

**TERMS AND CONDITIONS FOR:
Oaxaca: Day of the Dead – A Celebration of Life!
October 28th-November 3rd, 2009
Led by: don Miguel Ruiz Jr.
www.journeysofthespirit.com**

Included

Total costs for this Journey is \$1995.00 USD per person double occupancy (or \$1925.00 USD per person double occupancy if booked by September 1st, 2009), which includes: accommodations 6 nights at Hotel Casa del Sotano in Oaxaca, Mexico. All lectures and teachings from Miguel Angel Ruiz Jr and his designated teachers, and entrance fees to the ruins, pyramids and cemetery are included along with all daily excursions. All tips for the bus drivers and guides are included. The buses to and from the Oaxaca City airport are included on this journey unless you miss the bus, then the cost of a pre-arranged taxi will be your responsibility. The supplement for a single room when available is: \$200.00 USD. A single may not be available less than 30 days before the departure. While we cannot guarantee that we can find you a roommate, we make every effort to do so. In the event we are unable to find a roommate for you, you will be required to pay the single supplement cost.

Not-Included

We are not responsible for your round trip flight from your home to Oaxaca City. Also not-included are: meals not indicated as included on your itinerary, items of a personal nature such as, gifts, souvenir shopping, laundry services, beverages, toll calls, excess baggage, medical costs, the costs of hospitalization and evacuation from remote areas, travel insurance and additional expenses arising from the delay or extension of a trip due to weather, political disputes, sickness, failure of transportation, or other causes beyond our control. Tips to the guides if any outside of those indicated, plus the maids are not-included (we suggest you leave \$1.00 per day in your room). Non-included meals may need to be paid for in cash so plan accordingly. You can see which meals are included in the program by looking at the "(b/-/-)" next to each day of the itinerary listed below. (In this example – this means that breakfast only is included this day.) Other non-included items would be: massage services, other activities and tours not included in our package.

Payment

A \$500.00 dollar deposit per person, which secures your place on the journey, is preferred by **September 1st, 2009**. The remaining payment in full is due by **October 1st, 2009**. **All payments are by Visa or MasterCard, money order or cashier's check, made out to "Journeys of the Spirit."** and mailed to: **420 Dover Highlands Trail, Ellijay, GA 30540**. Unfortunately, no personal checks can be accepted. All payments must be received in the office a minimum of one week **before** the date of trip departure. We cannot make exceptions to this policy.

Cancellation and Refunds

Any cancellation made before **September 1st, 2009** will result in no loss of deposit. For cancellation made after September 1st, 2009, there will be a cancellation fee of \$500.00 plus any non-refundable fees paid to our suppliers in Oaxaca - as is the case with a cancellation at the time of departure or after the trip departs. All cancellations must be made to Journeys of the Spirit in writing. Any refund requests must be made in writing to Journeys of the Spirit within 30 days of the return date. Please send written requests to: **420 Dover Highlands Trail, Ellijay, GA 30540** or to journeys@journeysofthespirit.com . **We strongly recommend Travel Cancellation Insurance if there is any chance you may have to cancel for any reason at all.**

Sheri A. Rosenthal, DPM Inc dba Journeys of the Spirit reserves the right to cancel any trip prior to departure for any reason whatsoever, including an insufficient number of participants or logistical problems (e.g. acts of God, war, strikes, etc.), which may impede trip operations. The refund of all payments as described in the paragraph below shall release Sheri A. Rosenthal, DPM Inc dba Journeys of the Spirit from any further liability. A trip cancellation due to insufficient numbers would normally occur at least a month prior to departure, unless acts of God, war, strikes or other events impede our departure causing large numbers of participants opt to cancel participation on the journey in the last days before departure.

Sheri A. Rosenthal, DPM Inc dba Journeys of the Spirit must make substantial payments to suppliers (including providers of land travel) far in advance of the scheduled date on which we embark. If a trip is cancelled due to forces beyond our control (acts of God, war, labor strikes, earthquake, flooding, etc.), Sheri A. Rosenthal, DPM Inc dba Journeys of the Spirit will promptly refund the portion of the trip cost not advanced to suppliers (including any moneys set aside for airfare). Sheri A. Rosenthal, DPM Inc dba Journeys of the Spirit will use its best efforts to recover advance payments as promptly as possible, and will refund to you the amount recovered, if any. However, Sheri A. Rosenthal, DPM Inc dba Journeys of the Spirit does not guarantee recovery of any or all of the advance payments made, and our use of best efforts to recover these payments will not include the institution of any legal proceeding in foreign lands. This policy applies to a trip cancellation by client choice following any necessary increase in trip costs.

