



**HEROIC
HEARTS
PROJECT**

**Pura Vida Wellness Retreat Center
Travel Tear Sheet**

Ayahuasca

Yelapa, Mexico

Overview

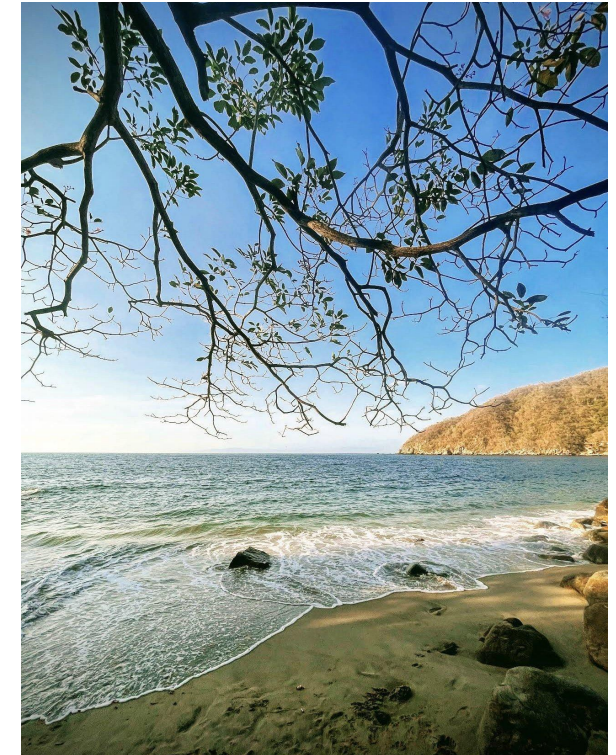
- Before you Travel
- Locations & Country Info
- During Travel
- Hotel Info, Meals & Transportation
- Retreat Center Info
- Retreat Schedule
- Packing List
- Community Agreements



Aerial view of Pura Vida Wellness Retreat Center

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. 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



*View from Pura Vida Wellness
Retreat Center*

Locations and Country Info

- **Retreat Center:** Pura Vida Wellness Retreat Center
- **Closest Town:** [Yelapa](#)
- **Closest Major City:** [Puerto Vallarta](#)
- **Arrival Airport:** Gustavo Diaz Ordaz International Airport or Puerto Vallarta International Airport (PVR)
- **Hotel:** [Hotel Eloisa Lázaro Cárdenas 179 Zona Romántica, Emiliano Zapata, 48380](#) (~30 minutes drive to/from PVR), +52 322 2226 465 / +52 322 2220 286
- **Climate:** Tropical wet and dry climate, with dry winters and rainy summers. Average daily high 86 °F - low 70 °F; average daily humidity is 75%. Rainy season extends from mid June through mid October, with most of the rain between July and September.
- **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



Yelapa, Mexico

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 on the day of arrival)
- ❑ **Leave yourself plenty of time to get to the airport and check in**
- ❑ **Do not drink the tap water in Mexico**
- ❑ **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 response, reach out to our travel agent directly on **+1-646-751-8886 (add this phone number to your contacts)**.



PVR Airport

During Travel - Currency

- ❑ At PVR airport, if you have time after clearing customs, **visit the ATMs**. Be aware that you will be charged an international access fee of 1-3% per transaction (depending on your bank). You can also bring US Dollars with you to exchange at one of the currency exchange kiosks at PVR airport (wait until outside baggage claim) or nearby the Hotel (ask at reception).
- ❑ There will be opportunities to exchange money or draw money nearby to the Hotel, **but not at the retreat center**, however, Venmo is available.
- ❑ **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).
- ❑ Optional, but highly encouraged is also to add around USD\$40 (PEN\$150) anticipated costs after the purchase of local crafts to tip the local retreat facility staff



Mexican Pesos

During Travel - to/from PVR & Hotel

- ❑ You will be **on your own to get from PVR airport to the Hotel** on your day of arrival. You can catch a taxi from immediately as you exit the terminal. Pricing = Sedan (01-03 Pax) ~USD\$25.00 (~MXN\$430); Van (01-05 Pax) ~USD\$45.00 (~MXP\$770).
- ❑ Another option is Uber (which is generally cheaper). To get to the Uber pick up spot, you will need to walk outside of the airport complex for pick up (immediately turn left outside of the terminal exit and cross the footbridge). On the other side of the footbridge is the closest Uber pick up location for PVR airport.
- ❑ You will also be **on your own to get from the Hotel to PVR airport** on your day of departure. You can ask the hotel reception to call you a taxi or Uber. Uber is able to drop off inside the PVR airport complex, only not pick up.
- ❑ It is likely that you will be on the same flights into and out of PVR (or arrive/depart at similar times) as other participants. Riding as a group to/from PVR airport and the Hotel can be coordinated via the Group Signal Chat.



