



Exhale and Explore in Ecuador Travel and Yoga

EARLY BIRD REGISTRATION RATES (May 1, 2014)

Travel and Yoga Tour Fee: \$1,800

COST AND DETAILS

What is the Ecuador Travel and Yoga in the Andes Tour?

When speaking about stunning destinations, Ecuador has quickly emerged as a place that continues to captivate visitors from all over the world. Join us in the middle of the world for a journey that combines the perk of visiting one of the most bio-diverse countries on this planet and the enjoyment of practicing yoga and meditation in a fascinating place. Ecuador sits right between two hemispheres, a place where ancestral rituals highlight the importance of finding a balance between man and nature creating a transcendental journey. Crafted for yogis of all levels of experience, this tour is the perfect occasion to experience the power of Yoga and Meditation while visiting inspiring and fascinating landscapes. Come ready to rejuvenate, relax, and strengthen your yoga lifestyle. You will meet amazing like-minded people, while exploring the rich culture and astonishing beauty of Ecuador. To top this journey, you will be able to meet and interact with friendly locals, enjoy lovely accommodations, eat fresh produce and home-made Ecuadorian meals, and take part in daily tours carefully planned to explore our host country.

What is the estimated total budget for the Travel and Yoga tour?

ESTIMATED BUDGET	Single Traveler (Private Room / Shared Bathroom)	Single Traveler (Double Room / Shared Bathroom)
Travel and Yoga Tour (EARLY BIRD: May 1)	\$2,200 (EARLY BIRD: 2,000)	\$2,000 (EARLY BIRD: 1,800)
Roundtrip Airfare (Calculated from MIAMI)	\$600	\$600
Extra Spending Cash	\$300	\$300
Medical Travel Insurance Coverage	\$50	\$50
TOTAL COST	\$ 2,950	\$ 2,750

*Accommodations:

- a) Each double room has a private bathroom.
- b) Double rooms are perfect if you are traveling with a friend
- c) Past participants report spending between \$100 - 200 (i.e., souvenirs, additional food and beverages, tips, miscellaneous). Lunch is not included in the itinerary. A budget of \$150 will cover this expense.
- d) TOTAL cost shown based on early bird registration.

What is included in the tour fee?

- ☀️ Yoga and Meditation Classes
- ☀️ Fully Furnished Apartment Accommodations
- ☀️ Meals (As indicated in the itinerary)
- ☀️ Private Guided Daily Tours (English)
- ☀️ Transfer from and to airport in Quito
- ☀️ Entrance Fee for Local Attractions Included in Itinerary
- ☀️ Pre-departure information and Staff Assistance
- ☀️ Bottled Water

- ✱ Free Internet
- ✱ Farewell Reception
- ✱ Unique/Authentic Tours

What is not included in the tour fee?

- ✗ International Airfare
- ✗ Additional Snacks and Meals not Included in Itinerary
- ✗ Additional Transportation Services not Included in Itinerary
- ✗ Souvenirs and Miscellaneous
- ✗ Tipping and Gratuities
- ✗ Beverages and Alcoholic Drinks
- ✗ Travel and Medical Emergency Insurance (Price Range: \$30-70)



How and when should I reserve a spot for this tour?

The Travel and Yoga in the Andes tour is based on a minimum number of participants enrolled (minimum: 4 participants - maximum 10). We recommend that you reserve your spot for the tour as soon as you are ready to commit since there is limited space available. We have a rolling admissions process and will be admitting participants as they apply. Our application deadline is **June 1 (EARLY BIRD: May 1)**. All applications must be submitted with the \$300 registration deposit. Refer to installments dates for all payments. We aim to confirm the trip immediately after reviewing applications and securing the minimum number of participants for the tour. Please review all trip details and logistics and request an application directly from My Ecuador Trip.

Applications After Deadline: If space is available, participants can apply. Please contact us for inquiries.

How and When should I book my airfare?

Airfare is not included on the price of this tour. Because our participants come from many different places, you will book your ticket on your own from the location is most convenient to you! Most participants will flight directly to Quito from MIAMI after their first connection (Quito is only a 3.5 hour flight from Miami). Participants will receive detailed flight information and arrival/departure time for guidance when booking this ticket. All participants must arrived and depart at indicated times.

When should I book my airfare?

Our goal is to confirm the tour by **June 1, 2014**. You will receive a written confirmation and directions about booking your ticket at this point after you have been accepted to the program. DO NOT book your ticket without our confirmation in writing.

Payment Schedule

The payment schedule below allows participants to pay in several installments.