Thank you for joining us on this journey and for your cooperation & understanding!

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It is commonly thought that the greatest fear that humans experience is that of death. However, from our point of view the biggest fear humans possess is the fear of living life boldly and audaciously, free of judgment and pain. On this amazing week long journey, we celebrate the beloved Mexican holiday – The Day of the Dead in the beautiful artisan center and culinary city of Oaxaca. During our week together we will learn how to enjoy life as it is – to cultivate our joy and vitality and explore our manifestation as true “Artists of the Spirit.” Indeed, becoming a supreme artist of the spirit involves learning to create from the heart, not from a mind filled with fear-based beliefs about what we can and cannot do. Here we learn to connect with the bliss deep in our hearts and to use that feeling to guide us as artisans of our lives. By the end of this journey you will have the tools to re-create your reality and to face your greatest fear – expressing your life with integrity, honesty, fearlessness and joy. Join don Miguel Ruiz Jr. on this spiritual journey of the heart and let's celebrate and honor together all we can be and create in our lifetime.

Just so you know – The Day of the Dead (El Día de los Muertos or All Souls' Day) is the day we gather family and friends together to pray for and remember those beloved friends and family members who have passed away. The celebration occurs on the 2nd of November in connection with the Catholic holiday of All Saints' Day (Nov 1st) and All Souls' Day (Nov 2nd). On Day of the Dead, families build private altars honoring the deceased using sugar skulls, marigolds, the favorite foods and beverages of the departed, along with a festive visit to their graves! You will have the opportunity to actually join a family and celebrate in the graveyard along with them and also create your own altar to those you love (or even an old version of yourself, a relationship that has ended, or to someone you want to forgive).

As is typical for a Journeys of the Spirit retreat, you will experience class time daily, time for sharing with the group, reflection and meditation time, and one-on-one personal time with your group leader (along with fun and shopping time too of course!). It is our intent that you return

home with an open heart and mind along with the tools you need to make the changes in your life you desire.

Day 1 - October 28th (-/-/d) We leave home and meet in Oaxaca, Mexico. Oaxaca is one of the TOP TEN "world's best cities", and NUMBER ONE in Mexico/Central and the South American region, based on "sights, culture/arts, restaurants/food, people, shopping, value" - according to TRAVEL+LEISURE magazine issue August 2004. Most of us will be arriving around 6:30 pm so we will meet our wonderful guide at the airport and proceed to the Hotel Casa del Sotano our beautiful B&B for the week and then go for a bite to eat at the delicious Asador Vasco restaurant overlooking the main plaza/zocalo. Perhaps we will try the chapulines (crispy grasshoppers fried in garlic and lime)! After dinner we gather together as a group and get to know each other and share our intent for our week together.

Day 2 - October 29th (-/L/-) Today we will be traveling east of the city to visit the Tule tree and the beautiful sacred ruins of Yagul and/or Mitla – and to top the day off afterwards we will continue to the Zapotec weaver's town of Teotitlan del Valle, where we will first visit the famous "Cuevita/Cave" where all locals claim their origin and bring offerings for the past 3,000 years. Then we'll have lunch in the home of a local family in the weaving town.

Oaxaca Even if you are not especially interested in trees this one will blow you away. The Tule tree, "El Arbol del Tule" is said to be the world's largest tree, and once you see this magnificent natural wonder you will not doubt this claim. El Tule, which is actually a Ahuehuete Cypress, is over 130 ft. high, boasts a diameter of over 170 ft., weighs over 500 tons and is approximately 2000 years old. A very impressive ancient being!

In ancient times Mitla was an important Zapotec ceremonial center and home of the Zapotec priestly class. It was inhabited from around 100 AD to its peak around 750 AD. The ancient city was probably planned and is known for the artistic quality of construction and the beauty of the intricate patterns and designs of some facades and tombs. To date, five large architectural complexes have been found. The main church of the small town was actually built by the Spaniards on some of the ruins.