Map of PVR Airport

Hotel Info, Meals & Transportation

- **Check In:** 2:00pm / **Check Out:** 10:00am
- **Rooms:** Twin shared (same gender)
- **Breakfast:** Self-purchase. There is cafe close by (A Page In The Sun) that serves breakfast. First meal at the retreat center will be lunch on the first day of the retreat.
- **Arrival Dinner:** The HHP Veteran Peer Support Specialist and Facilitation Team will take the group out for a diet-friendly meal the day everyone arrives, remainder of meals (whilst not at retreat center) are self-purchase.
- **From Hotel to Retreat Center:** Depart Hotel for pier (walking distance) at 9:00am. Catch a boat from pier to Pura Vida (40-60 mins).
- **From Retreat Center to Hotel:** Dropped off at Green House by La Medicina Retreat Staff between 10:00-11:00am on day of departure
- **From Hotel to Airport:** Participants arrange their own transportation from Hotel to PVR Airport (taxi or uber)



Movement and Ceremonial Space at Pura Vida Wellness Retreat Center

Retreat Center Info - Facilities

- **Rooms:** Twin shared (same gender), each room has its own bathroom/shower
- **Cell Phone/WIFI:** You will have the opportunity to check-in with family upon arrival, facilitators will then ask for your phones to create a digital detox for the period of the retreat. Phones will be returned on the last day to take photos.
- **Water:** Filtered water is available at the kitchen area to fill your water bottles.
- **Meals:** All meals provided. No breakfast served for morning ceremonies or dinner served for evening ceremonies.
- **Washing Clothes:** No laundry available. Soap and bucket available to hand wash clothes and hang dry
- **Library:** Extensive library on site with books on plant medicine and spirituality
- **Safe/Secure Storage:** Each room has a safe available for important personal belongings



Retreat Center Info - Staff & Practices

- **Healer(s):** Male. [Mestizo](#) and [Shipibo](#) multicultural healing tradition
- **HHP Staff Member (Liaison):** Remains with retreat participants throughout, facilitates sharing circles (sharimonies) and assists facilitators (as necessary) during ceremonies
- [Ayahuasca](#): South American psychoactive brew, traditionally used by Indigenous cultures for spiritual ceremonies, divination, and healing a variety of psychosomatic complaints
- [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
- **Flower Bath:** Mixture of herbs and flowers administered by facilitator prior to ceremonies



Puerto Vallarta facilitators

Retreat Schedule - Day 1 & 2

Day One

14:00 - Arrival & Hotel Check In

18:00 - Meet & Greet Dinner



Temazcal at Pura Vida Wellness Retreat Center



Day Two

0900 Hotel pick up

1000 Boat ride to Yelapa

1100 Arrival to Yelapa and Pura Vida Center. Welcome & Room Assignments

1300 Lunch

1400 Introduction Orientation/Group Activity (Introspective work)

1700 Temazcal Traditional Purifying Ceremony (Sweatlodge)

1900 Dinner

Retreat Schedule - Day 3 & 4

Day Three

**0800 Group Activity
Movement**

0900 Medical check ups

1000 Flower Bath

**1300 Lunch, followed by
free time and massages**

1600 Group - Preparation

1800 Ceremony



Library at Pura Vida Wellness Retreat Center

Day Four

**0800 Group Activity Breath
Work**

0900 Breakfast

**1000 Group Processing
followed by free time and
massages**

**1300 Lunch, followed by
free time and massages**

1600 Group - Preparation

1800 Ceremony

Retreat Schedule - Day 5 & 6

Day Five

0900 Breakfast

1000 Group Processing followed by free time and massages

1300 Lunch

1400 Excursion to town and beach

1800 Dinner

1900 Group activity



Waterfall in Yelapa

Day Six

0800 Group Activity Tai Chi and QiGong

0900 Breakfast

1000 Group Processing followed by free time and massages

1300 Lunch, followed by free time and massages

1600 Group - Preparation

1800 Ceremony

Retreat Schedule - Day 7 & 8

Day Seven

0900 Breakfast

1100 Group Processing

**1300 Lunch followed by
free time and massages**

1500 Group Integration

1700 Dinner

1800 Fire ceremony



*Swimming Pool at Pura Vida Vida
Wellness Retreat Center*

Day Eight

0900 Breakfast

**1100 departure from
Yelapa to Puerto Vallarta**

1200 Arrival to PV

**1300 Hotel Check in Puerto
Vallarta**

Packing List

- Flashlight or headlamp - 1 x bright for jungle, 1 x red for ceremony (if combined, must be one button switch, not scroll through)
 - Refillable Water Bottle
 - Bathroom items – toothbrush/toothpaste, floss, shampoo and soap (biodegradable only) etc
 - Natural Insect Repellent (Deet Free only)
 - Travel alarm clock or watch
 - Raincoat
 - 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)
 - Lighter (for Mapacho)
 - Hat/ head scarf/ bandana
 - Sneakers/walking shoes
 - Sandals/Flip Flops
 - Swimwear for Flower Bath and Pool
 - Females: Sarong or long skirt for Temazcal
- Comfortable clothing (does get cool at night):
 - 2-3 pairs pants
 - 2-3 pairs shorts
 - 3-4 short sleeve shirts
 - 3-4 long sleeve shirts
 - 1-2 hooded sweatshirt or light jacket
 - Qty underwear/socks
 - Journal and Pens
 - Talisman/Sacred Item
 - No** Alcohol, Cannabis or any Non-prescribed Medication
 - No** Weapons of any kind (including personal knife and/or multi-tool)

**Towels and Bedding are provided*

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.