Let's Go!

YOGA RETREAT

RELAX & EXPLORE IN BELIZE

OCTOBER 29 - NOVEMBER 4, 2022

Located in the Maya mountains & jungle of Belize, the Hidden Valley Inn is the place we'll call home...a perfect place to renew your soul & experience unique nature-based adventures. And....we'll have the place entirely to ourselves!

THE MAYA MOUNTAINS

While the eastern coast of Belize boasts white sands and crystal blue waters, the Maya Mountains soar in the western part of this beautiful country and exude a different kind of energy altogether. These mountains are home to some magnificently conserved parks & reserves, each abundant in wildlife, natural pools, creeks, waterfalls, jungles & Mayan relics. Prepare for some soul-stirring hikes as we retrace the trails of kings & jaguars while we breathe in the oxygen rich air.

Hidden Valley Inn is situated in a private reserve set on 7,200 acres of pristine wilderness. Home to many of Belize's native cats, rare raptors & wildlife, the reserve includes miles of trails with crystal clear creeks, majestic waterfalls & breathtaking vistas. While there are endless opportunities to hike, swim & explore the reserve, the Inn provides a perfect opportunity to relax in luxurious comfort as you take respite from the stress of your busy life...much needed for many of us after enduring a 2 year pandemic!

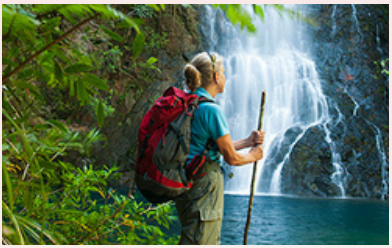
The culture of Belize is warm & friendly. Our hosts are all english-speaking & eager to make our stay comfortable, interesting & unique as we want it to be!

EXCURSIONS

Adventures begin...right outside your door!

Miles of hiking trails

Miles of scenic trails just outside your door includes gorgeous waterfalls, lush jungle & rainforest...all unique habitats. Two-way walkie talkies available as a courtesy; if you want to go with a guide paid tours available.



Waterfalls

Take a short or longer walk to crystal creeks & majestic waterfalls right on the property with wild orchids & ferns that line turquoise jungle pools - that you can swim in!

Caracol Mayan Ruins

Explore this ancient cultural city...a true treasure consisting of more than 4,000 structures spread over 55 square miles. This excursion is included.

Cave Tubing

Float through underground rivers past window-like openings that provide jungle views of unparalleled flora & fauna. This excursion is included.

EXCURSIONS

Eco Tourism at it's Best

Visit the Local Markets

Get a flavor for the local culture when you visit the open air market that sells local produce & area crafts.

Birding Tours

There are rare & beautiful birds on the Hidden Valley Reserve for birdwatchers to delight in. Conservationists believe that Hidden Valley Reserve is home to approximately half of all Belize's avifauna.

Baboon Sanctuary

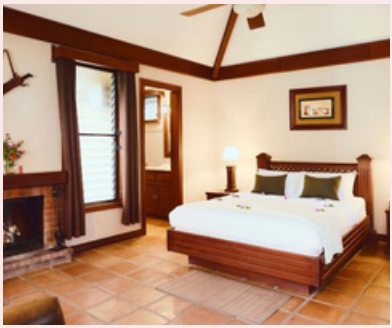
Learn about the resident howler monkeys at the sanctuary that benefits the seven villages who participate through tourism dollars.

Zip Lining

Take a ride across the picturesque jungle canopy ... a beautiful & exhilarating way to see the jungle. You might even spot a howler monkey along the way!

ACCOMMODATION

www.hiddenvalleyinn.com



Estate Room

Estate rooms have full bath & shower, fireplace & luxury amenities plus a shared private screened patio furnished with hammocks, comfortable outdoor loungers & coffee valet
6 Doubles @ S2,575.00 per person
4 Singles @ S2900.00

Estate Suite

Estate Suites are slightly larger, have full bath & shower, fireplace & luxury amenities plus a shared private screened patio furnished with hammocks, comfortable outdoor loungers & coffee valet
2 Suites S2,900.00 per person

Pool & Hot Tub

A stone terrace with pool & hot tub will cool you off after a day of adventure. In the cooler evenings the hot tub is the perfect way to enjoy the starry skies.

WiFi is available in all the rooms

NIKTE' HA SPA

Spa services can be enjoyed in Hidden Valley Inn’s Lodge or en suite.

Massage Services Include:

- Swedish Massage- 75 minutes: $125.00
- Deep Tissue Massage- 60 minutes: $110.00 / 90 minutes: $145.00
- Aromatherapy Massage- 60 minutes: $100.00 / 90 minutes: $135.00
- Hidden Valley Signature Massage- 75 minutes: $135.00
- Back and Shoulder Massage- 30 minutes: $50.00

Beauty Services Include:

- Deep Cleansing Facial-45 minutes: $65.00
- Body Scrub-60 minutes: $80.00
- Body Wraps-60 minutes: $80.00

All prices are in USD and INCLUSIVE of 12.5% tax.

