

Greetings!

We are delighted you are joining us for the upcoming Journey to Teotihuacán, July 1-6, 2010. We ask you to carefully read the following information to ensure that your experience is as physically comfortable and spiritually rewarding as possible. Please return the enclosed waiver by mail. And, if you have not yet paid for the full trip, we also need the balance by June 15th, 2010. Call us if you need to make other arrangements.

Your deposit of \$350 is non-refundable. The remaining balance is refundable up until one month before the journey. We strongly encourage you to purchase travel insurance. This will allow you to receive a full refund for your trip from the insurance company if a family emergency or something of that nature should arise. Please see this website for more information: <http://www.travelguard.com>
Enter in Code: 85599

Each "Power 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 that is often rife with potholes, detours and rivers to cross with no bridge in sight. The outer journey requires that we pack good shoes, clothing suitable for both hot and cold weather, suntan lotion and bug repellent.

The inner journey requires that we bring along all of our love and courage to honestly deal with ourselves and see what is truth and what is illusion. The physical journey invites only our sense of humor and flexibility. But, our inner journey asks that we identify and begin dismantling the false assumptions upon which we have built our lives.

The inner journey is the hardest one we ever make. The Toltec have traveled this journey before us and mapped a road we can follow to transcend duality and break the cycle of suffering. With the power and wisdom of The Nagual available to support and guide us, we can change our perception. The resulting death of ignorance and resurrection of awareness will speed our journey into the freedom beyond. Our outer journey is intended to follow this map to freedom.

The journey you are about to take has the potential to completely transform your life. Please join us with all your enthusiasm and love as we travel together to this magical place of power and freedom!

Blessings, HeatherAsh Amara and Raven Smith

WHAT TO BRING

Required Items

- Your passport
- Money for personal expenses (gifts, snacks, between \$100 -\$200 is average)
- Prescription medications

Optional but Recommended Items

To aid in your physical comfort, we strongly recommend that you pack the following:

- Sweaters and layered clothing for evenings and nights; it can get rather cold at night.
- Hat/Visor
- Sunscreen (the altitude is high and the sun is very strong during the day)
- Personal Pillow (if desired)
- Sunglasses
- Casual, comfortable clothes that you can layer and that are suitable for walking, and sitting while in the pyramid grounds
- Light weight clothes
- Personal items and toiletries
- Dream or writing journal and pen/pencil
- Rain poncho
- Backpack or fanny pack for transporting items on the daily outings. Size depends on the amount of belongings you prefer to carry with you during the day
- Snacks that are portable
- Aspirin or ibuprofen (Ben-Gay or Icy Hot for muscle soreness if you are unaccustomed to physical exercise)

ARRIVING IN MEXICO CITY/CURRENCY EXCHANGE

On your arrival in Mexico City proceed through customs. For all airlines except Aeromexico, Continental, or Delta, you will meet the group at approximately 4:30 PM on October 29 at the entrance to "Baron Rojo", located immediately to the right or left as you exit customs (there are two doors out of customs on either side of the restaurant) If you arrive early, feel free to exchange your currency for pesos at the airport and hang out at the Cantina. Just be out front of the restaurant by 4:30 PM and look for our group.

If you arrive on Continental, Aeromexico, or Delta Airlines, you will be arriving in Terminal 2 and will meet in front of the Starbucks just outside of customs at 4:30pm, though the pick-up may be around 5pm. If you come on an earlier flight you will simply wait for the rest of the group to arrive. We will let you know if any of this information changes.

When you change your money, it is best to ask for the smallest denominations possible (20, 50 peso notes). The shop owners in Teotihuacán often cannot change large bills. Sometimes the

moneychangers are cooperative and sometimes you have to accept what they have available.

FOOD and LODGING INFORMATION

All food will be included in this journey. You may want to bring your favorite snacks. We will be staying at the Dreaming House just outside of the Pyramid complex. The phone number there is 011 52 594 956 3969 (from the US).

