¡Viva la Vida!
Frida + Folk Art + Food
November 4-8

Trip now open to the public
Subject to Change

The Heard Museum invites you to join the inaugural tour of its reinvigorated travel program for Circles Members. Immediately following the opening of the exhibition Frida Kahlo: Her Photos, curator Janet Cantley will lead patrons on this lively exploration of Mexico City. Together we will delve deeply into the soul of this colorful, complex, fascinating, and incredibly rich culture that is Mexico today. Our home base will be the Camino Real Hotel in Polanco, Mexico City’s most verdant and luxurious colonia.

On the journey, we will explore all things Frida, with a good bit of Diego as well. Museo Frida Kahlo in Coyoacan, also known as Casa Azul for its
brilliant blue hue, was the lifelong home of Kahlo. It has been lovingly
maintained and stands as a paean to the life of Kahlo and her soul
mate Diego Rivera. We will visit Museo Estudio Diego Rivera in the San Angel
neighborhood, a conjoined double home-studio for the artists, designed
by architect Juan O’Gorman. Art historian Dr. Sara Aroste will guide us
through these remarkable spaces, filled with artifacts from the lives of
these two national treasures. Following our visit to the studios, we will travel
to Centro Histórico for a riveting survey of the sublime murals of the great
Mexican muralists Rivera, Orozco, Siqueiros, and Tamayo. These revered
works of art are sited within Palacio Nacional, Palacio Bellas Artes, and
Antiguo Colegió de San Ildefonso. It is impossible to understand the history
of Mexico without examining these renowned paintings.

Museo de Arte Popular, Mexico City’s glorious folk art museum, is a must
see and will provide an introduction to the extraordinary masters of
Mexican folk art. Indigenous artisans from every region of the country,
working in a vast range of art forms and media, are superbly presented in
the museum’s intelligently designed exhibits. Participants may purchase
recuerdos (mementos) at one of the exceptional folk art galleries we plan
to visit, including Tienda del MAP and Víctor Artes Populares Mexicanas.

Carla Fernández, a clothing designer committed to working with and
expanding opportunities for indigenous artists, has invited Heard patrons
to visit her active studio. The daughter of an important archaeologist,
Fernández, from an early age, had the opportunity to visit villages
throughout Mexico. On these trips, she learned about the varied customs
of personal adornment among indigenous populations as well as their
complex traditions of weaving and textile production. She has chosen to
dedicate her lifework to celebrating and preserving these traditions,
which have been practiced, uninterrupted, for thousands of years.

In Xochimilco, the floating gardens of the Aztecs, we will board colorful
trajineras (boats) and enjoy a specially prepared lunch while gliding
through the waterways of this UNESCO World Heritage Site. We plan to
meet with a group of village artisans who continue to produce their craft
on ancient islands constructed by the Aztecs. Before leaving this
southernmost part of the city, we will tour the Museo Dolores Olmedo filled
with its namesake’s expansive collection of work by Diego Rivera and
Frida Kahlo. Watch for strutting pavoreal (peacocks) and xoloitzcuintle,
the famed hairless dogs first bred by the Aztecs.

Teotihuacán, revered throughout the pre-Hispanic era as the birthplace
of the Gods, the Olympus of Mexico, is one of the most impressive of pre-
contact sites in the country. Saburo Sugiyama, Ph.D., professor at Arizona
State University School of Human Evolution and Social Change, will take us on an insider’s tour that includes the Pyramid of the Sun, Pyramid of the Moon, Temple of Quetzalcoatl, the Teotihuacán Culture Museum, and the ASU Research Lab. Professor Sugiyama has been working at Teotihuacan since the 1980s and was responsible for overseeing the excavation of the Pyramid of the Moon. Our investigation of pre-contact Mexico will also take place at Templo Mayor with Aztec specialist Dr. Michael Smith, also from ASU. What better way to experience 2,000 plus years of Mexican culture and civilization than with the dedicated archaeologists who have made this region’s discoveries their life’s work.

The culinary scene in Mexico City is exploding with creativity. Heritage-proud, internationally trained chefs are putting their own contemporary spin on traditional Mexican cuisine. We seek out the best of these offerings for our dining experience: Rosetta, Hacienda de los Morales, Merotoro, and Azul Histórico, to name a few. A culinary highlight of the tour will be a special, private cooking class with Martha Ortíz Chapa in the kitchen of her acclaimed restaurant Dulce Patria -- sweet homeland in English. We will spend a delightful morning with Ortiz sipping special drinks, listening to stories, nibbling on appetizers, and prepping ingredients for a special three-course lunch. Ortiz's motto says it all: “passion is the most important ingredient.”

Please note: Viva la Vida is an active tour through Mexico City (elevation 7300 feet) and environs. Sidewalk surfaces can be uneven, rocky, slippery, and muddy, and care must be taken while walking. We will be visiting archaeological sites and primitive villages and getting on and off boats and our motor coach. Stairs and curbs are often unstable and uneven. Comfortable walking shoes are a must. Please assess these conditions before you sign up. We are not able to accommodate anyone with mobility issues or altitude sickness.

If you are interested in accompanying us on this very special trip, please send a deposit of $1,000 per person to secure your spot.

The cost of this bespoke trip is:
Double Occupancy, per person: $3,645.00
Single Room Occupancy: $4,030.00
(round-trip airfare to Mexico City is not included)

Pricing is based on 23 paying participants. Accommodations are based on double occupancy. Tour includes: Transportation to/from the Mexico City Benito Juarez International Airport to the hotel in Mexico City; Deluxe Room at the 4-star Camino Real Hotel; 4 lunches, 3 dinners, and daily
breakfasts; special museum, artist studio, archeological site, and other tours; all honoraria, gratuities, porterage, and entrance fees; private air-conditioned bus transportation; all pre-tour mailings; and Heard Museum staff, Resonant Journeys tour management, and Mexico City-based tour and scholar-guides. **Tour price does not include:** Round-trip airfare to/from Mexico City Benito Juarez International Airport; meals not specified in the itinerary; and hotel incidentals.

The itinerary is subject to change.

In addition, a **tax-deductible donation of $250.00 per person** is required for trip participation and must be paid by separate check made out to the **Heard Museum**.

For questions, please contact:
Gretchen Freeman, **Resonant Journeys**
email: gf@resonantjourneys.com

Trip participation is on a first-come, first-served basis. A **NON-REFUNDABLE DEPOSIT OF $1,000 per person, payable by check only to** **RESONANT JOURNEYS** will secure your seat. A deposit refund cannot be guaranteed and is possible **ONLY** if your space can be resold. **MAIL YOUR CHECK TO:**

Resonant Journeys  
5833 North 30th Street  
Phoenix, AZ 85016  

Travel insurance is highly recommended.

**DO NOT MAKE ANY AIRLINE RESERVATIONS PRIOR TO BEING NOTIFIED.**