

Dear Fellow Traveler,

Thank you for joining us on The Awakening Vision and The Rainbow Art Center's Journey to Teotihuacan! To make sure you have a wonderful trip, following is some helpful information.

Important Dates and Times

v **To Reserve Your Space::** A Non-refundable \$300 Deposit and Application is Due **Now! And must be received by March 8th**

v March 22nd, 2009: Final Payment Due

v April 22, 2009: **Arrive** in Mexico City Airport. Group bus to Teotihuacan departs at 4:00 PM*

v April 27th, 2009: Depart for Mexico City Airport at 12:00 PM

(**arrange flight departure for 3:00 PM or later**)*

* Please note that if you are unable to schedule your flight arrival and departure to meet the group transportation schedule, we will arrange for your ride between the airport and the hotel. However, you will be responsible for paying the driver. The cost is generally \$65-\$70 US depending on when you need the ride. We will match you with other travelers whenever possible which would allow you to share the cost.

Please mail:

v **Trip Application**

v **Statement of Psychological and Health Condition**

v **Release of Liability and Assumption of All Risks form**

v **Non-refundable deposit of \$300 per person made out to: Lonnie Luke (this confirms your registration)**

or charged to Visa, Master Card, Discover or American Express.

Mailing Address for application

Lonnie Luke
2411 Whitesburg Dr.
Huntsville, Al 35801

Payments

Please make **checks** to Lonnie Luke. **If you wish to pay by credit card, we accept Visa, Master Card, Discover and American Express.** The total cost of the journey is \$895.00 US per person, double occupancy. A deposit of \$300.00 is required to confirm your registration. **Single rooms are available for an additional fee of \$200.00.** Single rooms are subject to availability.

Mailing Address for checks

Lonnie Luke
2411 Whitesburg Dr.
Huntsville, Al 35801

Phone Number for credit card payments

256-539-5265

Packing

Please see the enclosed "Please Don't Forget Me List."

For any questions; phone 256 5395265 or 731-642-4199

Inquiries: Contact Connie Livingston Dunn or Lonnie Luke. Email: Connie yogart@bellsout.net or Lonnie lonnie@theawakeningvision.com

Arrival To and Departure from Mexico City

Our journey together begins in Mexico City, Mexico. You are responsible for your own flight transportation.

Once you arrive and pass through immigration and customs, we take care of getting you where you need to be! Plan to be at the formally named Freedom Cantina (just outside of the sliding glass doors of Terminal 1) in the International Arrivals area at the **Mexico City airport by 3:30 PM on April 22, 2009.**

Please wait in front of the Freedom Cantina (Terminal 1) and stay with your luggage at all times. If you are arriving in (Terminal 20) Please wait outside of the Starbucks just outside of immigrations and customs. If you get into Mexico City early, feel free to go to a restaurant and eat, but always have your luggage with you and plan on checking in with the group on time.

Please arrange your outbound flight from Mexico City on April 27th. Your departure time needs to be 3:00 pm or later. Please indicate on the trip application if you will not be using the group transportation. We will make whatever arrangements you need, but you will be responsible for the cost of transportation. Please see the Trip Application, page 4 for more transportation information.

Money

It is a good idea to have money changed from dollars to pesos while you wait for the group. There are several good exchange kiosks in the airport near the Freedom Cantina (Terminal 1) or Starbucks (terminal 2) or you can withdraw pesos from the ATM. You **will need** extra money for things you might like to bargain for and buy. All **meals** and **water** are supplied.

Food and Water

Please note that after breakfast we go out for the day and often will not get back to eat until after 3:00 PM. If you need to eat before then, make sure you have power bars, nuts, trail mix or whatever you need to take care of your body! Also note that once out on the land, purchasing water everyday may be **necessary** since the water in Mexico is not drinkable.

Hotel

Please let your family or a friend know where you are while you are away. We will be staying at Dreaming House; the phone number is 011 01 594 9560452. You can also visit the hotel's website at www.thedreaminghouse.com to see our beautiful accommodations

Daily Itinerary

We will not have a detailed program schedule. Our trip leaders teach from the moment as it guides them, and that is always changing! Depending on the group energy, the program may shift in any direction. Please trust that magic will happen at every event and put your "voice of knowledge" and "need to know" at rest. Be assured that we will have a wonderful journey planned for you. We look forward to a most exciting adventure together!

Trip Application

Please print your name and information carefully and legibly.

