



# Center for World Indigenous Studies

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only)

Dear \_\_\_\_\_

Your are confirmed to attend the seminar/internship \_\_\_\_\_

beginning date \_\_\_\_\_ and ending

date \_\_\_\_\_. We have received payment of

\_\_\_\_\_ and final payment in the amount

of \_\_\_\_\_ is due by \_\_\_\_\_.

Below please find information regarding travel logistics and information you need to know regarding your stay in Yelapa. Should you have further questions please do not hesitate to call us at 360-754 1990 or cwiska@wco.com, or lekom@wco.com. Since most of our faculty and staff is in Mexico year round, e-mail is the best way to reach us. Phone calls to our Olympia office will be answered by Deanna Notaro, Assistant Executive Director.

We have a wonderful group of people joining us this year, representing many peoples and nations, as well as diverse disciplines. Our faculty and staff are enthusiastic and eager to work with you to ensure an exciting learning adventure that balances professional development and personal renewal.

We have arranged the orientation to begin before dinner, after you have arrived by boat. Many participants choose to arrive early in Puerto Vallarta to spend a few days before coming directly to Yelapa. We regret that we cannot be of help to you in obtaining either reservations or more personal information regarding any part of your travel other than your arrival in Yelapa. In addition to travel agents in your country of origin, you may want to surf the web under Puerto Vallarta for local information. Air travel is very restricted during the high season (December through April.) You are encouraged to obtain seats early.

### AIRPORT ARRIVAL:

When you arrive at the airport you will have to go through immigration and customs. It is very important that you define your destination on your tourist card as Puerto Vallarta, NOT Yelapa. State the reason for your travel is pleasure, not business. You may then take a "combi" or a taxi into "PV" as Puerto Vallarta is called.

### Puerto Vallarta (PV):

Hotels are usually easy to arrange in PV. (Except just before and after the holidays). For peace of mind you may want to make a reservation ahead of time if you plan to arrive early. Otherwise you can often find a place once you arrive.

We regret we cannot make arrangements for you however consult either a travel agent or the internet. Prices range from \$25 (about 195 pesos) a night to \$150 (about 1165 pesos) a night. Attached to this document is a current list of hotels with their phones and prices.

The prefixes "011 52 322" are long distance calling numbers from the states to PV.

Hotels are often full or close to full during weekends and the holidays so plan ahead. We have used several hotels in the budget and medium price range for over 20 years. These include: Hotel Roger (Budget-Hostel) The Hotel Marlyn (Budget), The Hotel Rosita (3 star: approx: \$35-\$45); and the Molino De Agua (\$50 for garden and oceanfront at approximately \$75). PV is very crowded mid December through January and at Easter so we encourage a phone call to book a room at these locations. If you choose a more upscale hotel with international connections( e.g. Holiday Inn etc.) you can probably book through an 800 number or a travel agent. (We do not have formal arrangements with any of these hotels) If you stay overnight in PV on the way in you may also want the option on your return as well to spend a day or some hours there prior to departure. PV offers beautiful arts and crafts, gorgeous ocean, great food and lovely people.

### **HOTELS IN PUERTO VALLARTA:**

**Hotel Marlyn:** 011 52 322 2-09-65 or  
011 52 322 2 57 66

Approximately \$25 or roughly 175 pesos a night.

**Hotel Rosita:** Ask for Elba and tell her you are an "amiga de Alejandra de Yelapa" (I, Leslie am Alejandra!) 011 52 322 32151 or 321 42 Ask for an ocean front if you can get it approximately \$40 or 280 pesos a night

**Hotel: Molino de Agua:** 011 52 322 2 19 57 and 2 19 07  
Fax 011 52 322 2 60 56

approximately \$50-\$70 or 350 pesos to 490 pesos a night.

**Posada de Roger:** economy hotel/hostel: 2-08-36 or 2 06 39 Fax 3-04-82

All these hotels are in town and are presented in order of number of stars and price from low to higher. No matter where you stay, the Molino is worth a visit in the morning for tea/coffee to sit with the parrots and birds nesting in the trees.

### **MONEY:**

Your fees for the seminar/internship include breakfast and lunch and housing in Yelapa tuition and a midweek trip The peso is currently about 9 to the US dollar. Your additional expenses include the Taxi from the airport to PV (approx: 10. or about 75 pesos each way), boat trip from PV to Yelapa (approx: \$5 each way), horseback riding (optional) \$10-\$20. Evening meals at restaurants (fish, meat, Mexican, fish, vegetarian) with appetizer, drinks and dessert cost approximately \$5- \$10. Bring some cash and some travelers checks. It is easier to exchange a little at the airport and then in PV. Using a credit card is feasible at more upscale shops in PV but not in Yelapa.

