

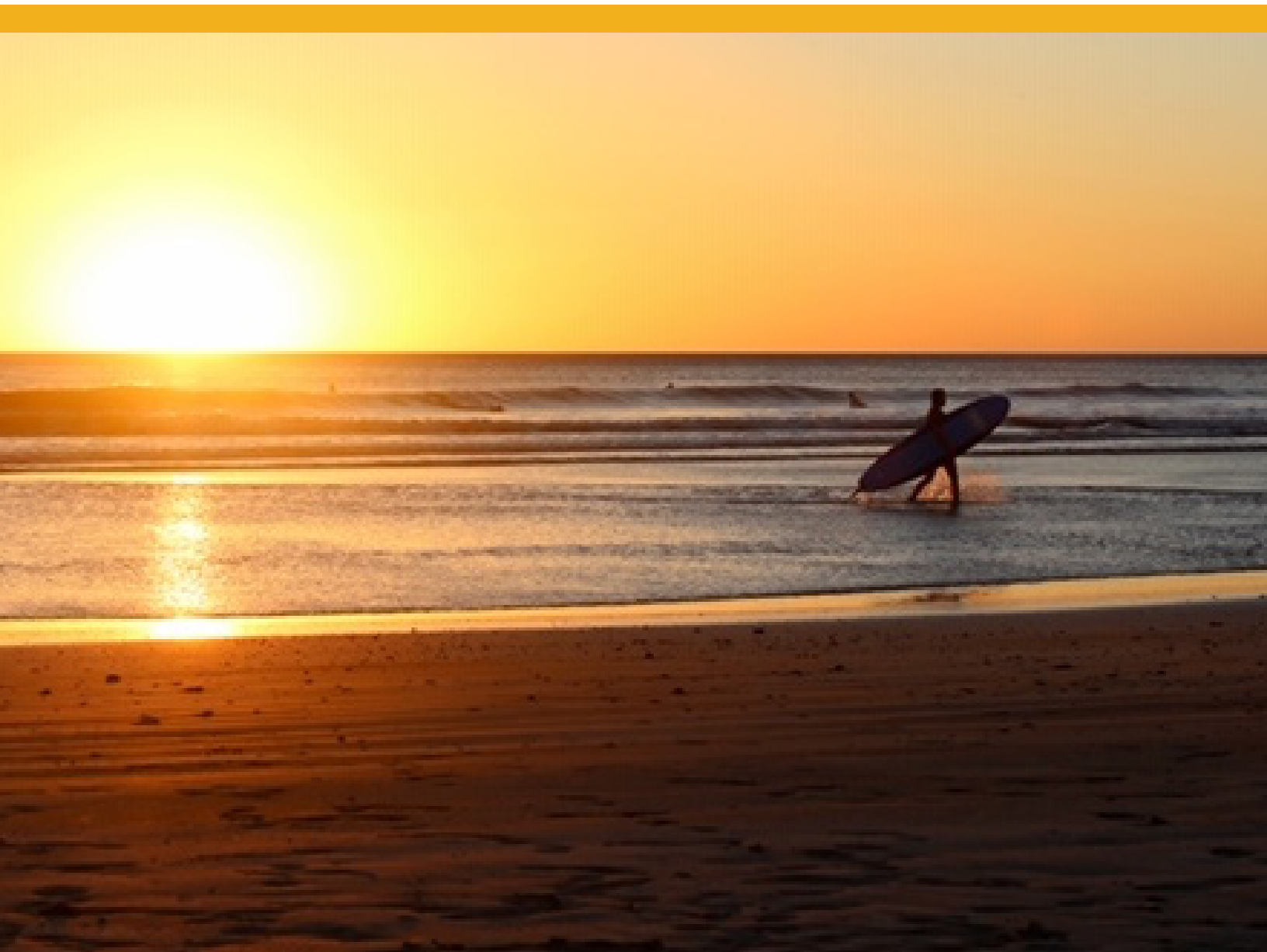
# WELCOME

---

April 18 - 25, 2020

---

*Managua, Nicaragua*





## YOGI BIOGRAPHY

---

### Brittany Smith

Brittany is a E-RYT 500 Baptiste Inspired teacher, and holds several supplementary yoga and reiki trainings including yoga therapy, yoga for Veterans, yoga for PTSD, and yoga for eating disorders. Brittany discovered her passion for healing after recovering from a serious running injury, and a severe eating disorder. Brittany loves all things mystical, magical, and mysterious. She is also a super anatomy nerd, and is always enthralled by an injury inquiry.



### Rebecca Guidera

Rebecca (MA, E-RYT 200, YACEP) discovered yoga as a body-based meditative practice and fell in love with its healing properties and community-based connection. She is trained with her 40-hour Yin Yoga Certification and 200-Hour Yoga Teacher Training from Yoga Pod Boulder and her 15-hour Yin Yoga and Restorative Yoga Certification from Amana Yoga. Rebecca also completed her Master's degree from Naropa University in Clinical Mental Health with a focus in Somatic Psychology. Through her trainings, Rebecca utilizes her knowledge of somatic awareness to offer space for students to thrive in their embodied experience.