Name of trip: **Teotihuacán**

Your full name _____ (as it appears on your
Passport)

Mailing Address _____ City _____
State _____ Zip _____

Home Phone () _____ Cell Phone () _____
Office Phone () _____

E-mail _____

Fax _____

Occupation _____ Marital Status _____

Sex _____ Age _____ Height _____ Weight _____
Citizenship _____

Birth date (month/day/year) _____ Birthplace _____

Passport Number _____ Place of Issue _____ Date of
Issue _____

(Must be valid for 6 months after date of arrival)

Emergency Contact Information

In case of Emergency contact: _____

Address: _____

Telephone: _____ Other Telephone _____

Relationship: _____

Travel Arrangements

Your Name _____

Arrival Information

Please indicate which of the following apply to your arrival in Teotihuacán.

Standard Arrival prior to 3:30 PM April 22, 2009, group bus tentatively scheduled for 4:00 PM.

- I am flying into Mexico City and I will be using the group bus transportation (Included in trip price).
- I will be meeting the group bus at the airport. (Please plan to be at the airport at 3:00 PM. Included in trip price).
- I will be arriving late on the 22nd. Please arrange a taxi. I understand that I will be pay for the taxi.* (We will match you with other travelers when possible and you will split the cost).
- My flight arrives early on the 22nd and I would prefer not to wait for the bus. Please arrange for earlier transportation. I understand that I will pay for the taxi.* (We will match you with other travelers when possible and you will split the cost).
- I will be arriving before the 22nd and would like to stay at Teotihuacán (we will make arrangements for hotel and a taxi to the hotel. You are responsible for additional costs of lodging and ground transportation*). I will meet the group at the hotel. Please do not include me on the ground transportation schedule.

Please Enter Your Airline, Flight Numbers, and Arrival Times Into Mexico City:

Date: _____ Arrival Time: _____
Airline: _____ Departure City (Into Mexico City): _____
Flight Number: _____

Departure Information flight from Mexico City

Standard Departure 3::00 PM or later April 27th, 2009. Bus leaves the hotel at 12:00 PM.

Please Enter Your Airline, Flight Numbers, and Departure Times From Mexico City to Home:

Date: _____ Departure Time: _____
Airline: _____ Destination City (From Mexico): _____
Flight Number: _____

Payment Information

Your Name _____

I am willing to share a double/ triple room (yes or no)? _____

If yes, I choose to room with: _____
(we will match you with a roommate if you do not have one)

I prefer a single room at supplemental cost of \$200.00. (Yes or No?) _____

Cost of Journey to Teotihuacán: \$895.00

Then add a single supplement of \$200.00 if you want to _____
have a private room (The Dreaming House only):

Subtract your deposit if you already sent it in: _____

Your grand total is due by March 22nd, 2009: _____

Make Checks Payable to: Lonnie Luke or
Pay by **Visa, Master Card, Discover or American Express**: Call Lonnie at 256 539 5265
or enter credit card information here:

Name on Card: _____

Card Number _____ Expiration: _____

Security Code (last 3 digits on back of card) _____ Amount: _____

If applicable, please charge this card for my balance on March 22nd, 2009:

Yes

No

Mail Application and Check to:

Lonnie Luke
2411 Whitesburg Dr.
Huntsville, AL 35801

***Informed Consent, Authorization, and Release
Toltec Journey to Teotihuacán, Mexico***

I, _____, understand that Connie Livingston Dunn, and Lonnie Luke are the coordinators for Toltec Journey to Teotihuacán, Mexico from April 22, 2009 to April 27, 2009. I understand that they are not partners; that they are independent of each other, and that each, individually, has agreed to assist and participate in the coordination of this retreat. Here after in this document Connie Livingston Dunn and Lonnie Luke will be referred to as "The Coordinators".

I authorize and release the Coordinators and anyone else involved in organizing or directing Toltec Journey to Teotihuacán, Mexico to disclose information about my attendance to the hotel and any others necessary for the purposes of reservations, retreat coordination, and emergencies. I understand that it is my responsibility to consult with my medical doctors and/or psychologist regarding my fitness to attend and participate in this retreat, that I am responsible for having consulted with my physicians and gotten the inoculations and medications my physician has recommended before the trip, and that I must secure any and all medicines for myself as needed for the trip. I have been informed and understand that for health reasons it is not advisable to drink the water in Mexico. I will take responsibility to secure safe drinking water, as has been explained in the materials disseminated by the Coordinators.