Closer to our trip, I'll be helping you schedule the services you want to enhance your relaxation & healing experience.

Our menus will combine the bright authentic Mayan & Mestizo flavors with the chef's Blue-Ribbon signature culinary style. From Butterflied Prawn with Truffle Sauce & Lemon Grass Infused Rice to Grilled Chicken in Sesame Oil, Bacon, Feta & Greens with Smoked Aioli, the outstanding fusion of fresh local ingredients & culinary expertise is unmatched in Belize.

Ingredients are grown on the property or brought in daily from the local fruit & vegetable markets. Breads & sweets are made daily in thier kitchen, & pair well with the coffee which is grown, roasted & ground right on the property.

Breakfast, lunch & dinner are all included. Daily afternoon snacks & unlimited coffee and tea included. You won't go hungry! Vegan, vegetarian & gluten free options are available upon request & in advance.

There's a beautiful poolside mahogany bar that serves hand-crafted cocktails, top shelf liquors, beer, wine, juices & soft drinks.

YOGA FOR EVERY BODY

My teaching philosophy is to meet people where they're at, regardless of age or physical condition. I encourage my students to listen to their bodies & respect their own wisdom. My teaching style is gentle, meditative, non-competitive & welcoming. I have a strong background in anatomy & therapeutic Yoga & am keen on offering adaptations for whatever limitations you may have.

When on retreat, I design the classes to support our intention which is to relax, unwind & refresh our energy. Our practices will help you let go of accumulated tensions in the mind & body. We'll take our time with gentle flow Yoga, breath work & relaxation meditation each day. Our theme for the week, perfect for our setting, is The Five Elements of Yoga... earth, water, fire, air & space. You're bound to go back relaxed, grounded & inspired for the next steps in your personal journey!

Morning practice is the perfect way to start each day. Afternoon classes are a welcome respite from a day of adventuring. Feel free to attend any or all of the classes...whatever works for you! There's 3 elevated, canopied platforms in the forest, providing a magnificent natural backdrop for practice...some located adjacent to waterfalls and creeks....imagine the sounds & scents of nature bathing your senses as you practice!

Suggested Yoga props: Mat, 1 or 2 blocks, & a yoga blanket. The resort does not provide them.

EXPLORE

Belize

WHAT'S INCLUDED

- AIRPORT TRANSFERS
- ACCOMMODATIONS
- LUXURY BEDDING
- TOWELS & ROBE
- DAILY HOUSEKEEPING
- ALL MEALS
- DAILY SNACK
- COFFEE & TEA ALL DAY
- CARACOL EXCURSION
- CAVE TUBING EXCURSION
- YOGA CLASSES
- USE OF MOUNTAIN BIKES & CANOES
- AMAZING MEMORIES!

WHAT'S NOT

- AIRFARE
- TRAVEL INSURANCE
- MISSED TRANSFERS
- SPA SERVICES
- BAR TAB
- TIPS

Questions? Contact Cyndi

Call or text 919.247.1119
cyndi@cyndipowers.com

REGISTER

First, contact me to reserve your space. I will hold your reservation for 3 days. My retreats fill quickly so I can't hold a room without the non refundable deposit of $700 that guarantees your space. Payments can be made online, or mail a check to Cyndi Bulka, 8226 Stone Cellar Drive, Raleigh, NC 27613.

Select your room preference. If you select double occupancy and don't have a travel mate, I'll do my best to pair you with someone but cannot guarantee that. If unable to match you, the single room fare applies.

Final balance is due no later than September 15, 2022. If you need a payment plan, please contact me.

Deposits are non refundable but can be transferred to a friend. Once the final payment is made at the September 15 date, no refunds available thereafter.

BOOK ONLINE

DETAILS

Covid Considerations

Please be vaccinated for everyone's benefit! Fully vaccinated folks with proof do not need to test prior to entering Belize, but the US requires a negative test to return. The resort has a lab that does rapid testing on site at $75 per person. Currently, Belize requires us to purchase an $18 travel policy; in the event you tested positive your quarantine accommodations would be covered. All this could change; I'll keep you updated.
In the unlikely event that a lock down occurs to interrupt our trip, the retreat would be rescheduled with no additional costs.

Getting there

Book your air tickets to BZE in Belize City. Please arrive on October 29 no later 1pm for our hosts to transfer us to the resort. If you miss the group transfer, you will be responsible for the costs of getting to the resort.

Travel insurance

I strongly suggest you purchase travel insurance.

Currency

US dollars are accepted widely in Belize & at our resort. No currency exchange is necessary.