The Yagul archaeological site was settled at approximately the same time as Monte Albán, but actually outlasted Monte Albán. The site, which is located on a beautiful hillside location, contains three distinct parts and houses the largest ball court in the Oaxaca valley. The architectural makeup is, in many ways similar to that of Monte Albán and also contains parts that resemble parts of Mitla. Yagul contains some incredible facades, engravings and hieroglyphics. This site is easily accessible and makes for some great photography, especially from the hill above the ruins.

Day 3 - October 30th (-/L/-) Today we visit the XVI century convent of Cuilapan de Guerrero & wood carving village of San Martin Tilcajete. This Dominican ex-convent of Santiago Apóstol was left unfinished sometime in the middle of the 16th century, but the cloister, walls, cupola and foundations of what was supposed to be an enormous church remains.

Afterwards, we will stop at the traditional village of San Martin Tilcajete to see the traditional wood carvers of the famous Alebrijes. Alebrijes, are imaginary, fantasy animals, and many other objects that are carved out of a local wood named copal. Collectors prize these brightly painted wood sculptures and some have become very valuable. These imaginative carvings come in all shapes, sizes and are usually brightly colored with intricate designs, all painted by hand. Here we will be hosted for a traditional lunch by a family of wood carvers.

On our way back we will stop to see the making of the famed black pottery of the village of San Bartolo Coyotepec, where we will first visit the famed potter Carlo Magno Pedro who specializes in Day of the Dead Art, and then visit the home of Sofia & Simón Reyes, a family with many generations of making the traditional ollas who will give a demo of their traditional work.

Day 4 - October 31st (-/-/S) This is the day that we go to the market to get everything we need to create our altars! This morning we will walk and dedicate the entire morning to visiting the amazing "Day of the Dead Tianguis" at the Abastos Market. We'll see piles of unique breads, sugar skulls, flowers, candles and all the Day of the Dead ornaments that local families purchase to make their home altars to their loved ones. Every one will buy all their breads, special skeletons, candles, flowers, and food for our Day of Dead Altar that our group will make at the hotel.

In addition tonight is the main night for our cemetery visit. The most popular graveyard is in the village of Xoxocotlan which we will visit between 7 p.m and midnight. We will join with a local family who is kind enough to have us join them, have some tamales with them and hot chocolate, bread made for the group and help them clean & decorate one of their families graves. In the morning we would have purchased supplies for them to use for their altar as a gift for allowing us to join them: flowers, incense, candles, etc and also leave a donation.

Day 5 - November 1st (-/L/-) Today we explore Monte Albán, one of ancient México's most impressive ceremonial centers. This massive complex of pyramids, terraces and crumbling temples is considered one of the most important examples of pre-Columbian culture in all of México. Constructed by a culture that possessed a genius for building, this spectacular city is one of the most thoroughly explored archaeological sites in México. Throughout the centuries Monte Albán has continued to amaze those who study the site and has never failed to remain both magical and mysterious. Monte Alban sits 1200 feet above the valley floor. This location gave the residents a clear view of the Oaxaca valleys. The city was constructed by the Zapotecs who first moved to this site around 500 B.C. The city experienced its peak or golden age for a period of 500 years, ending around A.D. 600. During this time, the population of the city was nearly 25,000 people with an additional 100,000 people living in the valley below. After this golden age, and for reasons still unknown, the city was abandoned.

From here we can have some lunch at the traditional restaurant Los Caporales and the village of Soledad Etla to take part in the Comparsa Parade. The Comparsas - are a series of Carnival style parades that go from village to village in an area of the valley. The people will be all dressed up with fantastic outfits and brass bands accompany them and it's very festive.

If we have time we might stop into the artisan town of Atzompa. Atzompa is where the green-glazed pottery is produced. It is incredibly beautiful and is in use daily all over México, and other parts of the world. We may stop by the "La Casa del Artesano" and see how these beautiful terracotta and green glazed items are made following ancient, ancestral techniques.

Day 6 - November 2nd (-/-/D) This is our opportunity to explore the town of Oaxaca and have a relaxing day to shop, eat and just walk the lovely streets. It is the perfect day to visit the big cathedral in the center of town and feel the festive energy of this amazing place. In the evening we will gather for a farewell dinner together at the wonderful local restaurant Las Quince Letras in Historic Centre of Oaxaca.

Day 7 - November 3rd (-/-/-) Today we leave our beautiful bed & breakfast hotel and make our way back to the airport and get ready for our flights home. We say our last goodbyes, hugs and kisses as we prepare to take our new dream of heaven back to our lives!