### **BODYWORK AND HEALTH TREATMENTS**

You may pay by cash, credit card or personal check for private bodywork treatments at Xipe Totec. You will need to have your credit card number, expiration date and name as it appears on card We are offering a special rate of \$65 (US) per session for our seminar participants.

### **HEALTH:**

It is important to follow simple rules of health to avoid becoming ill. Becoming ill is generally a function of ingesting bacteria that your gut is not used to. For at least 2 weeks prior to departure, ingest good quality lactobacilli (obtained at a health food store), 1-2 times per day. While yogurt is a good food, it rarely offers enough live bacilli to be protective. Bring a bottle of freeze-dried bacilli with you and keep taking it through your stay. You may also want to bring homeopathic remedies, echinacea and other favorite herbs.

**DO NOT EAT FOOD SOLD ON THE STREET!**

**DO NOT DRINK WATER THAT IS NOT BOTTLED OR BOILED!**

**DO NOT EAT RAW VEGETABLES UNLESS YOU HAVE WASHED THEM YOURSELF IN PURE WATER!**

While in Mexico we recommend a daily dose of raw garlic. This makes a nice addition to fresh avocado and lime. At Xipe Totec all food is thoroughly soaked, cleaned, and cooked insuring maximum health and nutritional benefits.

### **MEDICINE KIT**

Bring a simple medicine kit: (ingredients available at health food store) aloe vera gel for burns or bites, "Green Ban" (natural insect repellent), natural painkiller, bandaids, vitamin C crystals, papain/ bromelain tablets for protein digestion aid and a small bottle. Bring some powdered papain or Adolph's Meat Tenderizer if you are allergic to bee stings etc. Bring enough sunscreen at a factor of 30 or so. We are closer to the equator and the sun burns. There are scorpions in Yelapa and some people like to bring a small snake venom extraction kit. It is unlikely that you will see a scorpion during your visit but possible. Scorpions can give a wallop of a sting but are not life threatening except in some cases with infants. When you arrive we review prevention procedures. Mosquitos don't become plentiful until summer but there will be some. Most bedding has mosquito netting (There is no Malaria, Dengue has made sporadic appearances). There have also been incidents of Hepatitis A and non A. Best prevention is clean food and water. Some people obtain Gamma Globulin shots prior to coming to Mexico—there is controversy about efficacy though. You may want to make your own decision here. Bring **Green Ban** or another natural repellent. There are little ticks called "guinas" that can get on you if you brush against bushes during walks up river. They itch but that is all. You should wear long pants on your walks in the jungle.

There is often an allopathic medical doctor in Yelapa doing social service work for the national health service. For emergency allopathic medical attention, a 45 -60 minutes private boat ride to Puerto Vallarta will also be available.

### **CLOTHING and things to bring: (1 week stay)**

Generally the days are a dry 75-85 (F) degrees and the winter nights can dip to 60 (F) degrees. Dress is very casual. Bring 2 bathing suits, shorts, (at least) 2 pair of jeans/pants, tee shirts or halter tops, sun dress, a sweatshirt or sweater, one-2 pair of socks. There is no need to "dress up". PV is all cobblestones. Bring sneakers/running shoes and *tevas* or thongs (you can also purchase thongs or sandals in Yelapa). "Water shoes" are also very useful. Make sure all your shoes are broken in. You will be walking either on the beach or mountainous dirt paths in Yelapa. Bring a large beach towel and at least one large bath towel. Bring a hat or visor and sunglasses. Pack in plastic bags to protect your clothing. You will be traveling by boat. While rain is rare during the winter, it could rain. Bring a **light** poncho. Pack as lightly as you can so you can carry your own bags, but there will be help carrying your bags if you need it at a similar cost to porters in cities.

**ESSENTIAL:** There is no conventional electricity in Yelapa. There is some solar energy and some generator power. But do not bring any electrical appliances—hairdryers, irons etc. **Bring a good flashlight and Duracell batteries.** There are no lights at night. You will be walking along mountain paths in the jungle and will need light to see. You may want to bring a "walkperson" or CD player. There will be some leisure time so bring books or simple art supplies. Depending on your venue, there will be varied amounts of reading light at night. You might want to bring the *itty bitty* book lights available that run by battery. Bring a notebook and pen/pencil.

