive use of their participants. In this case they can choose to make it co-ed or a men's dorm.

The **Additional Person** rate is added to the double rate for each extra adult in the room after two people (i.e. 3rd or 4th person).

The **Group Rates** are a weekly package and must be paid in full by each participant regardless of whether they arrive late or leave early. No refunds or pro-rating will be provided due to travel delays or for

any other circumstances.

1. Participants book rooms directly with Mar de Jade by placing a 50% deposit with a Visa or Mastercard. The balance of their room will be automatically billed to their credit card on file two weeks prior to arrival. **The Retreat leader must collect their fees separately.**
2. Rooms are assigned on a first-reserved basis and guests are encouraged to book early for a wider choice of room types and occupancy. **Mar de Jade reserves the right to limit single room bookings in order to maximize overall occupancy.**

- Meal times are as follows: Breakfast 8:30-10am, Lunch 1:30-2.30pm, Dinner 6:00-7:30pm. Coffee/Tea & Light Snacks 6:30am. Schedule change requests must be submitted for approval.

- Special Diets for participants who are vegetarian, vegan, or have food allergies can be catered to by Mar de Jade, if properly advised. However, any changes that require a significant adjustment in the planned menu (such as purchasing specialized or extra ingredients, requiring additional staff time, or extending the meal schedule) may incur additional charges.

- Yoga class schedule will vary to accommodate the extracurricular activities options. Morning class will either be from 7:30-9:30 AM or 11AM-1PM . Afternoon classes will be from 4:30-6:00 daily. There will be one afternoon off for excursions. TBD

CANCELLATION POLICY

If the group leader cancels the retreat, participants may choose to keep their reservation at Mar de Jade as a vacation or join another retreat during the same dates. They can also use their deposit towards another reservation within 18 months of the original reservation date, without any cancellation penalties. If they decide not

to come after their retreat has been cancelled, the standard cancellation policy below will apply.

Cancellation Policy for Guests

Lynne's Deposit

\$500 Deposit paid to Lynne will be refunded less, \$100 if space is filled. If not filled, the same refund will apply upon notice of cancellation 90 days prior to workshop start date. Cancellation 89 days or less to workshop date will result in no refund if space is not filled.

MDJ policies

If a guest cancels their reservation, they have two options: receiving a full credit of their deposit towards another stay or receiving a refund minus cancellation fees. See specific details below. It is the Group Leader's responsibility to make sure that each participant agrees to the cancellation policy. **Travel insurance is highly recommended. This link is one of several, but a good place to start.**

www.insuremytrip.com

CREDIT: Guests will have the option of using their full deposit, with no cancellation fees, towards another reservation at Mar de Jade within 18 months of the cancellation date. In order to receive the full credit, guests must cancel with more than two week's notice. No monetary refund will be given once the option of keeping the credit has been chosen.

REFUND: Guests will be entitled to a full refund less 10% of the **total** cost, with notice at least 60 days prior to the scheduled arrival date. With notice of cancellation 59 days or less from the scheduled arrival date, there will be a cancellation penalty of 25% for the **total** stay.

No refund with notice of cancellation less than two weeks prior to arrival.

Guests are responsible for all nights reserved at the rates reserved.

There are no refunds or pro-rating for arriving later or leaving earlier than the reserved dates, despite unforeseen circumstances such as delayed or cancelled flights, illness, injury, etc.

The cancellation policy applies to all participants, even if the retreat leader can find a replacement for the participant canceling. When there is a cancellation in a shared room, the rate for the remaining participant(s) in that room will be adjusted according to the new occupancy. In this case, the cancellation fees may be applied towards the change in rate. If the rate change is higher than the cancellation fee, the remaining participants must make up the difference.

FAQS

ACCOMMODATION

- **What time is check-in and check-out?**

Check-in is 3 pm and Check-out is 11 am. You are welcome to use our facilities if you arrive earlier or depart later.

- **Is Mar de Jade accessible for people with mobility issues?**

Mar de Jade is not fully handicap accessible as there are areas on the property where steps are unavoidable. However, it is possible to access most public areas and a few ground floor rooms via ramps. Please contact us to discuss your particular needs.

GETTING THERE AND AWAY

What documents do I need to enter Mexico?