I understand that the retreat will be taking place in a somewhat remote location (approximately an hour from the Mexico City airport by car) and that Teotihuacán; Mexico is at about 7000 feet of elevation. This elevation may be a medical consideration for some attendees. Participants will be walking approximately 2 miles to 5 miles per day, over the course of a day, and up the steps of the pyramids. Attendees may opt not to do this amount of walking or climbing; however they would miss a portion of the workshop activities. Please note that the steps of the pyramids are uneven and sometimes worn, as they are thousands of years old. There are hand rails along most of the steps of the pyramids, but there are places where no hand rail exists. While some participants may find this physically and/or emotionally challenging, hundreds of tourists of all ages make these walks and steps every day.

I understand that the fee for the retreat is \$895.00 for double occupancy, per person, and \$200.00 additional for single occupancy and that these fees include the following only: meals, the retreat and workshops, lodging, entrance fees to the ruins, and ground transportation with the group from the Mexico City Airport to Teotihuacán then back to the airport. Participants are responsible for securing and paying for their own air fare to Mexico City, and your home destination, **Also all other meals** and snacks and drinks, souvenirs and gifts, gratuities, any additional transportation, etc. I understand that it is my obligation to be ready to be transported from the Mexico City Airport by 4:00pm on April 22, 2009, in order to be transported to the hotel on the bus that will be provided. Return transportation departing at 12:00 PM to the Mexico City Airport from Teotihuacán, all flights to our home destination should be scheduled 3:00 PM or later on April 27th, 2009.

I understand that the refund policy for the retreat is as follows: The initial deposit of \$300 is non-refundable. Any other payments are fully refundable up until 30 days before the beginning of the retreat. For cancellations made less than 30 days before the retreat begins, no funds will be returned.

Because of travel and general life uncertainties, participants may want optionally to purchase, on their own, travel accident insurance, baggage insurance, tour operation carrier default protection insurance, and/or trip cancellation insurance. Information about this coverage can generally be obtained through a travel agent and/or your credit card companies. The Coordinators reserve the right to substitute hotels and leaders and to alter the itinerary when deemed necessary or advisable or to cancel the retreat at any time.

All of the accommodations, meals, tours, transportation, and/or related travel services have been made by the Coordinators only as a courtesy for the participants and not as an employee, agent, or partner of the various suppliers. The Coordinators accept no liability with regard to any of the suppliers utilized. While every effort is made to make travel arrangements with reputable suppliers, I understand and expressly agree that the Coordinators shall not be liable for any delays, mishaps, inconvenience, expense, irregularity, or injury or damage to person or property occasioned through the acts or negligence of any company or any individual engaged in providing these arranged services.

The Coordinators shall not be liable for acts of God, weather, strikes, and civil disturbance, and theft, changes in government regulations, terrorism, war or failure of conveyance to arrive or depart as scheduled. Each participant, conveyance, tour company, hotel accommodation, restaurant, etc. is subject to the law of the state or country where the service is provided. The Coordinators will have no financial obligation to or on behalf of any participant which results from the participation in the retreat.

I WILL TAKE FULL RESPONSIBILITY FOR THE CONSEQUENCES OF MY BEHAVIOR AND CHOICES ON THE RETREAT IN EVERY WAY - LEGALLY, FINANCIALLY, MEDICALLY, PSYCHOLOGICALLY, EMOTIONALLY, AND SPIRITUALLY. ATTENDANCE ON THE RETREAT INDICATES ACCEPTANCE OF THIS AND ALL OTHER PROVISIONS OF THIS DOCUMENT.

I HAVE READ AND TAKE FULL RESPONSIBILITY FOR UNDERSTANDING ALL THE MATERIALS DISSEMINATED TO ME BY THE COORDINATORS.

I THEREFORE RELEASE AND DISCHARGE THE COORDINATORS, THEIR AGENTS, EMPLOYEES, FACILITATORS, AND VOLUNTEERS FROM AND AGAINST ANY AND ALL LIABILITY ARISING FROM MY PARTICIPATION IN THE RETREAT.

If any portion of this agreement is deemed to be unenforceable, the remainder of this consent/authorization/release shall remain in full force and effect and such portions as are deemed to be unenforceable shall be construed as revised to give, to the extent possible, the intent of the original provision.

I hereby accept the above and verify this statement by my signature below. I also understand that if I do not sign this consent/authorization/release I will not be able to attend the retreat.