## **SAFETY**

Yelapa is a very safe place though as in many places there can be petty theft. If you wear jewelry-keep it simple. In general do not bring anything you would not want to lose to theft. Keep cameras simple and do not bring a computer unless absolutely necessary. It will not be easy to lock up your things. Some people like to bring "fanny packs". Women and men are generally safe from assault though late at night it is advisable to walk in pairs. People visit Yelapa from neighboring villages and from around the world.

## **INSURANCE**

There are various kinds of travel insurance. For health and emergency evacuation while traveling, for your personal belongings and in the event you need to cancel your trip and do not want to forfeit your moneys paid. A good travel agent can advise you on your options.

## **DIVING**

If you like to snorkel bring a mask and snorkel and fins. If you don't have them or don't want to bring them, you can rent them for a nominal fee. Weather permitting you may be able to scuba dive with Jim Evans, a long time staff member who is a diver and fisherman.

## **EMERGENCY:**

There is one phone in Yelapa available for outgoing calls. We will keep you updated if more phones arrive.

## **FOOD:**

Food is provided at local restaurants, by our Mexican staff and by Casa Xipe Totec.

We work with the hotel and the best local restaurants to provide you with breakfast and lunch that may include eggs, cereals, fruits, tortillas, fish, vegetarian plates and traditional Mexican foods within a medium price range. If specialty items like beef, lobster or shrimp are available and you desire it, we arrange for you to pay the cost differential. At Xipe Totec we prepare healthful foods that reflect local cuisine as well as the foods of other nations. If there is anything you must have, (like miso soup, black tea, rice cakes or fine-grind french roast coffee etc—bring it. There are also grocery stores and health food stores (tiendas naturistas) in P.V. where you can buy some specialty like dried fruit, nuts, soy products and yogurt. The village tiendas are also stocked with sumptuous cheeses, fruits, vegetables, fish, rice, potatoes, cabbage tortillas and beans. Mexican dishes as main fare. Lunch may consist of guacamole, salad or beans and rice, sandwiches or box lunches to take to the beach or on a horseback trip. In general food is simple and nutritious. We often take the opportunity to ask some of our friends in the village to prepare traditional cuisine.

## **ALCOHOL AND ILLEGAL DRUGS**

We discourage drinking too much alcohol on your trip. It is dehydrating. However a little red wine is acidic and may help prevent bacterial infection. Illegal drug use is also discouraged. There are VERY severe penalties if you are caught by the officials.

**CHILDREN AND CHILDCARE:** Children of all ages have attended the center with their parents. Children of all ages have had both productive and unproductive experiences. Some have thrived, some have had to leave early. In general we do not encourage bringing children. The stress of adaptation may be strong for children, as it often is for adults. Again some children thrive and others remain stressed out. This allows for full attention by the parent(s) to the program. However if you must bring your child/ren, please contact us as soon as you can. You will need to bring a child care helper with you or a non-participating partner who will have responsibility.

## **SPOUSE/PARTNER/FRIENDS**

Spouse, partner or friend who want to accompany you but not take the seminar may do so for a fee of 600.00. This includes participation at exercise classes, meals (breakfast/lunch) and extracurricular activities.

**COURSE MATERIALS:** Some materials may be sent out prior to your arrival—others will be given to you upon arrival. If you have books, resources or research papers that you would like to share with others, please bring them.

**SPANISH LANGUAGE**

All classes are conducted in English though occasionally we will have Spanish translation. Study some basic words and sentences before you arrive. You will have a chance to practice while here and classes can be usually be arranged for a separate fee. People in the village are eager to help you learn!

**INFORMATION:**

Technical or program questions can best be answered by us in Mexico, via email or by faxing a letter with your questions to .(E-mail is quicker!)

**PHONE/FAX IN YELAPA:** Two phones can receive calls and messages and faxes.  
From the US dial: 011 52 329 80514 or 80554.

If you have questions please feel free to call us at: 1-360-754 1990

Or email: [cwislka@wco.com](mailto:cwislka@wco.com) or [lekorn@wco.com](mailto:lekorn@wco.com)

Que le vaya bien! Hasta luego

Leslie Korn, Ph.D., M.P.H. and Rudolph Ryser, Ph.D.