Installment Date	Installment Amount	
	Single Traveler (Private Room / Shared Bathroom)	Single Traveler (Double Room / Shared Bathroom)
Due w/ application (June 1)	\$300	\$300
June 15	\$1,000	\$1,000
July 15	\$900	\$700
TOTAL COST	\$ 2,200	\$ 2,000

* Early Bird Registration (**May 1, 2014**) Discount of \$200 will be applied to July 15 payment.

What can we expect from our accommodations?

Fully furnished apartment style accommodations are provided for all participants. These modern apartments have been carefully decorated and offer amenities such as a living room, dining room, and kitchen space to help you relax and enjoy your visit. We believe it is essential to provide not only comfort and safety, but also a special insight to the local culture. That is why we keep our tour size to a maximum of 10 participants and offer a smaller intimate property for our guests to truly make this visit a unique experience for each visitor.



How about our meals?

Coming to Ecuador is the perfect opportunity to experience the vast array of wonderful food that is available in this country. All meals included are clearly labeled in the trip description. With our expertise, we have selected a number of places that will offer you an authentic food experience, sampling local flavors, enjoying places where you will come face to face with locals, sharing traditions, and above all, eating like a local. To build rapport amongst participants, groups enjoy meals together.

What is the degree of physical demand for the activities organized?

Yoga, Meditation, Excursions, and Tours. Our tours are designed for all levels of yogis. Our tour is open to everyone with the ability to move through seated, standing, kneeling, and reclined positions unassisted. Our Yoga instructor is a certified instructor with experience accommodating participants' level of experience with Yoga and Meditation, and their physical ability. Beyond Yoga and Meditation sessions, our tours involve moderate hikes in the city, rainforests, plains, and national parks. Our tour involves getting out of vehicles, walking on uneven terrain, and in some cases hiking in places with high elevation and some humidity. Our tours are suited for anyone who can walk up to 2-5 km (1.5 - 3 miles) per day. Some days there will be no walking and other days walking time may exceed 1-2 hours (broken up into shorter blocks). In the past, we have welcomed participants with different medical conditions. Please send us an email if you would like to find out more information about the level of activity and accommodation for each tour.



GENERAL DESCRIPTION

Who can take part in this tour? Group Size?

Our Travel and Yoga in the Andes tour is designed for adults interested in traveling and practicing Yoga and Meditation. Our tour welcomes all levels of yogis, from newbies keen to improve within a week of daily practice, to serious practitioners and teachers who want to take advantage of traveling abroad and continue with their practice. Our tours offer the added comfort that adults seek, with knowledgeable tour leaders and on-site staff support 24/7. Each tour group is limited to a maximum of 10 participants. When you select My Ecuador Trip for your journey, you can expect a carefully planned itinerary with a full assortment of activities to immerse into the local culture. Our host city, Quito, was recently named one of the most beautiful cities in South America. We are excited to offer the opportunity to combine Yoga and Meditation with the exploration of our destination.

Where is the tour taking place?

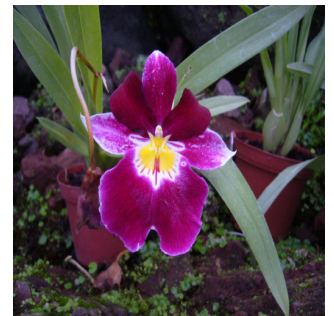
On the imaginary line that divides the globe into North and South, Ecuador stands as one of only 17 countries on earth considered as mega-diverse. Ecuador is “home to about 3,300 species of orchids, more than 1,500 species of birds, 350 species of reptiles, 450 species of amphibians, and more than 20,000 vascular plants” This diversity is also reflected on its people, with an ethnically mixed population representing Spanish and indigenous roots. Ecuador is one of the smallest countries in South America and lies 9,000 feet above sea level. Quito, our host city, is the capital of Ecuador. Quito was the first city named by UNESCO a “world heritage” city in 1978, and received the honor of "cultural capital" of Latin American in 2011.



With a population of 2.4 million, Quito offers one of the best preserved colonial centers in the world, combining a rich history with a contemporary metropolitan image. **National Geographic named Quito one of the top 10 places to visit in 2013.**

Why should I travel to Ecuador to practice Yoga and Meditation?

Experts suggest that benefits of regular practice of Yoga and Meditation can help to trim, tone, and detoxify your body. In addition, it is no secret that you can improve your posture, strength, and flexibility. Our tour is designed with these outcomes in mind, and we have created an itinerary for you to relax, travel hassle free, and reconnect your body and spirit. Ecuador offers a unique setting, and with the help of our local experts, we have selected several locations ranging from the Andes mountains, volcano craters, the rain forest, local parks, and waterfalls to take advantage of the astonishing beauty that Ecuador presents.



