



# The Heart of Mexico

**March 1 – 5, 2012 - 5 days, 4 nights in San Miguel de Allende**

**A Cultural and Bi-Lingual - Mind, Body, Spirit  
Dances of Universal Peace Retreat in  
San Miguel de Allende, central Mexico**  
(San Miguel de Allende, is central Mexico's National Historic Monument.)

**with Grace Marie and friends**



Among the various experiential activities during the retreat Grace will guide us in, are the **Planetary or Astrological Walks**, forming a human solar system in the garden outside at the culmination that we feel our connection to Earth, our solar system and beyond.

**Special guest Healer : Kristina Rogers – [www.passionforspirit.com](http://www.passionforspirit.com)**  
“I love to teach people how to be in touch with their Guides and inner wisdom....”

**Cost per person includes breakfast, retreat, hotel (2 persons per room) : Earlybird before January 15, 2012**

**March 1 – 5 = 5 days, 4 nights \$325 USD – after January 15 \$400 USD**  
Single person rooms are available at \$90 per night for hotel and breakfast, plus \$175 for the retreat..

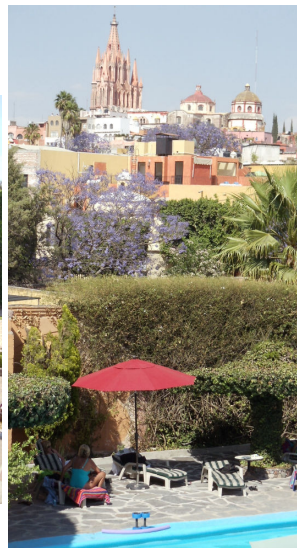
**For Mexican residents and SMA locals without hotel/breakfast: \$175 for March 1 – 5, 2012**

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

**Send a check for the full amount or a deposit of \$100 to:  
Grace Marie, 230 Park St., Fort Collins, CO 80521**

**Contact: bi-lingual Spanish/English Sylvia Edwards - [edwardssylvia@juno.com](mailto: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.



## Details

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

**March 1 – 5, 2012** – Retreat begins on Thursday evening March 1 at 7:30 and ends on Monday, March 5 at 11:00 am. The retreat will include Dances of Universal Peace, silent meditation, Astrological Walks, chant, and more. Lunch and dinner is walking distance and will give participants a feel for this historic town.

**You may arrive before and stay after the retreat at the same hotel, or I can suggest/arrange another.**

Cancellations : Full refund minus \$50 before February 1, 2012. No refunds after February 1, 2012.

**Passport is needed. English is spoken in town as well as Spanish.**

In order to make this Retreat affordable the costs are minimal to cover hotel and retreat space rental. I have worked out a deal with the hotel and need to have a minimum of 15 rooms to get this price and the retreat space reserved.

**The hotel retreat space has a view of town, with a swimming pool, garden, is quiet, safe, situated out of the busy central plaza, and the most affordable and nicest in town.**

\*\*\*An optional / additional love offering or donation for Grace Marie will be greatly appreciated.

Get ready for an awesome experience in central Mexico. 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) by shuttle from Leon.**

You may find less expensive flights to Mexico City, but it is a 5 hour bus ride and the shuttle will 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 Transport to SMA from and to the Leon or the Mexico City airport – Bajio Shuttle - [www.bajiogoshuttle.com](http://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 and there will be a schedule of where and when in town.

Google *San Miguel de Allende* and you will find a lot of information on your own about this beautiful town and surrounding area.