



## Winter Dance Camp Getaway(s) in TRONCONES, MEXICO

You are invited to join us, and it's time to start considering your travel plans. Here's helpful info, with links at the bottom to the registration forms, to pages about more info, and to info about the Puerto Morelos Winter Dance retreat, south of Cancun, which follows these two.



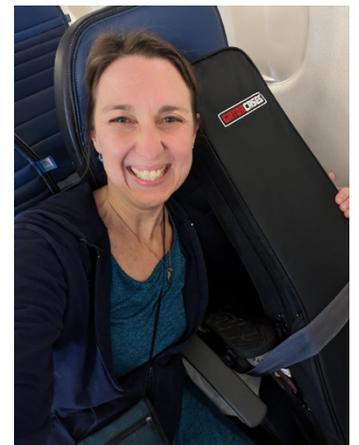
### TRONCONES!

Troncones is a small, relatively undeveloped coastal village about 20 miles (32 km) northwest of Zihuatanejo, offering a distinctively laid-back, tranquil, and authentic Mexican flavor. It maintains a small-town aesthetic, with palm trees and hammocks abounding. Loud nightlife is minimal. It's known for its beautiful uncrowded beaches, stunning sunsets and sunrises, and surfing possibilities. The food is varied and quite good, and it is a safe town, by day or night.

We collaborate on two Dance retreats with a couple of days of downtime between the two. Many people have started coming for the whole two weeks, enjoying the culture, food, ambiance and warmth in Troncones, and spending time with others – from North, central and South America, and beyond - who come for the retreats.

### TRAVEL:

Make sure your passport is current! You fly into the Zihuatanejo International Airport (ZIH), a small, easy-to-navigate airport with direct flights from many US cities (meaning you don't have to go through Mexico City), including Los Angeles, Dallas/Ft Worth, Phoenix, Seattle, Houston, Chicago and San Francisco that we know of (there may be more). Troncones is an easy taxi ride (30-40 minutes) from the airport and it is easy to find a taxi. People generally arrange to share rides from the airport; we will send you the link to the arrivals spreadsheet once you register; you can fill out your arrival information and find others who are arriving around the same time as you, to share a taxi with from ZIH to Troncones.





## THE RETREATS:

• **The first retreat** (January 26-February 1), “All My Relations,” is a bilingual Dance camp, with Senior Mentor Darvesha MacDonald, and Elizabeth Dequine, Luis Vizcaino and Cynthia Ishtar Valenzuela, and other mentors and leaders from Latin and North America, and includes a Dance leader training component led by Darvesha. This is an opportunity for training if you are a leader, and for supporting newer leaders in the circle if you aren’t. It is a lovely opportunity to meet Dance leaders from Mexico, central and South America, and bask in the gentle beauty of that culture. Instruction will be provided in both Spanish and English. The retreat includes two dance sessions each day, with time for reflection, dance instruction, playing music and relaxing on the beach.

**Cost:** \$175-\$250 US Dollars; scholarships available, particularly for Latin Americans.

**Registration form:** [here](#).

**Information:** Elizabeth Dequine, [edequine@gmail.com](mailto:edequine@gmail.com) or Vimlan VanDien, [vimlanv@gmail.com](mailto:vimlanv@gmail.com)

• **The second retreat** (February 4-8), “Flowing Gratitude in Calm Abiding”, is a deeper retreat facilitated by Sky Roshay, Shivadam Burke and Jen Friedman. We will share Dances, kirtan, speaking circles, singing circles, art projects and whatever else emerges from the hearts and creativity of participants, with a pace and depth that will offer time to slow down, breathe and deepen into our Selves, our practices and our relationship to the Dances.

Retreat facilitators Sky Roshay, Shivadam Burke and Jen Friedman are accomplished Dance leaders, musicians and mentors with many years of experience in creating sacred space, facilitating retreats and holding a heart space for everyone in the circle.

**Cost:** \$130 to \$225 USD, as you can afford. Some scholarships available, especially for Latin Americans.

**Registration form:** [here](#).

**Information:** Wayne Talmadge, [wayne.talmadge@gmail.com](mailto:wayne.talmadge@gmail.com)

\*\*\*\* You must register and pay for each retreat separately.  
Both retreats include two catered meals. \*\*\*\*

**Catered meals:** Bilingual retreat: brunch the first morning and a farewell dinner the last evening; Deepening retreat: first evening dinner and last day brunch.



## FOOD:

There are a number of small tiendas (shops) to buy fresh produce and other food (yogurt, eggs, milks – including soy, oat, almond, rice – granola, peanut butter, cooking oils, herbal teas, bath supplies, medicinals, etc.), as well as a local pharmacy and a produce truck that comes by twice a week. There are also farmers markets on specific days of the week.