# Center for World Indigenous Studies

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Tel: 781-643-1918 □ Fax: 781-661-5353 □ Toll Free: 1-888-286-CWIS □ E-mail: cwiska@wco.com

## Sample Itinerary

### **Yelapa, Mexico**

Average temperature: 80-85 (day) 65-75 (night)

*NOTE ON ITINERARY: The unexpected and the unplanned are part of every adventure. This itinerary is a guideline, and is subject to change depending on the specific program, weather and participant requests.*

The seminar, internship and health programs are an opportunity to learn, relax and share in the beauty of the village and the sea and jungle. You are encouraged to have a spirit of adventure, and attend all the class modules as each will build on the next. Scheduled activities provide a balance of group and individual learning, relaxation and private, quiet time. Give yourself a few days to unwind and open to a slower pace of life.

**Friday Arrival Into Puerto Vallarta:** Some people enjoy getting together for dinner when they arrive in PV. While we do not organize anything structured, we suggest that people meet at 7 p.m. in front of the door at a wonderful restaurant called **Le Bistro**, on the River Cuale near the old market. Anyone can tell you where this is. If you ask for Robert, the owner, tell him you are with Dr. Leslie Korn's Group in Yelapa. He's an old friend, a supporter and provides excellent healthy cuisine. Try the fresh fruit daquiri's (without alcohol!). You will receive a list and address/phone numbers of participants(registered by a certain date) prior to your arrival with your course materials.

**DAY 1: SATURDAY** Check in to your room will begin at 1 p.m. Plan to arrive in Yelapa by no later than 4 p.m..

There are boats leaving from different docks in and around Puerto Vallarta in the morning, mid -day, mid afternoon and from the Boca de Tomatlan in the morning at 10 am, 1 p.m. and 4 5:30 and 6:00 p.m. ( Boat schedules are subject to change so check when you arrive in PV. ) Take a cab to **Los Muertos Beach**, to catch a **ponga** (boat taxi) that leaves at 9 a.m., and 3:30 and takes you directly to Yelapa. If you arrive later, take a taxi to **La Boca de Tomatlan** where boats leave for Yelapa at 4 , 5:30 and 6 pm. If you arrive in P.V. later than 3-4 p.m. plan to stay overnight and catch the ferry **El Sarape** the next morning at the **Marina Vallarta**, or to take the "people's ponga" (cargo boat) from the **Hotel Rosita** about 11 a.m. Cab drivers or hotel personnel will know all of these locations. **Yelapa is about 1 hour by boat south of Puerto Vallarta and about 25 minutes by boat from the Boca de Tomatlan**

**Once aboard your boat to Yelapa**, you may be guided by dolphins, seabirds and manta rays to your destination. As you travel down the coast, you will pass Mismaloya, where John Huston filmed the movie the Night of the Iguana. Upon arrival in Yelapa, come directly to Casa Xipe Totec, located across the lagoon.

**To find Casa Xipe Totec**, walk down the beach about 1/3 of the way, away from the hotel and look up towards the river, across the lagoon. You will see a large 2 story thatched roof house. You can wade across the lagoon (it is never higher than hip level with water), or you can walk to the end of the beach and down the path and around. If you have heavy luggage you may ask at the hotel if they will guard your bags while you find us. Most people know Leslie as Doctora Alejandra, so that you may also ask people Donde es la Casa de Doctora Alejandra or La Clínica Naturista . The Casa Xipe Totec also used to be known as **Las Palmas** by many Mexicans in the village and so you may find that useful also. When you arrive we will then assist you in finding your private house or Hotel room. **Orientation** at Casa Xipe Totec begins at **5:00. P.M.**

**DAY 2: SUNDAY-** Each day follows a **Basic daily schedule, with flexibility for changes due to new opportunities and the weather.** Tea and fruit at 8 a.m. as the sun comes over the mountain tops. **Exercise-movement from 8:30-9:30. Breakfast at 930.am-10:20.** Morning sessions of the seminar lectures and discussion are held between 10:30 and 1:30. **After class, a freshly prepared lunch is served until 2:30.**

**After lunch, between 2:30-4:45 p.m.** it's siesta time. You may be off to the beach for sun and swimming and cooling off beneath the palms with a coconut in hand, exploration of the village, Spanish practice, boat trips or hikes to neighboring villages, herb walks or group discussions with faculty members.

**The afternoon session from 4:45- 6:30** and offers both structured activities, practica and certificate students meetings.

**Dinnertime begins about 7-730 p.m.** You may explore the several wonderful restaurants in the village alone or with others. Evenings are often spent star-gazing dancing, reading, sharing interests and dreaming to the sounds of the ocean waves. The daily schedule reflects the natural circadian rhythms of light and dark.

