

Dear Friend, its a couple of days away from your trip to Mexico, down here at TAO we are really looking forward on having you as our special guest. Are you ready to Soak up the sun, dive into the Caribbean Sea, go on an adventure. We know you must be as excited as we are about your visit, this is why we would like to give you a couple of recommendations before you depart.

As you know this event is this specially priced program co-sponsored by the TAO Foundation and Healing Journeys, during your visit with us you will have the opportunity to connect with yourself, nature around you and the wonderful region you will be at through our TAO Foundation.

- When packing don't forget to include

- ✓ Passport
- ✓ Camera
- ✓ Walking Shoes
- ✓ Hat
- ✓ Bathing Suit
- ✓ Sun block
- ✓ After Sun
- ✓ Mosquito Repellant
- ✓ A smile!

Would you like to help us help?

There are several programs the TAO Foundation is working on, all in benefit of our Mayan Communities and those in need. If you would like to help us help, donations of any of the following would be very much appreciated.

- Oral Hygiene program (toothbrush, toothpaste, dental floss, mouth wash)
- A Happy Christmas program (girl toy 3-6years, boy toy 3-6 years, girl toy 6-10years, boy toy 6-10years)

- When you arrive

- ✓ TAO is located inside the Gran Bahia Principe Resort in the Riviera Maya, Cancun airport (CUN) is located about 1hr and 45mins away from our Center, when you have your luggage and are ready to take your transportation, make sure you take the MAIN EXIT, look for a TAO team member wearing a blue shirt or a white t-shirt with our Red Swirl AND holding a sign like the one below.
- ✓ **Your destination is Gran Bahia Principe Sian Kaan.**



- If your flight suffers any changes or delays please contact xanath@taoinspiredliving.com

(+52 1 984 165 38 25) as soon as possible, in order to re-arrange your ground transportation.

At the hotel

- ✓ The Gran Bahia Principe complex has 4 hotels, Tulum, Akumal, Coba and Sian Kaan (adults only), feel free to visit them all, at your guest relations desk you can get more information about night shows and parties.
- ✓ Connectivity: You will be staying at Sian Kaan don Pablo Collection hotel in the Bahia Principe complex, you will have a phone in your room, the hotel also counts with wifi at lobby common areas and room.
- ✓ The hotel phone number is: +52 (984) 875-50-00. The best way for your family to contact you is if you give them your room number and the hotel phone number.
- ✓ The hotel is an ALL INCLUSIVE, this means all drinks and meals are included, unless notified. (Includes alcoholic beverages)
- **Restaurants & Room service:**
 - If you wish to try an A LA CART restaurant for dinner, please visit the Public Relations desk to make your reservation.
 - Buffet Yal-Ku located at hotel lobby opens for breakfast lunch and dinner:
 - Breakfast: 7:00-10:30
 - Lunch: 12:30-3:30
 - Dinner: 6:30-10:30
- ✓ **Tipping:** Tipping is a great way of showing your appreciation on the service you receive. All tips are welcome, feel free to show your appreciation for the service received :o)

If you get hungry in between, don't worry! Your hotel has a Snack bar & Room service open 24hrs for you!

- **Transportation:** at your hotel lobby you can find shuttle that can transport you through the complex.
 - from hotel lobby to the beach runs every 10mins, please give yourself time to enjoy our private beach club.
 - From hotel lobby to TAO wellness Center a Special a shuttle will pick you up 15 minutes before every conference.
- **Money:** Mexico national currency are PESOS, the exchange rate varies depending on your bank or the exchange house you use, you can pay in American Dollars almost everywhere, but in case you prefer to use the local currency you can exchange your money at the hotel lobby with the following exchange rates:
 - \$1USD = \$11.50 MXN (buying pesos)
 - \$13.0119 MXN = 1USD (paying with dollars)
 - ATM's are located at hotel lobby, it is better to use cash when paying outside the complex; most places do not accept Credit or Debit card or checks.

Don't forget to advise your bank about your upcoming trip to avoid card cancelations.

- **Language:** Mexico's national language is Spanish, the Riviera Maya has a big population bilingual and trilingual speakers, but don't hesitate on speaking the local language:
 - ✓ Hola! – Hello
 - ✓ Si – yes
 - ✓ No - no
 - ✓ Por favor - Please
 - ✓ Gracias – Thank you
 - ✓ Buenos dias – good morning
 - ✓ Tengo sed - I'm thirsty
 - ✓ Tengo hambre – Im hungry.

FAQs

- ***What is the name of place we are staying at?***

Gran Bahia Principe Sian Kaan

- ***What kind of money they need –dollars or Pesos?***

Mexican Pesos are national currency but it is an international world known destination, almost everything is accepted, mostly Pesos, USD, Canadian dollars, Euros, UK Pounds.

- ***How to charge my phone, laptop or tablet?***

The electrical sockets used in Mexico are type A and type B. These are 2 variants of the same socket - one grounded (with an earth pin) and the other ungrounded

- ***How to tip?***

Tipping is a very nice way to appreciate a good service, of course it depends on how you feel about the service received. I recommend \$5usd is great to show gratitude to bell boys, at the buffet usually \$3-5usd to the server and also \$3usd for room service or the bar.

- ***Telephone numbers to leave for my family?***

Hotel +52 (984) 875-50-00.

TAO +52 (984) 8755007

- ***Address of where we are staying?***

Carretera Federal Cancún Chetumal Km 250, Akumal Akumal, Quintanaroo, Mexico.
77780.

*You can check the weather forecast

<http://www.weather.com/weather/tenday/Playa+Del+Carmen+MXQR0076:1:MX>

We are looking forward on seeing you down here!!! Hasta Pronto! (see you real soon!)