If your flight is delayed, please call 512-233-8480 and leave a message with any information you have about when you will arrive, and we will make sure someone is there to pick you up when you arrive.

If for any reason you need to take a taxi, (cost is about \$165 one way) make sure to get an “official” taxi from the stand inside the airport. The address for the Dreaming House is: c/o Alberto Hernandez Romero
Calle Libertad No. 15
San Sebastian Xolalpa, Estado de Mexico
MEXICO.

WAIVER

PLEASE READ CAREFULLY:

THIS IS A LEGALLY ENFORCEABLE WAIVER OF RIGHTS.

Begins on next page; please return a signed copy to us via mail, scanned and email, fax, or hand delivered.

Teotihuacan, Mexico July 1-6, 2010

ASSUMPTION OF RISKS

I _____, acknowledge that I have voluntarily applied to participate on the trip designated on this application. I am voluntarily participating on the tour or expedition with knowledge that travel to foreign countries and/or the remote areas visited by this trip involves numerous risks and dangers including a risk of illness, injury or death, which may be caused by: forces of nature, civil unrest, terrorism, road conditions, injuries inflicted by animals, insects, reptiles or plants, trails, hotels, vehicles, boats or other means of conveyance which are not operated nor maintained to standards common in the United States; high altitude (on certain trips), accident, accident or illness without access to means of rapid evacuation or the availability of medical supplies; the lack of adequacy of medical attention once provided, and negligence on the part of Spiritual Integrity, Heather Ash Amara, Raven Smith, or affiliated organizations and their employees, volunteers or other agencies. I acknowledge that the enjoyment and excitement of foreign travel/adventure travel is derived in part from the inherent risks incurred by travel and activity beyond the accepted safety of life at home or work, and that these inherent risks and the corresponding enjoyment and excitement contribute to the reason for my voluntary participation on this trip.

I HEREBY ACCEPT ANY AND ALL RISKS OF ILLNESS, INJURY, EMOTIONAL TRAUMA OR DEATH AND VERIFY THIS STATEMENT BY PLACING MY INITIALS HERE: _____.

RELEASE

AS LAWFUL CONSIDERATION for being permitted by Spiritual Integrity, Heather Ash Amara and Raven Smith to participate on such trips and activities, I hereby agree that I, my heirs, legal representatives or any member of my family will not make a claim against or sue Spiritual Integrity, Heather Ash Amara, Raven Smith, or any of their affiliated agents or employees for bodily injury, death, emotional trauma or property damage resulting from my participation in the tour or expedition. I THEREFORE RELEASE AND DISCHARGE Spiritual Integrity, Heather Ash Amara, Raven Smith AND THEIR AGENTS AND EMPLOYEES FROM AND AGAINST ANY AND ALL LIABILITY ARISING FROM MY PARTICIPATION IN THE TOUR OR EXPEDITION EVEN THOUGH THAT LIABILITY MAY ARISE OUT OF NEGLIGENCE OR CARELESSNESS ON THE PART Spiritual Integrity, Heather Ash Amara, Raven Smith, OR ITS AFFILIATED AGENTS, EMPLOYEES OR VOLUNTEERS.

If any portion of this agreement is unenforceable, the remaining portions shall remain in full force and effect. Under no circumstances Spiritual Integrity, Heather Ash Amara, or Raven Smith be liable to any tour participant for more than the land cost of the trip applied for on this document.

KNOWING AND VOLUNTARY EXECUTION

I have carefully read and fully understand the contents of this agreement as well as all the conditions as stated under the heading "Responsibility/Limitaiton of Liability" (see attached pages) including those conditions regarding responsibility borne by trip participants and conditions regarding cancellations and refunds. I am aware, that this is a release of liability and a legally binding and enforceable contract between myself and Spiritual Integrity, Heather Ash Amara, and Raven Smith and I sign it of my own free will.

EXECUTED THIS _____ DAY OF _____ 2010

SIGNATURE _____

PRINT NAME AS SIGNED _____