### Kevin Behnke

Kevin was born into adventures. He has been surfing on and off since he was 16. He travelled around Nicaragua searching for the best spot to relax and have the beaches to himself. He chose Finca del Mar because of the uncrowded surf spots, and has been surfing there every chance he gets for the last ten years. He built himself a beach house and enjoyed the peace and tranquility so much, that he wanted to share it with his closest friends- which is how he came up with the idea for Wellness Adventures.





## ACTION ITEMS

---

### INTERNATIONAL FLIGHT

The International Airport is Augusto C. Sandino International Airport in Managua, Nicaragua. Please arrive prior to 4pm on Saturday April 18th, 2020

[Book Flight](#)

### SHUTTLE TRANSPORT

Please send your flight itinerary to [awakenedtraveltours@gmail.com](mailto:awakenedtraveltours@gmail.com) and Laure at [alsitton@gmail.com](mailto:alsitton@gmail.com)

### TRAVEL INSURANCE

This retreat is subject to a minimum enrollment of eight (8) guests. Awakened Travel Tours reserves the right to cancel the trip prior to departure. It is recommended that participants purchase their own travel insurance. Awakened Travel Tours is not responsible for expenses, including but not limited to lodging, meals, and transportation, incurred for delays and/or detentions beyond the trip itinerary.

[See Options](#)

### CANCELLATION POLICY

If you cancel your Retreat, ATT we does not offer refunds for any reason. We will gladly transfer your credit to another guest. Depending on when you cancel, cancellation fees may apply. Cancellation Fees are determined by the following schedule: If you cancel 90 days before your retreat start date, 100% of your payment may be applied to another retreat. If you cancel less than 90 days before your retreat start date, you will forfeit your entire payment. Exceptions to our policy cannot be made for any reason, including, without limitation, weather, injury, or personal emergencies. We do not offer credit for arriving late or leaving early.

### ARRIVAL AT LOS CARDONES

Upon arrival at Augusto C. Sandino International Airport, you will be picked up by a shuttle sent by Los Cardones. The shuttle will take you directly to Los Cardones where you will be greeted by their wonderful manager for check in. Please check in prior to 5pm CST. Los Cardones will assist you to your room. You're welcome to enjoy the facility until dinner time at 6:30pm, where we will all meet.



## WHAT TO EXPECT

---

- **Surfboards:** Surfboard rental is included with your retreat. Los Cardones has a large quiver of surfboards and Kevin will help you pick out the appropriate surfboard for your skill level and physique.
- **Surf Lessons:** The first two days of the retreat, Sunday and Monday, surf lessons will be given in groups of 2 or 3 during low tide. After those first 2 days, the best time to surf is generally early mornings between 6-8 am and late afternoons between 4-5:30 pm. The ocean can be fickle and we will try to take advantage of the best surf conditions each day.
- **Laundry:** Laundry service is available for a small fee at Los Cardones. However, Kevin's house, Casa Mana, has a washer and dryer available for use and Casa Tortuga comes with a washer and dryer as well.
- **A/C:** A/C is not provided at Los Cardones. The bungalows and cabanas have ceiling fans and are designed for optimum air flow. If you are staying in Casa Tortuga, each bedroom has A/C.
- **Alcohol:** Los Cardones carries a selection of beers, wine and rum at their bar. These can be put on a tab to be settled up at the end of your stay. No outside alcohol is permitted at the bar or restaurant but can be consumed in your room or at Casa Tortuga.
- **Water:** Do not drink any of the tap water. Filtered water is provided for guests by Los Cardones and at Casa Tortuga. Water bottles are highly recommended for convenience.
- **Communication:** Los Cardones is an Eco-Lodge with no WiFi. However, Awakened Travels has rented Casa Tortuga for the retreat participants and the house does have WiFi for guests to use as well as a pool. There is also a hostel called Mind the Gap 5 minutes down the beach that has WiFi service as well.
- **Power:** Power voltage in Nicaragua is the same as the United States so no adapters are necessary. Los Cardones is powered by solar power so please try to conserve power and water during your stay.
- **Safes:** Each room has a safe for your valuables. Casa Tortuga also has safes for your valuables as well.
- **Sea Turtles:** Los Cardones is a sea turtle sanctuary. If eggs hatch while we are there we will be allowed to release the turtles into the ocean. Los Cardones will communicate with us to let us know the timing of these releases. There are no guarantees that eggs will hatch during our stay.
- **Credit Cards:** Credit cards are accepted at Los Cardones to pay for incidentals when you depart. Cash is always the preferred method of payment when settling your bill.
- **Massages:** Los Cardones offers \$25 hourly massages. These can be booked daily. Please pay cash to the massage therapist directly for each massage. Tips are definitely appreciated. Massages are given in a raised palapa overlooking the ocean. Please wear a swimsuit to your massage.
- **Tips:** Tips for services rendered are much appreciated by Los Cardones hardworking staff. \$20/day per person is encouraged. All tips are pooled and divided equally among the staff.