(Signature of Participant)

(Date)

Sign, date, and return with application

Medications and Vaccinations

Toltec Journey to Teotihuacán, Mexico

Your physical health and comfort is vital to a successful journey. While traveling in Mexico, it is wise to take several precautions to protect your health. An important one is to drink sealed bottled water or other sealed bottled or canned beverages, not tap water. These precautions apply to your plane flights, restaurants, hotels, etc. Remember that ice is water also. Brush your teeth with bottled water and do not swallow water in the shower. Be careful where you buy fresh fruits and vegetables and any food items.

Another precaution is to bring with you all medications you regularly take and others that may be required on an as needed basis. We will be about an hour from Mexico City, it may be time consuming to obtain medicines as you need them. Make sure all the medicines you bring are in their original bottle and that the prescriptions are currently valid. Pack your medications in your carry on baggage - you don't want them to get lost.

Please consult your physician about his/her recommendations for medicines, prescriptions, and vaccinations and about the current Center for Disease Control recommendations. We suggest you ask your physician about the following:

- “Hepatitis A & B vaccinations
- “MMR (Measles, Mumps, Rubella) vaccination
- “Tetanus booster
- “Polio vaccination
- “An antibiotic for an intestinal bacterial infection, food poisoning, severe diarrhea, sinus infection, respiratory infection, etc.
- “An antihistamine for allergic reactions, bug bites, nasal dripping
- “Pepto Bismol or equivalent for mild stomach problems or diarrhea
- “Imodium or equivalent for moderate diarrhea
- “Aspirin, Tylenol, Advil, or other personal choice for aches, pains, headaches, etc.
- “Any antacid of choice-Roloids, Tums, etc.
- “An antibiotic ointment (bacitracin, triple antibiotic ointments, etc.) for cuts and scrapes
- “A hydrocortisone cream for itchy bug bites and rashes
- “Be sure to bring sufficient amounts of the medications, vitamins, and other medical supplies that you typically use

Packing or 'Please, Don't Forget Me' List

We are delighted that you are joining us for the upcoming excursion. We ask you to carefully read the following information to ensure that your experience is as physically comfortable and spiritually rewarding as possible.

Every moment in this sacred place called Teotihuacán, whether praying, playing, celebrating or sleeping, will touch our lives in profound and unimaginable ways. Many people begin to experience this transformation even before they arrive. Old issues, unhealed wounds, and unnamed feelings may begin to surface in the weeks leading up to the journey, inviting us to bring our loving-kindness and healing attention to them. Some people may even experience a physical detoxification. We encourage you to allow and trust this magical process without struggling too hard to analyze it; give yourself a little quiet time to journal, reflect, or enjoy supportive time with friends. Be gentle and don't judge, knowing that you are already preparing for your journey.

During the pilgrimage we strongly encourage all participants to refrain from using intoxicants or any mood altering substances, to facilitate the greatest possible awareness and presence. We also recommend that you refrain for at least 48 hours before arriving. Each Journey invariably includes two itineraries. On the physical part of the journey, we each travel as a member of a group to places of extraordinary beauty, power and enchantment. On the inner journey, we travel solo down a long winding road often rife with potholes, detours and rivers to cross with no bridge in sight. The inner journey requires that we bring along all our love and courage to honestly deal with ourselves to separate truth from illusion. The inner journey is potentially the hardest one we ever make. For the physical journey we just need a sense of humor, flexibility and a properly packed bag containing all the things a physical body could need!

Mandatory Items

- v Passport;
- v Airline tickets or e-tickets;
- v Money for food and personal items and expenses;
- v Water bottle suitable for daily use. You should buy purified water only and brush your teeth with it;
- v Sturdy, well broken in walking shoes;
- v Enough of your medication for the entire trip in your carry on bag in case your luggage gets lost;
- v Your prescription glasses and sunglasses. Spares if you have any.

Recommended Items

- v Hat or visor;
- v Suntan lotion;
- v Bug repellent;
- v Sunglasses;
- v Comfortable non-binding clothing in layers for warm days and cool nights (it will be cool at night);
- v Bathing suit;
- v Personal items and toiletries;
- v Journal for writing;
- v Poncho for rain;
- v Back pack or fanny pack for camera, water, snacks, tissues and sweater; and
- v Alarm clock to be on time!

Art/Creativity Supplies: Since this will be a journey of creativity, please bring a notebook for journaling, poetry, prose, etc. Art/creativity items would depend on the media you wish to play/create with, so you might want to include camera, drawing or watercolor paper, watercolors, water container for painting, brushes, colored pencils, pastels, crayons, etc. or what ever you can lightly pack and carry with you to the pyramids.