



HEROIC
HEARTS
PROJECT

**Centro Nierika
Travel Tear Sheet**

Chalmita, Mexico

Overview

- Before you Travel
- Locations & Country Info
- During Travel
- Retreat Center Info
- Retreat Schedule
- Packing List
- Community Agreements



Centro Nierika

Before you Travel

- ☐ **Provide HHP Emergency Contacts & Comms Procedure document to Spouse/Significant Other/Emergency POC** so your loved ones know who to contact if necessary
- ☐ **Provide Travel Notice to your Bank** so you have no issues with bank cards
- ☐ **Print/Photocopy and Screen Shot of:**
 - ☐ Passport
 - ☐ Travel Itinerary
 - ☐ Travel Medical Insurance (Optional, but highly recommended. Do your own research. HHP does not cover the costs of medical visits/treatments that occur in country)
- ☐ **Add emergency phone number for TakeTwoTravel (+1-646-751-8886) into your phone contacts**
- ☐ **Review the Packing List.** HHP covers carry-on only
- ☐ **Print and/or add this document to your personal digital drive** for ease of reference



*Surrounded by lush vegetation
at Centro Nierika*

Locations and Country Info

- **Retreat Center:** Centro Nierika, Eco-center for retreats and personal development
- **Closest Town:** [Chalmita](#)
- **Arrival Airport:** [Benito Juárez International Airport \(MEX\)](#)
- **Meet up Spot:** [Hilton Mexico City Airport](#), +52 55 5133 0500. Room number will be confirmed with you via the Signal Group Chat.
- **Climate:** Wet season is overcast, the dry season is partly cloudy, and it is warm year round. Over the course of the year, the temperature typically varies from 50°F to 82°F and is rarely below 34°F or above 87°F ([more details on climate](#)). During the retreat dates expect weather range to be mid-60's to high-70's.
- **Language:** Spanish, which is spoken by 90 percent of the people. Indian languages of the Aztecs, Mayans, and other tribes are still spoken throughout the country
- **Currency:** Mexican Peso (MXN). USD\$1 roughly MXN\$17



Lobby of Hilton Mexico City Airport

During Travel

- ❑ **Pack some diet-friendly snacks to take with you** as there will be limited options available at the airport . **All meals during travel are self-purchase** (up until dinner at the retreat center on the day of arrival and after breakfast on the day of departure)
- ❑ **Leave yourself plenty of time to get to the airport and check in**
- ❑ **Do not drink the tap water**
- ❑ **Update the HHP Team on your travel movements via the Group Signal Chat** (i.e. Wheels up/Wheels down)
- ❑ **If you get a delayed or canceled flight**, let us know via the Group Signal Chat. If early morning/ late at night or you are not getting any responses, reach out to our travel agent directly on **+1-646-751-8886**.
- ❑ **Upon arrival to MEX**, clear customs (if necessary pick up your checked bag), exchange or get money as needed (see next slide). Meet up with the rest of the group at the Hilton Mexico City Airport where a room has been booked to await pick up (check Group Signal Chat for room #)



Mexico City Airport

During Travel - Currency

❑ Options to get Mexican Pesos (MXN):

- Bring US Dollars with you to exchange at one of the currency exchange kiosks AFTER you exit the baggage claim area in the airport. DO NOT use the currency exchange in the baggage claim area. The kiosks in the main terminal will give you much more favorable rates and those rates are clearly posted on the wall outside each booth so you can shop around for the best.
- ATM's are available in the main terminal once you leave the baggage claim/ customs area. Be aware that you will be charged an international access fee of 1-3% per transaction (depending on your bank).

❑ There will be no opportunity to exchange money or draw money from an ATM once you depart the airport.

❑ **How much money do I need?** Purchase of local souvenirs is available on the last day of the retreat (optional, but highly encouraged). A general guide would be souvenirs for a family = USD\$300 (MXN\$5000), self + partner = USD\$200 (MXN\$3500), self = \$120 (MXN\$2000).



Mexican Pesos

❑ Optional, but highly encouraged is also to add around USD\$40 (MXN\$700) to your budget (after the purchase of souvenirs) to tip the local retreat facility staff

Retreat Center Info - Facilities

- **From Airport to Centro Nierika:** 2 x shuttle vans from retreat center will pick up at Hilton Mexico City Airport to take to Centro Nierika (approx. two hours travel time). Pick up ~3PM (local time) on day of arrival.
- **Rooms:** Shared occupancy, each room has its own bathroom/shower with soap/shampoo provided. If you bring your own, biodegradable only
- **Power/Cell Phone/WIFI:** WiFi will be available at the central office for you to check-in with family upon arrival, then we ask that you stow your phones for the duration of the retreat unless using it to take photos of hikes, etc.
- **Water:** All water is spring water that is safe to drink. Filtered water is available in the dining hall to refill your reusable containers.
- **Meals:** All meals provided. No dinner served on evenings of ceremonies.
- **Washing Clothes:** No laundry services available. Soap and bucket available to hand wash clothes and hang dry if needed.