## DAILY SCHEDULE

---

|                      |  |
|----------------------|--|
| <b>6:00 - 9:00</b>   | Coffee, tea, fruit, breakfast; Surf Lessons with Kevin |
| <b>9:00 - 10:30</b>  | Yoga with Brittany and Rebecca                         |
| <b>11:00 - 16:00</b> | Free Time  |
| <b>12:00 - 13:00</b> | Lunch  |
| <b>15:30 - 17:00</b> | Surf Lessons with Kevin                                |
| <b>17:30 - 18:15</b> | Restorative Yoga with Brittany and Rebecca             |
| <b>19:30 - 20:00</b> | Dinner   |

## DAY TRIP

On Wednesday April 22nd we will depart Los Cardones at 8:30am to visit Volcan Masaya, then head to Laguna de Apoyo for lunch where we will swim in the lake. We will be back to Los Cardones for dinner.

## CLASS DESCRIPTIONS

---

### Vinyasa Flow

A style of yoga as exercise created by K. Pattabhi Jois during the 20th century, often promoted as a modern-day form of classical Indian yoga. He claimed to have learnt the system from his teacher, Tirumalai Krishnamacharya. The style is energetic, synchronising breath with movements.

### Restorative

Restorative Yoga sessions allow the body to slow down and relax in a small number of asanas. Each pose is held for longer than in conventional classes, sometimes for twenty minutes, so a session may consist of only four to six asanas. The long holding of poses is often assisted with props such as folded blankets, to ensure the body is fully supported and so to allow the muscles to relax.



## DAILY THEMES

---

|                  |  |
|------------------|--|
| <b>Saturday</b>  | Welcome                                |
| <b>Sunday</b>    | Muladhara 1st Chakra                   |
| <b>Monday</b>    | Svadhishthana 2nd Chakra               |
| <b>Tuesday</b>   | Manipura 3rd Chakra                    |
| <b>Wednesday</b> | Anahata 4th Chakra                     |
| <b>Thursday</b>  | Vishuddha 5th Chakra                   |
| <b>Friday</b>    | Ajna 6th Chakra & Sahasrara 7th Chakra |
| <b>Saturday</b>  | Goodbyes                               |

## EXTRAS

---

### MASSAGE

Enjoy a serenity massage with our certified massage therapists. The 1-hour full body, deep tissue or relaxation massage is offered in a private rancho over the dune, adding the benefits of the sea breeze and light to your treatment. \$25

### REIKI

As a special gift, Brittany is offering a 30-minute reiki session for \$45. Her reiki sessions are designed to deepen your experience while on retreat by delving into the subconscious to help you arrive fully to this transformational retreat.

### ACTIVITIES

In addition to surfing and yoga, enjoy your days with several different activities. Please visit Los Cardones' website for details on all of their extra offerings.



## WHAT TO PACK

---

- Sun screen
- Water Bottles
- Rash Guards (provides sun protection and protection from the wax on the surfboards) I like to have a short sleeve and a long sleeve rash guard for extra sun protection.
- Swimsuits
- Bug Spray
- Flashlight or headlamp
- Comfortable workout clothes
- Beach towels
- Cash (it is definitely convenient to have some smaller bills)

## F.A.Q

---

### CURRENCY

The Nicaraguan córdoba is the local currency in Nicaragua. The American dollar is also accepted throughout the country, and prices can be quoted either in dollars or córdobas.

### VACCINATIONS

No vaccinations are required for Nicaragua.

### LANGUAGE

Spanish is the official language of Nicaragua, although English is widely understood.

### WEATHER

Nicaragua in April will be hot. Los Cardones is blessed with wonderful weather year round so there really isn't a "best" time to visit. Though most guidebooks list the ideal time to travel to Nicaragua is December through May, we enjoy a stable climate of 75-90 degrees relatively year-round.

## TRAVEL TIPS

---

- There is a \$10 cash entrance fee when you land.
- Save your baggage claim tickets. They check them as you leave baggage claim.
- The customs form asks your destination in Nicaragua. Just put Los Cardones Eco Lodge.
- American dollars are accepted everywhere so there is no need to get Nicaraguan Cordobas.
- Do not drink any of the tap water in Nicaragua. There will be plenty of drinking water available at the lodge.
- Massages are \$25 at the lodge but they are cash only. Please wear a swimsuit to your massage.
- I always bring extra clothes that I donate to the staff at Los Cardones. Children's clothes are always needed as well for the local kids. They are grateful for any donations you may bring.



AWAKENED TRAVEL

*See you soon!*



NEKTOR MEDIA  
Matthew Schroeder  
303.915.0817