What to expect from Ecuador as our destination?

Our Travel and Yoga in the Andes Tour is carefully designed to offer participants the opportunity to explore Ecuador and familiarize with the local culture. The tour has many aspects that are educational, recreational, cultural, and also offer activities to simply relax and have fun. All daily excursions are carefully designed and make up an itinerary that is fun,



enriching, and safe. A staff member from My Ecuador Trip will serve as a group leader and will guide the group through their journey. Transportation is provided for every tour. Some of the unique destinations for our tour include:

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|------------------------|-----------------------|----------------------------|
| ♣ Hike Rain Forest | ♣ Sacred Lakes | ♣ Waterfalls |
| ♣ Volcano Observation | ♣ Visit the Jungle | ♣ Hot Springs |
| ♣ Watch Exotic Animals | ♣ Pululahua Crater | ♣ Soccer Games |
| ♣ Colonial Cathedrals | ♣ Local Museums | ♣ Artisanal Craft Market |
| ♣ Shopping in Quito | ♣ Middle of the World | ♣ Humming Bird Observation |

Who is leading the Tour?

Our tour combines the passion for Yoga and the opportunity to explore Ecuador in one adventure. To offer you a great experience, this tour will be lead by experienced staff member of My Ecuador (a local from Ecuador) who will serve as your host and the key person responsible for all logistics from the time you arrive to Ecuador to the moment you are returning home with priceless memories.



To provide you with a top notch Yoga and Meditation experience, Julie Jahn will serve as our Yoga & Meditation Leader. Julie is an assistant professor at Eastern Michigan University in the School of Health Promotion & Human Performance. Her background and passion is in providing relevant, educational, and fun movement experiences for children via quality K-12 Physical Education. She teaches primarily in the Physical Education Teacher Education program at EMU and does research in the areas of physical activity and Physical Education policy. She loves her job because she is passionate about kids and adults being not just physically active, but also physically literate, educated movers. Julie received her degrees from the University of Wisconsin-La Crosse (Exercise & Sport Science with an emphasis in K-12 Physical Education), from the University of Northern Iowa (M.S. in Physical Education w/ a technology concentration), and from Arizona State University (currently completing her dissertation to receive a Ph.D. in Curriculum & Instruction). In undergrad is where Julie started her yoga journey. She took yoga for a 1-credit course and never looked back. She's been a certified yoga instructor since 2005 and has taught in a variety of settings—from YMCAs, to public schools, to substance abuse treatment centers. Julie currently teaches yoga at Eastern Michigan University and at CrossFit734 in Ypsilanti, MI. Yoga brought a peaceful balance to her competitive athletic college years and now brings a new kind of calmness to her professional years. Julie does and teaches yoga because it is much more than just a great way to become or stay flexible and strong. Yoga is an opening into yourself, into balance, and into a stronger mind and spirit.



What type of Yoga and Meditation will we practice?

Julie's Vinyasa Flow yoga classes are an opportunity to strengthen not only the body, but also the mind and spirit. They are alignment-grounded, but also free-flowing with music to take you on a journey into a more supple, strong, and aware whole self. Classes focus on releasing stress and tension through pranayama (breathwork), then progress into challenging strength and balance sequences to create a partnership between physical strength and dynamic flexibility. You'll close your practice with cooling sequences to further promote deeper range of motion, muscle release, and relaxation. Prepare to get more than just a workout—you will work on yourself.

Do you have additional questions?

Please contact us if you have any additional questions or would like to discuss tour details.

TRIP PREPARATION DETAILS

Do you need medical / travel insurance to participate in this tour?

All participants must secure medical travel insurance coverage PRIOR the trip. This insurance should cover you for the entire duration of the trip. While many participants may already be covered by a medical insurance policy, your policy for this tour must include travel, medical, emergency repatriation, overseas coverage, and travel/trip cancellation (For additional details and a description of risks, please refer to our liability contract).

All participants must present **proof of insurance** in writing to My Ecuador Trip prior departure (i.e., copy of online receipt/policy with your name). My Ecuador Trip does not endorse the following travel insurance providers but includes their contact information for your reference

iNext card: <http://www.inext.com/plans/supplemental/basic.aspx>

CMI Insurance Worldwide: <https://www.cmi-insurance.com/default.aspx>

STA Travel Insurance: <http://www.statravel.com/international-travel-insurance.htm>

Insurance Purchased Through Orbitz when you book your ticket

Health Considerations

Each participant should consult a doctor for up-to-date medical travel information before departure. We highly recommend that you carry with you all personal medications needed (e.g., headache tablets, antibiotics, etc). When booking this tour, please carefully read about the physical demands of the itinerary. Please note that Quito is a city in the Andes mountains with high altitude (medically defined as anything over 8,000 feet). We have not have any issues in the past, but because everyone reacts to altitude differently, and only you know your health and fitness level, please consult with your physician prior the trip.