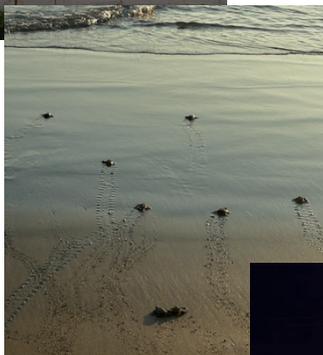
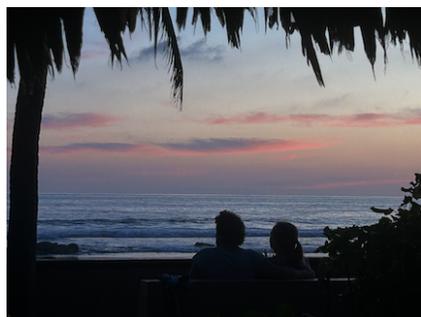
There are many restaurants nearby, as well as kitchens at the dance site for those who want to prepare their own meals. Restaurants include small cafes frequented by the locals, as well as more up-scale tourist restaurants (vegan friendly restaurants, too!).

## LODGING:

There are many lodging options, from budget to expensive. Most are within easy walking distance of Casa Escondida, the retreat center; we can provide some suggestions, and more can be found on Airbnb.

*One casita, right off the beach, is currently available at Casa Escondida for the second retreat. Contact Wayne for details: [wayne.talmadge@gmail.com](mailto:wayne.talmadge@gmail.com)*

Casa Escondida offers a secluded retreat space, with grass to dance on under tall palm trees. We watch the whales spouting and breaching offshore (this is their migration time along the Pacific) and bask in gorgeous sunsets (and sunrises if you get up that early). There is a covered Sala (living room area) with couches for hanging out or napping, as well as hammocks, a gazebo and a swimming pool and some kitchen use.



## ACTIVITIES:

Uncrowded beaches with great sunrise and sunset photo ops, and waves for boogie boarding (they can be rented) or body surfing or just dancing in, all just out the gate from the retreat center; most hotels are along the same beach. Swimming is possible if you are a strong swimmer; the waves are powerful and there is an undertow. The water is not cold!

The town has lots of local musicians who play in a variety of styles and appear in several of the restaurants nearly every night. A few venues have dance floors, and we do go dancing.

A turtle refuge is located just a little ways down the beach; they release baby turtles to the ocean. If we are there when this is happening, we can go help! It has been a memorable experience in the past.

You can book a kayak tour to an estuary with lots of birds, turtles and iguanas, and/or a boat tour with snorkeling. And whale watching. Somebody organized a hike uphill to a cave last year.

You can hear the sounds of the waves at night, watch lines of pelicans flying along the water and see whales spouting and breaching out in the distance.

Zihuatanejo is a lovely small city to spend time in before or after the retreats, with lots of calm beaches.



### **Going to Puerto Morelos:**

If you are interested in caravanning to Cancun for the Puerto Morelos Dance Camp (and maybe being part of an airport jam session), purchase the following flights on Tues. 2/10 on Aeromexico. Flight AM 1453 departing ZIH at 12:58, arriving Mexico City at 14:10pm, THEN Flight AM 0536 departing Mexico City at 15:15 and arriving Cancun at 18:47, THEN email Wayne to get on the shuttle list [wayne.talmadge@gmail.com](mailto:wayne.talmadge@gmail.com) We will coordinate shuttles to and from the airports.

### **LINKS**

We have a staff that helps with lodging and registration, answers questions, helps you arrange shared rides from the airport and more. If you need your questions answered or your hand held (metaphorically speaking), we will do that!

More information about Troncones:

<https://skyness.net/why-come-to-troncones/>

More information about the Deepening Retreat, and general info on travel, pesos, lodging:

<https://mysticdance.com/event/troncones-mexico/>

Registration forms:

“All My Relations” - Bilingual Retreat with Dance Leader training (January 26-February 1):

<https://docs.google.com/forms/d/e/1FAIpQLScybhe2oIXG-UIuJBd4dmkhVqLkSWfN6YXVL5HuuMLGo5Cy9g/viewform>

“Flowing Gratitude in Calm Abiding” – Deepening Retreat (February 4-8):

[https://docs.google.com/forms/d/e/1FAIpQLSez1anZvm9M\\_98S-NsvBFjZGdQc1PYb9YJHVBtlyKweVGaJ2Q/viewform](https://docs.google.com/forms/d/e/1FAIpQLSez1anZvm9M_98S-NsvBFjZGdQc1PYb9YJHVBtlyKweVGaJ2Q/viewform)

Info about the Puerto Morelos Winter Dance Camp (February 13-19), including registration form:

<https://pmdup.com/>