

# 2019 Sundoor Firewalk Certification Training

with HeatherAsh Amara

## Frequently Asked Questions

- Is the Firewalk Certification for women only?

No, Firewalk Certification is open to all genders!

- Can I attend if I have health/physical limitations?

We do our best to accommodate anyone who wants to attend our events. There are different physical requirements for our various events and it is especially important to fill out the intake form completely and also discuss any and all

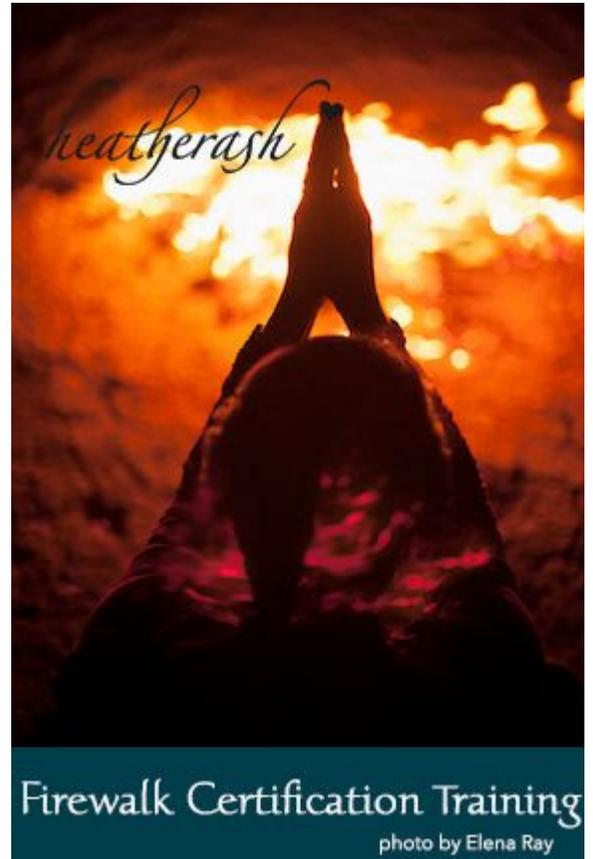
concerns you have with our logistics team prior to attendance. This will allow us to best discuss options and to serve your needs if possible.

If you are not sure if we should know about any health issue, we would ask you to please discuss it with our logistics team. Some examples of past participant health issues have been: sleep apnea, insomnia, use of a wheelchair, walking canes, mobility issues, and sensory issues.

- Will we get to visit The Pyramid Complex?

If time allows we will have a half day journey to the pyramid complex. Be prepared for a lot of walking. Many of the participants take the 15-20 minute walk to and from The Dreaming House to the pyramids. Others who desire or have a need to ride will have a private group transport bus available for them both to and from the complex.

While at the complex there is still ample walking and the terrain can be bumpy, grassy, dirty and if climbing the different structures, the steps



are often not uniform and some can be steep. It is recommended you dress as you would for going hiking, or for a walk in nature.

- How much money should I bring?

Based on USD the ratio is close to a 15:1 conversion. That is approximately 15 Pesos for 1 USD. Expenses that are not included in your trip would be things like: snacks, personal items, souvenirs, compulsory tips for staff (400MX), laundry at the dreaming house (approx. 200MX), tips for bathroom attendants at travel locations (small amounts of Pesos), Peso coins in 1, 2, 5, and 10 denominations for access to paid public bathrooms and purchase of toilet paper, money for additional outings, additional transportation, etc. If you are planning on purchasing many things, a suggested amount would be approximately \$400 USD.

- What are the bathrooms like?

The sewer system in Mexico is not as capable of handling paper as in other places. Toilet paper is not usually available in the bathrooms and it is a good idea to carry some hygienic wipes or toilet paper with you at all times. The toilet paper and any feminine hygiene products should be put into the trash can and not flushed into the toilet. Most public toilets do NOT have a toilet seat, they only have the toilet bowl. Additionally, many do not have soap or towels. So having hand sanitizer or wipes for washing your hands is recommended.

- Is the water safe?

While staying at The Dreaming House, the water is filtered and safe to drink. Water should only be purchased in sealed bottles from reputable stores.

- What about ice?

Ice is not typical in Mexico as it is in some other countries. To get ice you will have to ask for it and ice is an additional cost. When drinking at places other than The Dreaming House, it wise to ask if the ice comes from bottled water. If in doubt, do not use ice.

- Do I have to speak Spanish?

No, you do not have to speak Spanish, but having a small knowledge of common phrases is helpful. Carrying a small translations book can also be helpful. (Note on translations. There are two main types of Spanish, the type spoken in Spain and the type spoken in Mexico. When purchasing a translation book, make sure it is for Mexican Spanish.)

- What should I expect when traveling to Mexico?

Mexico is a diverse and varying culture depending on the location. Some visitors may find Mexico more active and noisy than their homes of origin. The people are friendly, cheerful and there are often loud celebrations going on. We recommend that travelers pack both earplugs and eye masks to help with sleeping at night.

- What if I want to extend my stay?

We are happy to help you plan your extended stay in Mexico. If wish to stay at The Dreaming House for additional dates, then please let us know asap, so we can confirm that room is available. When you come in either earlier or leave later, you will be responsible for your own transportation. We recommend the “pink taxis.” You can purchase a taxi ride from the taxi booth and you will be assigned a taxi. It is approximately \$70 USD to ride on your own from the airport to The Dreaming House.