Immigration regulations require that you have a valid passport for travel to Mexico. If you have a US, Canadian, Australian, New Zealand or European passport you will be granted a tourist visa once you arrive in Mexico and pass through customs. If your passport is from another country please check for any other visa requirements. Most tourist visas are issued for 30 or 90 days, however you can ask the immigration officer to make it for up to 180 days if you plan to stay longer in Mexico. Keep your tourist visa in a safe place, as you will need it upon exiting Mexico. If you lose your tourist visa you need to be at the airport 4 hours before your flight on your departure day and pay a \$30 USD fine.

- **What is the closest international airport to Mar de Jade?**

Gustavo Diaz Ordaz International Airport, in Puerto Vallarta, Jalisco. Airport code: PVR. All major US carriers (Alaska, American, United, Southwest, Frontier) as well as Mexican, Canadian and some European charter flights serve Puerto Vallarta. There are many daily non-stop and connecting flights from US, Canadian and Mexican major cities.

- **What is the easiest way to get to Mar de Jade from the Puerto Vallarta airport?**

We can arrange transportation to/from the airport with a trusted company if you send us the following information to: taxi@mardejade.com • Reservation name or number. • Number of people traveling. • Airline & flight number. • Date & time of arrival. • Departure & connection city. You will receive a confirmation email.

- **What is the cost of taxi service?**

The rates are per person, one way, in USD according to number of people sharing one vehicle, as follows: 1 person = \$110 • 2 ppl. = \$55 each • 3 ppl. = \$45 each • 4 ppl. = \$40 each • 5 ppl. = \$35 each • 6 ppl. = \$30 each • 7-10ppl. = \$25 each. *Rates are subject to change without notice* Fare should be paid

directly to the driver in either **US cash or Mexican pesos only**. Gratuity is optional and is not included. We will do our best to group you with others arriving around the same time so you can share a van and pay a lower per person fare. Private Buses can be arranged for large groups of 40 people or more all arriving around the same time. Please contact us for further information. **Important exemption from liability:** *Mar de Jade* coordinates third party taxis for airport pick up and drop off as a courtesy to our guests, we do not provide the service ourselves. By sending us your flight information you are agreeing to exempt *Mar de Jade* of any liability whatsoever due to accidents or damage that might occur while using this service or for rate changes due to unforeseen circumstances.

- **Do you recommend renting a car?**

Renting a car is not necessarily recommended unless you plan on traveling in the area before or after your stay at *Mar de Jade*. If your only destination is *Mar de Jade*, the cost of a rental is often not worth the amount of use you might make of it. Transportation to/from the airport as well as local excursions can all be arranged by *Mar de Jade* staff. Car rentals are generally only available at the airport, so if you decide to rent a car we recommend making a reservation ahead of time and plan on picking it up and dropping it off at the airport. The airport has many major car rental brands such as Hertz, Budget, etc.

- **What are the directions to drive to Mar de Jade?**

We recommend using google maps to guide you to *Mar de Jade*, [click here to see directions](#). Our local number should you need to reach us once you are in Mexico is (01) (327) 219-4000. Driving to *Mar de Jade* takes approximately 90mins from the Puerto Vallarta Airport. Read below for written directions: • You will be heading north in the direction of Tepic on highway 200. • The highway will be four lanes for about 20-30 minutes after which it becomes one lane each way. • You will pass the entrance to several towns: Sayulita, San

Pancho, Lo de Marcos, when you pass Guayabitos and La Peñita you have about a half hour to go. • The road to *Chacala* is perpendicular to the main highway and lined with stands selling fruit, and a couple of two-story buildings and hotels. If you arrive in Las Varas (the closest town after Chacala), you have gone too far. • Take the road to *Chacala* towards the left, it is a 5 mile drive. Follow the signs towards Mar de Jade, the entrance is a 400 meter dirt road before reaching the town of Chacala.

- **What other transportation alternatives are available?**

1. **AIRPORT TAXI:** You can buy a ticket for an official airport taxi inside of the airport building. It generally is more expensive than the cost of the taxis we can arrange for you. Make sure they know where *Chacala*,

Nayarit is because there is more than one town with this name in the

area. 2. **YELLOW CITY TAXI:** You can also take a regular yellow city taxi, with whom you can bargain for a better price, by crossing the highway over the pedestrian bridge in front of the airport. There are usually regular P.V. yellow taxis drivers parked in front of the restaurants and shops there, and they charge \$80-\$150. Again, make sure they take you to the correct Chacala, in the state of Nayarit. 3. **LOCAL**

BUS: Taking the local bus takes about an hour or two longer than a direct taxi, because it stops at many towns along the way, and you must take two taxis to/from the bus stations. Buses leave about every half-hour from the Puerto Vallarta Bus Terminal (Central Camionera) to *Las Varas*, which is the closest town to us, until 10:00 pm. Directions: • From the airport take a taxi to the bus station (“Central Camionera”) which is about one mile north of the airport. • Buy a ticket at the Pacifico Bus Line, for a northbound bus to *Las Varas*. The ride is about two hours. • At the Las Varas bus station, ask for a taxi to *Mar de Jade* in Chacala. It should take 15mins.