Twin shared rooms at Centro Nierika

Be aware that Centro Nierika sits at elevation 5,577' (1,700 m) elevation, so make sure to look after yourself, take it easy initially and keep hydrated

Retreat Center Info - Staff & Practices

- **Healers:** One Female, One Male. Mestizo multicultural healing tradition
- **HHP Veteran Peer Support Specialist:** Remains with retreat participants throughout, facilitates sharing circles (sharimonies) and assists facilitators (as necessary) during ceremonies
- **Ayahuasca:** Prepared through traditional methods within local area
- **Mapacho and Rapé** : Sacred tobacco used in ceremonies (not mandatory)
- **Temazcal:** Traditional sweat lodge ceremony use to clean the body in preparation for ceremonies
- **Movement, Meditation, Breathwork:** Organized practices offered daily
- **Art Therapy:** Available on Integration days, following the sharing circles



Group Sharing Circle

Retreat Schedule - Day 1 & 2

Day One (Tues)

18:00 - Arrival/Tour

19:00 - Dinner

**20:00 - Orientation
Talk**



Temazcal at Centro Nierika

Day Two (Wed)

08:00 - Movement

09:30 - Breakfast

11:00 - Class 1

12:00 - Temazcal

14:30 - Lunch

**18:30 - 1st Ayahuasca
Ceremony**

Retreat Schedule - Day 3 & 4

Day Three (Thurs)

08:30 - Movement

10:00 - Breakfast

11:00 - Sharing Circle

12:30 - Art Therapy

14:30 - Lunch

16:30 - Class 2

19:30 - Dinner



*Outdoor Movement Space at Centro
Nierika*

Day Four (Friday)

08:00 - Movement

09:30 - Breakfast

11:00 - Class 3

12:00 - Temazcal

14:30 - Lunch

**18:30 - 2nd Ayahuasca
Ceremony**

Retreat Schedule - Day 5 & 6

Day Five

08:30 - Movement

10:00 - Breakfast

11:00 - Sharing Circle

12:30 - Art Therapy

14:30 - Lunch

16:30 - Class 4

19:30 - Dinner



Ceremony Space at Centro Nierika

Day Six

08:00 - Movement

09:30 - Breakfast

11:00 - Class 5

12:00 - Temazcal

14:30 - Lunch

18:30 - 3rd Ayahuasca Ceremony

Retreat Schedule - Day 7 & 8

Day Seven

08:30 - Movement

10:00 - Breakfast

11:00 - Sharing Circle

12:30 - Art Therapy/Local Vendors

14:00 - Lunch

16:30 - Class 6

18:00 - Dinner

19:00 Closing Celebration



Dining Area at Centro Nierika

Day Eight

06:45 - Breakfast

07:30 Shuttles Depart

Packing List

- ☐ Flashlight or headlamp
- ☐ Refillable Water Bottle
- ☐ Bathroom items – toothbrush/toothpaste, floss, shampoo and soap etc (biodegradable only)
- ☐ Natural Insect Repellent (Deet Free only)
- ☐ USD\$100-300/MXN\$2000-5000 to purchase local crafts on last day of retreat, USD\$40/MXN\$700 to tip facility staff (both optional, but highly encouraged)
- ☐ Sneakers/walking shoes (might get muddy)
- ☐ Sandals/Flip Flops
- ☐ Swimwear (modest)

**Towels and Bedding are provided*

- ☐ Comfortable clothing (does get cool at night):
 - ☐ 2 pairs pants
 - ☐ 2-3 pairs shorts
 - ☐ 3-4 short sleeve shirts
 - ☐ 2-3 long sleeve shirts
 - ☐ 1-2 hooded sweatshirt or light jacket
 - ☐ Qty underwear/socks
- ☐ Journal and Pens
- ☐ Talisman/ Sacred Item
- ☐ Ear Plugs and Eye Mask
- ☐ **No** Alcohol, Cannabis or any Non-prescribed Medication
- ☐ **No** Weapons of any kind (including personal knife and/or multi-tool)

Community Agreements

Showing Respect & Honoring Boundaries

- We invite you to practice **cultural humility**. Everyone is coming to this experience with a diversity of backgrounds and lived experiences. Please be mindful of this in your words, humor, and actions.
- During group shares, support others through practicing presence, actively listening and simply affirming what others have said. Refrain from offering analysis or advice unless it has been explicitly asked for.
- During ceremonies, allow facilitators to tend to fellow guests who may be struggling, as tempting as it may be to want to offer a helping hand! We encourage you to **stay present with your own experience**.
- Please keep the experiences, words, and sharing of others **confidential** by not repeating/relaying outside of our retreat cohort. What is said on retreat stays on retreat!
- Please do not take **photographs** of others without their consent.
- **No gossiping, bullying or violence of any kind will be tolerated.** Please take any issues you may have with another guest directly to the Veteran Peer Support Specialist or facilitation team.
- We ask that you contribute to keeping the space safe by **respecting others' emotional and physical boundaries** (e.g. do not assume others are comfortable with physical interactions such as hugs without consent). Practitioners will provide hands-on assistance with your consent.
- **No romantic or sexual encounters** with fellow retreat guests are permitted. Please be mindful of being in an open and vulnerable state and maintain appropriate boundaries of personal intimacy and space.