

Pravassa Presents:
Paradise Found! Aruba with Jen Guarnieri
May 2nd – 6th, 2012
at Manchebo Beach Resort, Aruba

Pravassa and Jen G. are excited to have you join us for a weekend getaway of yoga and relaxation surrounded by the turquoise waters Aruba's Eagle Beach

Arrival Information:

Check-in begins at 3pm on Wednesday, May 2nd at Manchebo Beach Resort & Spa. Your hosts will be traveling from NYC to Aruba arriving around 1:30pm on Wednesday. Airport transfers are included in your package for the weekend so please make sure Linden has your arrival information and a hotel representative will meet you at the airport. Look for the PRAVASSA sign when you depart customs.

Air Travel: Your hosts will be traveling from NYC to AUA (Aruba airport code). Currently direct flights are around \$530. The cost of tickets will rise, as we get closer to our departure date so the sooner you book the better.

Sample Retreat Schedule*

*subject to modification

8 – 9:30am	morning vinyasa practice
10am	brunch
11am – 4:30 pm	free time – swim, paddleboard, kite surf
4:30 – 6:30pm	2-hour yoga workshop
7pm	dinner is served

On arrival day, the schedule will begin with our evening workshop class. Check out is at noon on our final day so our morning class and brunch will be served. If you have a flight, which departs in the evening, Manchebo will hold your bags at the front desk and there is a shower in the lobby if you wish to use it before airport departure.

Practical Details

Facts:

- Aruba is well south of the tropical-storm belt so Hurricanes are rare. You can expect great tanning weather with quick 20 min showers. We do suggest you double check with weather.com to see how warm/cool the days and nights will be.
- Local currency is the Aruban Florin, but don't worry, US\$ are widely accepted. We suggest traveling with cash instead of paying withdrawal fees at the local ATMs.
- While they are not the official languages, English and Spanish are widely spoken.
- Tips are included in your stay, but only on items included in the Pravassa package. If you get a massage or order a beachfront snack, please be kind to the staff at the end of your stay.
- No adapters are needed for electricity as the voltage and plugs are the same as in the US.
 - Aruba is 1 hour ahead of EST.
 - Manchebo comes equipped with shampoo, conditioner, body wash and hair dryers. There are mini-fridges in every room.
 - Most meals will be served at Manchebo. There are vegetarian and vegan options available.
 - Wifi & Cell phone service is available in the common areas.

Travel Info:

- Passports MUST be valid for 6 months after date of entry into Aruba.
- Manchebo Resort has a car rental agency on property if you'd like to rent a car or scooter to get you around the island.

Health Concerns and Medical Emergencies

- There are mosquitoes in Aruba, but the winds usually keep them at bay. As a precaution, pack some bug spray.
- Should you get sick, Manchebo has a physician on call.

What do I need to bring with me?

Once you are registered for this vacation, we will be forwarding a complete packing list. In the mean time, here are a few things you will definitely need for this vacation:

- A valid passport for 6 months from date of entry.
- Comfortable clothes to practice yoga in. Practice is outdoors under a shaded area.
- Bug spray and sunscreen, sunglasses, bathing suits, hat, pajamas, and earplugs.
- A credit card – all attendees are required to provide a credit card at check-in, which will be held on file until the weekend is complete. This is form of a security deposit at the hotel incase the room is damaged during your stay or any additional activities are added to your room.



Where will I be staying?

Manchebo Beach Resort & Spa. This 2-story resort features 71 rooms, 2 restaurants, and a spa. With a fresh water swimming pool, cabanas and lounge chairs on the beach as well as beach side waiter service, you'll be content to hang outside all day. The hotel is 15 minutes from the international airport and 10 minutes from town, which offers shopping, dining, nightlife and a casino.

What are the rooms like?

The non-smoking rooms are clean, comfortable and modern. Simply furnished, all rooms have private baths, air conditioning, mini fridges, microwaves and coffee makers. Enjoy your time with nature from your private balcony or patio featured with every room. Rooms also have phones, TVs and complimentary Wifi internet access.



What is NOT included in the retreat pricing?

Airfare to Aruba, food & alcohol outside the retreat package, and any activities such as day tours, car rental and spa treatments are not included in the package price.

What else can I do while at Manchebo?

Scuba dive, snorkel, jeep adventure tours, shop, head into town, visit the casino and more.

Additional References:

Manchebo Resort: +1 297-582-3444/ www.manchebo.com

Airfare: www.expedia.com www.kayak.com

Aruba info: www.aruba.com



Jen Guarnieri

Jen G. teaches creative and dynamic vinyasa flow yoga classes that invite people to explore their yoga practice by invigorating both their physical and subtle bodies. She graduated from Laughing Lotus's College of Yoga and has also completed Prenatal and Kids Yoga trainings. Practicing and studying vinyasa yoga for the past five years at Kula Yoga Project, Jen puts her emphasis on mindful and intelligent sequencing. She is a Lululemon ambassador for their SoHo location, and teaches group and private classes throughout New York City. Jen G. is extremely grateful that she works with so many amazing people and gets to share this practice that she loves so much.