**DAY 3 MONDAY-** Morning: **Basic daily schedule.**

**DAY 4 TUESDAY-** Morning: **Basic schedule.** After lunch, schedule a private polarity treatment or massage, or (weather permitting) take a private lesson in scuba diving or wind-surfing.

**DAY 5 WEDNESDAY-** Morning: **Basic schedule.** After lunch, ride a gentle horse or walk up river, guided by Dona Alisia who is well versed in the medicinal use of local flora. Set between high mountain ranges and luxuriant growth, the river, called *Rio Tuito* leads to another waterfall where you may swim.

**DAY 6 THURSDAY-** Morning: **Basic Schedule.** After lunch explore local medicinal plants with women in the village, practice speaking Spanish, visit local artisans or schedule a private consultation.

**DAY 7 FRIDAY-** After breakfast, pack your gear for a 9 a.m. departure on the spectacular all-day boat trip to a private beach. (Weather permitting—if not then prepare for an all day horseback trip into the mountains to waterfalls and explore the flora and fauna) Your guide, Jim Evans, is a professional diver, fisherman and naturalist, who has worked with us for 20 years. He will introduce you to the coast by way of swimming, snorkeling and diving. Leaving you to explore the caves and bask on the beach, Jim

dives for Red Snapper and Tuna. Around 4:00 begin your journey homeward from this magical day. Showers, cool drinks and an evening fiesta joined by all the new friends you've made during your visit.

**DAY 8 SATURDAY**- Check out time is **Noon**. Choose either a morning, 7:30, 8:30 or 10 am departure to PV or the Boca or an afternoon departure from Yelapa, as a day of shopping and sight-seeing in Puerto Vallarta awaits you before departure home.

***BUEN VIAJE.***



## Risk and Release Statement

PLEASE READ CAREFULLY, SIGN AND RETURN THE ORIGINAL TO THE **Center for World Indigenous Studies** FOR ASSUMPTION OF RISK AND RELEASE OF RESPONSIBILITY.

**RISK AND RELEASE:** As a registrant, I (enter your name) \_\_\_\_\_ (hereinafter referred to as "Registrant") acknowledge that as a participant in **Center for World Indigenous Studies** (hereinafter referred to as "CWIS") sponsored programs and activities I have been informed and I am aware that certain dangers and risks may occur during my travel to, attendance at and travel from any of the seminars, adventure programs and internships offered by the CWIS. These dangers and risks include, but are not limited, to the hazards of traveling in tropical terrain, accident or illness in remote places without medical facilities, the forces of nature, and travel by air, train, boat, automobile or other conveyance.

In consideration of the right to participate in these seminars, programs, and/or internships and the food and services arranged for the Registrant by the CWIS, I do hereby assume all of the risks and responsibility including but not limited to those risks and responsibilities expressly noted in the previous paragraph, and will hold harmless CWIS, its owners, operators, employees and agents from any and all liability, actions, causes of actions, debts, claims, and demands of every kind and nature whatsoever which the Applicant now has or which may arise out of or in connection with travel, or participation in any activities arranged for me by CWIS. The terms hereof shall serve as a release and assumption of all risk and conditions for me and my heirs, executors and administrators and for all members of my family, including any minors accompanying me. In addition, I give the CWIS the right to use any photos in which I may appear in connection with any of the programs.

**CANCELLATIONS AND REFUNDS:** Since substantial non-refundable advance payments must be made by the CWIS to agencies and operators in the field and in connection with the organization and conduct of seminars and programs, the Registrant understands that refunds can only be made upon receipt of written cancellation, as follows:

- 61 days-90 days prior to start of program: 75% of fee returned
- 31 days-60 days prior to start of program: 50% of fee returned
- 9 days-30 days prior to start of program: 25% of fee returned
- 8 days or less: no refund.

I have read and agree in full to the conditions set forth in the Risk and Release Statement above including the policy on refunds and cancellations.

**Registrant:**

Name: (Please Print) \_\_\_\_\_

Signature \_\_\_\_\_ Dated \_\_\_\_\_

**Parental Authorization:**

Signature \_\_\_\_\_ Dated \_\_\_\_\_

(parent or guardian if under 21 if applicable)

The Center for World Indigenous Studies (CWIS) does not discriminate in its admissions, employment or policy and procedures on the basis of race, sex, sexual orientation, age, religion, national origin or physical disability.

Return Original with your application to:

Center for World Indigenous Studies  
1001 Cooper Pt. Rd. SW 140-214  
Olympia, WA 98502