MONEY, PAYMENTS & GRATUITIES

- **What type of payment does Mar de Jade accept?**

During your stay additional charges from the bar, spa, gift shop, laundry or phone service can be added to your room bill to be paid upon check out. We accept US dollars, Mexican pesos, Visa or Mastercard. We do NOT accept personal or traveler's checks or Amex. **Contact your credit card companies to inform them of your whereabouts so that unexpected activity does not flag their system and they put a hold on your card.**

- **Do I need to bring cash?**

Yes, please plan on bringing cash for the following services which CANNOT be paid with a credit card: Transportation from/to airport, excursions (such as guided hikes, snorkeling, etc), babysitting, gratuities and buying souvenirs in town or at the local market. We recommend bringing approximately \$300-\$400 USD per person, for a 7 night stay. Safes are provided in every room for your convenience.

- **When and where should I exchange money?**

Airport transportation and excursions can be paid in US dollars and almost everyone accepts dollars in Mexico. So you do not need to exchange too much money, save for shopping at the Market place or buying things in Chacala. We recommend changing at most \$50 – \$100 USD for a week's stay, this can be done at the airport, with the rest of your cash brought in US dollars. We cannot exchange currency at Mar de Jade (only official exchange places can do this).

- **Where is the closest ATM?**

There are no banks or ATMs in Chacala, the closest is in Las Varas about 15min taxi ride inland. We highly suggest you bring extra cash with you or use the ATM at the airport when you arrive. There is also an ATM and bank in La Peñita (about 30 min.) where there is a Thursday market. Most ATMS will give you cash in Mexican Pesos.

- **Is gratuity included or additional?**

Please consider leaving a gratuity for the *Mar de Jade* staff to show your appreciation. We suggest budgeting approximately \$10-\$15 USD per person per night in cash, which can be put in the general tip box upon check-out. The tip box gets distributed among all staff members (kitchen, maintenance, housekeeping, etc). Tips are only accepted in cash (USD or Pesos). Gratuities for additional services are never included (whether you are traveling with a group or on your own) these include: transportation from/to airport, excursion guides, massage and other spa treatments, etc.

WHAT TO BRING

- **What clothing should I bring?**

In the dry season (*November-April*), summer and fall garments are suggested, including a jacket or sweater for cool nights and mornings. For the rainy season (*June-October*), bring an umbrella and perhaps a light raincoat and rain shoes. Dress to stay cool — loose cotton shirts, tank tops, shorts, sundresses and sandals and don't forget your bathing suit!

- **What personal items do I need to bring?**

Personal toiletries and hygiene products, a supply of medications you use, sunscreen, sunburn lotion and insect repellent. Sunglasses, sun visor and/or hat,

flip-flops and comfortable walking shoes. Camera, flashlight and extra batteries. Water bottle for purified drinking water, small daypack and money belt.

You will not be required to bring your own yoga props unless you prefer to.

HEALTH CARE

- **Do I need to have special immunizations?**

No, there is no need for special immunizations.

- **Will I have problems because of the food and water?**

Hygienic food preparation measures are closely followed by Mar de Jade staff. Our kitchen triple washes and disinfects all fresh produce and we cook with purified water. Purified drinking water is provided for free to every guest and is readily available. All ice used in the kitchen and the bar is made from purified water.

- **What if I get sick while visiting?**

We have a first aid kit on-site for superficial injuries and can call a reputable, local doctor to visit you at the hotel if needed.

- **Where is the closest hospital?**

There are small hospitals and walk-in clinics about 15-25 minutes away. The closest large-scale, fully equipped hospital is in Puerto Vallarta, 90 minutes away. You may want to check your health insurance plan for foreign coverage in case of the need for hospitalization or special care. Travel insurance is always recommended.

