



Hello Attendee of the [3-Day Fitness + Yoga Party!](#)

We are just days away from meeting you at the Hotel Adeline and having you become a part of this one-of-a-kind fitcation! We are thrilled to welcome you to Scottsdale, Arizona and we are reaching out to you now to share some very important details and insights.

Travel

If you are flying in for this event, you will more than likely be landing at the Sky Harbor Airport in Phoenix. For quick reference, the Hotel Adeline is 5101 N Scottsdale Rd, Scottsdale, AZ 85250. There are plenty of different modes of transportation that you can take to get you to the hotel like [Uber](#), [Lyft](#), and general taxi service. [Use this link to give you an idea of the distance between the airport and the hotel.](#)

If you are local or if you are driving to the hotel, please know that there are plenty of free parking spaces available to utilize whether you are having a staycation or if you have day passes.

Hotel

When you check in at the [Hotel Adeline](#), you will receive an event wristband and room keys. Please keep the wristband on you at all times as this is your pass during your stay. The front desk will ask you for a credit card which will only be charged should you have any non-event related charges (i.e. alcohol, spa, and in-room dining and in-room entertainment). Please be aware that we will also ask you to sign two waivers. One will be a physical liability waiver for event participation and the other will be an agreement to respect the hotel property and the room in which you are staying.

Food & Beverage

We want to remind you that we will provide breakfast, lunch, and dinner throughout your stay with the first meal being served at 5:00 PM through 7:00 PM on Thursday, February 28th. Make sure you get here and check in with enough time to join us! The menu will consist of options for vegetarians, vegans, and those with any allergies which include options for gluten-free and dairy-free individuals. Water and other non-alcoholic beverages will also be served to keep you hydrated as you enjoy all of the different fitness and yoga classes during the event. Alcohol can be ordered on the hotel property at your own cost which can be billed to your room.

In Your Suitcase

Here are a few things we would like to remind you to bring to ensure you are prepared for an amazing stay!

- Yoga Mat
- Bathing Suit (the pool is temperature regulated)
- Fitness/Yoga Clothing
- Toiletries
- Sneakers
- Party Attire
- Sweater/Jacket (it does get colder at night in the desert)

Schedule

Attached to this email is the schedule for the entire event. We recommend you [download this PDF](#) to your phone for easy access but please know that there will be signage and event staff with the

schedule conveniently located throughout the hotel property to also assist you. Please know that there are **no sign-ups for classes** and all classes are on a **“first come first served”** basis. Should any classes, you wish to be a part of, happen to be full, there will be plenty of other exciting activities from which you can choose. Not to worry if you aren't able to take part in a class that is full! We have assembled many fitness and yoga courses that will be both challenging and fun. You won't be disappointed!

Hiking

Conveniently located nearby our host hotel is the beautiful Camelback Mountain. For all of you who are hiking enthusiasts, the Cholla Trailhead is only minutes away! Please know that due to city regulations, all hiking activities are at your own discretion as the city of Phoenix limits the traffic on the roads leading up to the mountain itself as the entry of the hiking trails is located in a residential zone. There will be Limebikes available at the hotel should you wish to hike or [you can take a short walk](#). For more information, please ask any of our event staff members when you arrive at the hotel.

Should you have any other questions or concerns, please email info@vikaraevents.com and we will do our best to provide you with the answers you seek.

There are still a few rooms available so bring your friends and family for an unforgettable weekend!

Thank you for being a part of this event! We can't wait to welcome you to this experience!

The 3-Day Fitness + Yoga Party Team

www.vikaraevents.com

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SWEAT SMILE + REPEAT