Do you need vaccinations prior traveling to Ecuador?

All our programs take place in locations where no vaccinations are needed. These areas have no risk of malaria or yellow fever.

Do you need a visa to visit Ecuador?

At the present time, U.S. citizens do not need a visa to travel to Ecuador for a period shorter than 90 days. If you are **not a U.S. citizen**, you must check with your own government agency and/or the consulates of all countries visited for entry and visa requirements for your nationality.

Should you bring cash to Ecuador?

Yes. Each trip details an estimated amount of cash participants will need to bring to cover additional expenses (i.e., souvenirs, alcoholic drinks, tips, miscellaneous). However, because every participant is different spending money requirements will vary. Please consider your own spending habits. In addition, it is always a good idea to have **extra cash/emergency fund** in case you find the souvenir of your dreams or need to make an unexpected purchase.

Ecuador's official currency since 2001 is the **U.S. dollar**. If you bring cash, please bring smaller bills (locals do not accept \$50 or \$100 dollar bills). We highly discourage bringing traveler checks.

Credit Cards: ATMs are available. However, you need to check with your bank before leaving to ensure that your card works internationally. Also, we recommend that withdrawing cash from an ATM will be for emergency purposes only, considering that our itinerary might take us to places where ATMs are not available.

What should I pack?

Every participant will receive detailed packing information prior departure. We will be happy to answer any additional question.

What is your cancellation policy?

Participant Cancellation:

Cancellation Policy: Refunds will be given for cancellations received in writing 60 days before the trip date less a \$300 processing fee. If you decide to cancel your participation in the tour 60 to 30 days before for any reason, we will refund 50% of your total payments (not including \$300 processing fee). Cancellations under 30 days before the trip dates will not be entitled to any refunds. No partial refunds are given for unused meals, hotel rooms, airport transfers, or other program activities, for any reason whatsoever. All requests for cancellation and refunds must be in writing to myecuadortrip2010@gmail.com.

Only cancellations under 30 days are eligible for credit for a future tour (travel, study, or volunteer tour) minus the \$300 application fee and any other expenses incurred by My Ecuador Trip. If credit is used, this tour must be booked within one year after the original tour date. No refunds will be given if the tour is not booked within that time frame. My Ecuador Trip will have no further liability with the participant.

Tour Cancellation:

The tour may be cancelled or postponed due to unforeseen circumstances by My Ecuador Trip. In this case My Ecuador Trip will refund all tour fees and has no further liability to the participant. My Ecuador Trip will not be responsible for additional costs, charges, or expenses, including cancellation/change charges assessed by airlines, travel insurance, and/or travel agencies. Please note that under no circumstances My Ecuador Trip is responsible for any flight cancellation or flight change charges incurred. My Ecuador Trip is not responsible for weather or travel-related problems and will not reimburse registration fees for these issues. We would like to mention that we have never cancelled a trip.

Travel Warning Cancellation

In case of an act of war, terrorism, or the threat of an act of terrorism. Participants will receive a full refund (less the \$300 processing fee that will be applied for a future trip) should all of the following conditions be met: (a) a terrorist act, or threats of terrorist acts occur(s), which is directed against U.S. interests on U.S. soil or in U.S. airspace or directed against U.S. interests in any other country or in international airspace; and (b) as a result of these events, a formal Travel Warning is issued by the U.S. Department of State, stating that Americans should not travel to Ecuador and any other country or countries that are included in the participant's tour itinerary; and (c) the formal Travel Warning by the U.S. Department of State is issued within 30 days of the participant's departure.

Itinerary Disclaimer

Each participant will receive a detailed itinerary closer to the trip's dates. Each participant will also receive a detailed list of how to prepare, packing, and other pertaining information. While it is our intention to adhere to

itinerary described for each tour, there is a certain amount of flexibility built into each itinerary and My Ecuador Trip deserves the right to make alterations when necessary and at the discretion of My Ecuador Trip staff. Travel can be unpredictable, and the itinerary is a general guide to the tour and region. In addition any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered and travel times will be changed according to local circumstances.



Phone: 320.493.6581

MY ECUADOR TRIP
Ann Arbor, Michigan 48103 - Registered LLC.
Website: www.myequadortrip.com

Email: info@myequadortrip.com