

# Yoga and Eco-Adventure Retreat

FEBRUARY 8-15, 2025 - [JUNGLE BAY DOMINICA](#)



Dominica, “Nature Island of the Caribbean”, is home to dozens of waterfalls, hot springs and lakes, unique reefs for snorkeling, dramatic walls for diving, 300 miles of hiking trails, and 170 different bird species. The nourishing volcanic soil and mineral-rich water sources provide a wide variety of tropical foods, fresh fish and farm-to-table delights.



Jungle Bay’s 19-acre property is a kind of “edible resort” with 100+ varieties of tropical fruits growing on site. Accommodations are beautiful suites or rooms, each with a raindrop shower and private deck. The restaurant, overlooking the Caribbean Sea, serves fresh and healthy island food with a Creole influence. In addition to a peaceful spa for massages, there is an exercise room, two swimming pools and a hot tub.

## OUR YOGA HOME IN DOMINICA

This airy space, with sea and garden views, will be home to our daily practice. Yoga mats, blocks, blankets, straps and chairs are available. Classes will be taught to meet the experience and needs of the students in our group. A minimum of one year of yoga practice/classes prior to joining the retreat is required. [Email me](#) if you have questions about this.



## EXCURSIONS

Jungle Bay offers [excursions](#) including hikes of many levels, snorkeling, kayaking, visits to beautiful falls, gorges and soaks in hot springs. Diving, whale watching, and birding excursions are available through third-party providers.



## WHAT'S INCLUDED?

7 nights' accommodations, airport pick-up and return; breakfast, lunch, dinner & all non-alcoholic drinks like fresh island juices; daily yoga classes; all on-site activities such as the Herbal Tea Class, garden tour, and Caribbean cooking class; one off-site excursion from Jungle Bay's offerings; and Government VAT.

## WHAT'S NOT INCLUDED?

Your flights to and from Dominica, additional off-site excursions, spa services, alcoholic drinks, staff tips.

## RETREAT FEE

The fee is based on your choice of accommodation. Each room or suite has a king bed or twin beds, and a deck with either a lush garden view or an ocean view. For more photos and details, please visit the [Jungle Bay Dominica](#) page.



ROOMS	GARDEN VIEW	OCEAN VIEW
Double Occupancy	\$2,435	\$2,551
Single Occupancy	\$3,335	\$3,556
SUITES		
Double Occupancy	\$3,160	\$3,315
Single Occupancy	\$4,650	\$4,958

Rates above are Per Person. A \$100 discount for registrations by June 1, 2024 will be applied at final payment. Ocean view rooms or suites based on availability at time of deposit.

## THE “FINE PRINT”

A deposit of \$500 per person reserves your spot. Please register through Down Under School of Yoga on their [website](#).

Full payment is due by December 1, 2024. No refunds are possible, but you can transfer to another participant who takes your place, OR you can schedule a stay at your own discretion with Jungle Bay to take place within a year’s time of the cancellation. No transfers are available after the start of the retreat.

## TRAVEL INSURANCE

Life happens, and in case you need to cancel your trip or deal with medical needs while on Dominica, travel Insurance can be helpful and is highly recommended. This site, [Squaremouth](#), allows one to compare various policies.

**PLEASE REACH OUT TO ME WITH YOUR QUESTIONS AT**  
[ROSIERICHARDSONYOGA@GMAIL.COM](mailto:ROSIERICHARDSONYOGA@GMAIL.COM)