ACTIVITIES

- **Does Mar de Jade arrange off-site excursions?**

Mar de Jade front desk staff is happy to coordinate excursions with local guides. Guests usually book their activities upon arrival. Types of activities available may vary depending on the season, and usually include hikes, whale watching (Dec- March only), boat rides, market trips, etc. Rates usually range from \$20-\$40 USD per person and must be made in cash directly to the tour guides, please plan accordingly. See our [Excursion & Activities](#) section for more information.

- **Can I have Spanish classes while I'm there?**

Private Spanish classes for adults and/or children can be arranged on-site with local teachers, who charge \$20/hour per person for one or two people. Three or more people taking a class together (they must have the same Spanish level) can receive a group rate. Please contact us at least 2-3 weeks ahead of time to schedule. We may not be able to arrange last minute requests.

- **Do I have to book Spa appointments in advance?**

The Mar de Jade Spa offers a variety of treatments, from standard Swedish and deep tissue massages, to seasonal and rotating offerings such as Thai massage, craniosacral, and other healing modalities. It is advisable to book your treatments upon arrival, since advance bookings may be affected by changes in your group's schedule, flight delays, etc. and may incur a cancellation fee. See our [Spa](#) section for more information.

- **Is it possible to gift someone a Spa treatment?**

Yes! Please contact us to set this up.

INTERNET AND COMMUNICATION

- **Do you have telephones for guest use?**

As part of *Mar de Jade's* philosophy, none of our rooms have telephones or TVs. There is a phone close to the Front Desk for guest use, the rate is 50 cents per minute for calls to the US and Canada and 25 cents per minute for calls within Mexico to landlines. You may charge calls to your room. If you have a phone card with a 01-800 number for dialing from Mexico you may use it at this phone.

- **Is there cellphone service?**

There is full cellphone service provided by Telcel (the largest Mexican cellphone company). US companies that have roaming agreements with Telcel will usually get coverage, check with your provider for coverage and rates.

- **How can someone reach me in the event of an emergency?**

In the event of an emergency, guests can be reached at the following number +52 (327) 219-4000. Please do not provide relatives with our US 1800 number as this is a reservation line and we are unable to transfer the call to guests.

- **Is there WiFi?**

Free WiFi is available in the main dining room, guest lounge and bar area, there is no WiFi in the rooms. Please bring your own device as we do not provide computers, we are happy to print boarding passes at the front desk for guests.

Please note that because we are in a rural location, the internet connection can often be slow or without a signal. We encourage guests to unplug during their stay and enjoy the surrounding natural beauty!

LOCATION, WEATHER & ENVIRONMENT

- **Where is Mar de Jade located?**

Mar de Jade is on the Pacific Coast of Mexico, about 90 min. north of popular tourist destination and international airport of Puerto Vallarta; 3 hours west of Guadalajara; and 2 hours south of Tepic. The best way to reach Chacala is to fly to Puerto Vallarta International Airport (PVR), which has non-stop and connecting flights from all major US Cities. Mar de Jade can arrange transportation from/to the airport.

- **What is the weather like there?**

As Chacala is located in the Tropic of Cancer, the weather and vegetation is tropical with warm ocean water suitable for swimming year-round. The dry season is from November through May; days are usually warm (around 80 F.), with cooler mornings and evenings in the winter months (around 65-70 F). The rainy season is from mid-June through October with day temperatures in the low 90s F and night temperatures in the high 70s or 80s F. It usually rains during the evening hours and is sunny in the day. During this season it's hotter, more humid and there are more mosquitoes and other bugs. Check the weather forecast [here](#).

- **Are there insects?**

We are in the very fertile tropics. All forms of life thrive! Expect a variety of bugs here: beautiful, ugly, annoying, harmless, phosphorescent. Mosquitoes and gnats mainly come out during rainy season, and sand fleas during the winter. We recommend that guests who are sensitive to bug-bites bring insect repellent. We have not had any reported cases of Zika or other dangerous mosquito-spread diseases. We also have spiders, but not of the poisonous variety. They actually help control the insect population.

SAFETY

- **Is it safe to visit this area of Mexico?**

We appreciate your concern for safety in Mexico. Although we understand that drug related violence has been extensively reported in the U.S. press, we want you to know that it is mostly confined to the border with the United States and a few cities within the areas of drug production. The entire coastline between Puerto Vallarta and Chacala is extremely safe and continues to receive millions of visitors each year. Local and state law enforcement are closely monitoring and ensuring safety in this area which relies on tourism as the most important sector of the economy (and second largest in Mexico). Chacala is a small fishing town where visitors and residents alike feel safe to walk any time during the day or night. Children and families play in the area without fear. For a comparison you might think of going to Big Sur or Lake Tahoe and wondering if violence in Los Angeles is something about which to be concerned. We have never had a guest or known of a tourist in our area have any safety issues related to violence in the last three decades we have been open. If you have any other doubts or specific questions please do not hesitate to contact us.

