



The Heart of Mexico

**A Cultural Journey and Bi-Lingual Dances of
Universal Peace Retreat in
San Miguel de Allende, central Mexico
with Grace Marie and friends**



Special guest healer: **Kristine Rogers** –

www.passionforspirit.com/services/menu.html

“I love to teach people how to be in touch with their Guides and inner wisdom...”

March 1 – 5, 2012, Retreat, 5 days, 4 nights in San Miguel

**March 1 - 8, 2012, Retreat, 8 days and 7 nights with cultural journey to
Guanajuato, Queretaro, and more.....www.kundagrace.com**

San Miguel de Allende, is central Mexico’s National Historic Monument. The streets and buildings are as they were for several hundred years. It is a destination for the international community. The hotel retreat space has a full view of town while we dance, sing and pray. It has a swimming pool, a large garden, is quiet, safe, well situated out of the busy central plaza, the most affordable and nicest in town.

Altitude is 6135’, weather will be in the mid-70’s, nights are cool. Restaurants are affordable and abundant for vegetarians, vegans, omnivores with an international as well as traditional Mexican fare.

Cost includes hotel, breakfast, retreat - per person:

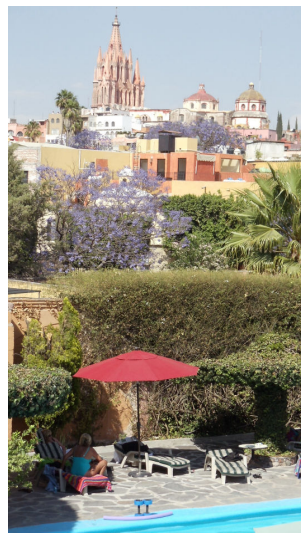
March 1 – 5 = 5 days, 4 nights \$400 USD or March 1 – 8 = 8 days, 7 nights \$575 USD

Not included: Lunch and Dinner, transportation, bus to various locations (about \$7 - \$10 per person), museum or entertainment costs.

**Send a check for the full amount or a deposit of \$300 to:
Grace Marie, 230 Park St., Fort Collins, CO 80521**

Contact: bi-lingual Spanish/English Sylvia Edwards - edwardssylvia@juno.com or 719.633.5005

Photos below: plaza church, the hotel and view of plaza from retreat space and dancing with the Mexican community.



Get ready for an awesome experience in central Mexico. People often think that the Mexican beach is the place to vacation. You will find this is not so when you come to San Miguel de Allende. Come before the crowds find out about this beautiful place, as it is already becoming quite popular.

The Mexicans are a beautiful people and culture. This is an opportunity to experience the beauty and heart of a rich, passionate, country.

Fly into Leon, Mexico – airport code BJX – it is about 1 ½ hours to San Miguel de Allende (SMA).

You may find less expensive flights to Mexico City, but it is a 5 hour bus ride and the shuttle may cost a lot per person. Much easier on your body and mind to simply fly into Leon, my opinion of course, as a seasoned traveler.

Shuttle Transportation to SMA: from and to the Leon or the Mexico City airport – Baijo Shuttle - www.bajiogoshuttle.com

This shuttle service is the best: always on time and great service. About \$28 USD from Leon to SMA.

Clothes – Warm weather for during the day, jacket and warmer for cooler nights.

The hotel is centrally located with much to see on the way to the plaza, about a 5 – 10 minute walk: churches, shops, bakeries, art galleries, etc etc.....I can't say enough good things about it.

The public library holds a FREE Spanish/English speaking circle so you can practice speaking with the natives who are learning English. You speak Spanish to them, they speak English with you. You can meet new people, gain so much by this.

Yoga Classes, Nia, tango, live music are abundant.

Many restaurants and eateries for vegetarian, vegan, omnivores both local and international menus.