



*Swimming with Whale Sharks  
A Retreat near La Paz, Mexico  
November 2 –7, 2011*

*With Valinda & Gino Cochella*

[www.SouthBayYoginis.com](http://www.SouthBayYoginis.com)

# Solar Powered Eco-Resort Accommodations

[www.ventanabay.com](http://www.ventanabay.com)



Activities  
[www.ventanabay.com](http://www.ventanabay.com)



*Snorkeling with Whale Sharks in La Paz Bay!!!*





**Come give yourself the gift of an amazing encounter with the whale sharks, the largest fish in the ocean. They do not have teeth and use filters to feed on plankton. The Sea of Cortez offers a unique opportunity to swim with them in the calm waters of La Paz Bay. Swimming with these friendly and curious fish make for an experience like no other. To be so close to these magnificent creatures and their young is a life changing experience! These whale shark tours are governed and regulated by the Mexican Environmental Protection Agency.**

**Spend your days relaxing in a hammock reading a book, practicing Yoga, meditating, walking or suntanning on the coral sand beaches of the Sea of Cortez. You can also snorkel, fish, freedive, SCUBA dive, hike, mountain bike in the canyons, visit the quaint city of La Paz, eat amazing gourmet meals, and enjoy the views from the La Ventana Bay eco-resort!**

**Investment in your Encounter  
\$995.00 USD pp (Double Occupancy\*\*)**

**Includes:**

- 5 nights in the beautiful beachfront eco-resort La Ventana Bay Hotel (solar-power, Moroccan & Southwestern Architecture)
- 3 meals a day and beverages (coffee, tea, purified water, & refreshments)
- All ground transportation (LAP Airport, Whale Tour, La Paz Tour)
- Yoga sessions
- Whale shark tour (Boats, Snorkeling gear, Bus, & Meals)
- City of La Paz tour (lunch in town & Ice cream)
- Tips (10%)

**Not Included:**

- Airfare and airport taxes : LAX - La Paz or SJD – LAX
- Optional healing/massage
- Shopping money for crafts, clothes, souvenirs, etc.
- Optional boat ride to islands (snorkeling with seals, SCUBA diving, fishing, free-diving with Gino)
- Transportation from/to San Jose del Cabo Intl Airport (optional Arrival/Departure city, more options than flying to La Paz)
- Optional activities (Rental sport package is \$35/day/pp. Includes equipment for kayaking, biking, snorkeling, & windsurfing)
- Alcohol, soda beverages, extra tips

**\*\* Note:**

- \$200.00 Surcharge for Single Occupancy
- Limited beach front room (first come basis). All Bungalows have spectacular views of the Sea of Cortez.

## **\*Tentative Daily Schedule (Subject to Updates & Optional)**

### **Day 1**

1:00 pm – Arrive at La Paz, transfer to La Ventana Bay Hotel (45 min ride)  
2:30 pm – Lunch and welcome/orientation/get settled  
7:00 pm – Dinner  
9:00 pm – Enjoy the stars

### **Day 2**

7:00 – 9:00 am – Breakfast  
10:00 am – Yoga with Valinda or optional activity\*  
12:00 pm – Lunch at hotel or Tour to La Paz (lunch & Ice Cream included) – or  
free time (massages, optional activity\*)  
5:30 pm – Return to La Ventana Bay Resort  
7:00 pm – Dinner  
9:00 pm – Enjoy the stars

### **Day 3**

7:00 – 9:00 am – Breakfast  
10:00 am – Yoga with Valinda or Optional Activities  
12:00 pm – Lunch  
1:30 pm – Free time at La Ventana (massages, optional activity\*)  
7:00 pm – Dinner  
9:00 pm – Enjoy the stars

### **Day 4**

7:00 – 9:00 am – Breakfast  
10:30 am – Depart to La Paz – Whale Shark Tour (Sack Lunch to Go)  
3:00 pm – La Paz Malecon Tour  
4:00 pm – Depart for La Ventana  
7:00 pm – Dinner

Day 5 (same as Day 3)

### **Day 6**

7:00 – 9:00 am – Breakfast  
8:00 am – Optional Activities  
12:00 pm – Lunch  
1:00 pm – Depart to Airport

\* Sport activities are optional and \$35/day pp. If you would like to use kayaks, snorkeling equipment, mountain bikes, and beginner windsurfing equipment in your free time, please let us know at time of registration for reservations. Massages can be scheduled at your convenience.

## The Fine Print:

- Before committing to this life changing experience, realize that this trip is for patient open people, for those who take responsibility for themselves and embrace the opportunity to connect with other cultures and interact with wild sea life. Those who tend to complain, blame others, fear life, and are not flexible with other cultures will find this experience to be outside their comfort zone.
- Please be aware the boat ride can get rough, we do not go to the open sea to see the whale sharks, we stay inside La Paz Bay area but it can get windy, so bring Dramamine, or wrist bands just in case. The boats will not be able to turn back. There are about 8-10 people per boat. Mask, snorkel, and fins are provided for this tour. Captains are certified tour operators with VHF radio. There is visual contact with search planes at all times to locate the whale sharks.
- Not 100% guaranteed to encounter whale sharks, but more than likely we will encounter them with the help of search planes. There is also a chance to encounter manta rays, dolphins, and seals.
- **When you register we will be sending a list of what to bring**
- Flight options are:
  - o LAX – La Paz (LAP) – LAX. This is the preferred route
    - Departure Alaska 2603 Wed Nov 2<sup>nd</sup> 10:05 am,
    - Return Alaska 2604 Mon Nov 7<sup>th</sup> 3:40 pm)
  - or
  - o LAX – San Jose del Cabo (SJD) – LAX and rent your own transportation, drive a little over 2 hrs north to the La Ventana Bay Hotel (beautiful scenic drive, contact us for more info)
- We recommend to book your flights ASAP
- You are welcome to stay extra days at your own expense, Gino & Valinda will stay until Nov. 12<sup>th</sup>.
- Resort is child friendly, so let us know if you need child care

For Additional information contact

Valinda at [Valinda@SouthBayYoginis.com](mailto:Valinda@SouthBayYoginis.com) (C) 310-341-6118

Or

Gino at [gcochella@socal.rr.com](mailto:gcochella@socal.rr.com) (C) 310-344-2489

Orientation Meeting

**Orientation meeting to be scheduled at Valinda and Gino's home (snacks included, Date TBD) .**

For a tour of facilities [www.ventanabay.com](http://www.ventanabay.com)

We hope that you will be joining us on this journey!!!!



La Paz Intl Airport

La Ventana Bay Resort

San Jose Del Cabo Intl Airport