- **Is the road from the airport safe?**

The road between the Puerto Vallarta airport and Mar de Jade is a highly transited and safe highway. The 90 minute ride runs through the heart of the tourist zone known as Riviera Nayarit, as such it is traveled by thousands of tourists and locals daily and there are no safety concerns regarding violence.

COMMUNITY PROGRAMS AND DONATIONS

- **Do you accept donations for your community projects?**

We gratefully accept any donations to help our non-profit community projects. Monetary donations can be made via check or credit card, or with cash on-site. To make a TAX-DEDUCTIBLE donation: **1. Donate Now** online with a credit card *Credit Card Donations are processed via Network for Good, a 501 (c)(3). You will receive a tax deductible receipt from them.* **2. To Send a Check:** Make payable to: Tides Foundation Write in memo: Mar de Jade Projects Send to: Tides Foundation The Presidio P.O. Box 29903 San Francisco, CA 94129 *The Tides Foundation provides tax-deductible receipts for contributions equal to or above \$250.00 (a receipt is not required to deduct donations less than this amount).*

- **Do you accept donated supplies?**

Yes! We gratefully accept supplies for the School, however, the only way to get donations to our projects is to bring them with you or send them to someone who is coming and can bring them. We **cannot** receive shipped donations to Mexico because of high import taxes and fees. It is best to pack donations in a suitcase, not a box — custom agents routinely inspect boxes but not luggage. If asked about the supplies say they are for use during your stay in Mexico. It is not illegal to bring donation supplies but custom agents might want to charge import taxes if they suspect goods are being brought in for commercial purposes.

- **What supplies are most needed?**

Please view our **Amazon Wishlist** for supplies that are needed at **El Jardin Montessori School**. In addition, we can always use children's books (ages preschool to 6th grade) in Spanish and English, board games and other educational games, sports equipment, notebooks, art supplies and Montessori or Waldorf specific materials.

FORCE MAJEURE

Mar de Jade's failure to perform any term or condition of this contract as a result of an extraordinary event or circumstance beyond its control such as, but not limited to, acts of God, natural disasters, war, strikes, riots, fires, floods, epidemics, governmental restrictions, power failures, or damage or destruction of any facility, shall not be deemed a breach of this Contract. □ Mar de Jade reserves the right to cancel the Group Reservation in case of force majeure. In this event, no refund is possible. Mar de Jade is not responsible for any expenses or damages incurred as a result of event cancellation including preparation costs, airline tickets, travel documents or other expenses. Travel insurance is always recommended. All monies related to outstanding services that could not be performed at Mar de Jade as a result of a force majeure event will be credited to the Retreat leader's account and can be used at Mar de Jade upon availability within the 18 months following the cancellation notice in the form of a rescheduled group retreat with the same group leader or as a personal vacation. The credit is personal to the Retreat leader and it is not transferable to any other party.

In the case of force majeure during a retreat, Mar de Jade will take the best course of action to keep all guests safe as decided by management. This may include emergency evacuation and cancellation of the event. Should a group be evacuated, Mar de Jade will make its best efforts to provide an option of safe accommodation to the group as long as necessary at the guests' expense. The guests or their insurance company will cover all monies associated with room and food costs for the time away from property.

HEALTH & ASSUMPTION OF RISK

The Retreat leader must ensure that their attendees have no physical or medical conditions that would adversely affect their ability to stay at Mar de Jade and to take part in the Retreat. Attending a retreat at Mar de Jade is at the risk of the participant and as such Mar de Jade is not

liable for any injuries incurred while on property. Group leaders are highly encouraged to request a release and medical history form from each participant.

Mar de Jade is dedicated to ensuring the safety of all guests. However, all clients must assume the risk inherent in travel. Mar de Jade is not responsible for any unexpected risks or occurrences including those from weather, terrain, wildlife or other force majeure.

LEGAL JURISDICTION

This agreement shall be construed under the laws of the state of Nayarit, Mexico and in the event litigation is required to settle any dispute between the parties, it is agreed that litigation shall be commenced and maintained in the Circuit Court in Tepic, Nayarit, Mexico.