

Caribbean Yoga Retreat

February 4-11, 2023

Ocho Rios, Jamaica

Welcome!

We are so glad you will be joining us on this retreat!!

We are planning a relaxing and nourishing experience to remember. In this mostly-inclusive tropical retreat, we will awaken and explore the senses to feel fully alive. Through yoga, breath work, meditation, Yoga Nidra, rest and immersive experiences, you will tune into the gifts of life to increase greater ease, meaning, connection and happiness.

Lucy, Tracey and Kelsey specialize in creating luxury retreats where you have to do nothing! Sit back and let us arrange everything for you from meals to adventures. There is enough free time in the schedule for you to relax by the pool, play in the waves, explore the area or hang out with friends. Everything is an invitation, not an obligation. Our past retreats have proven to be life changing experiences, with attention to detail, fun, comfort, and ease.

About our Location:

"Golden Clouds Villa is a luxurious 12-suite estate situated in a park-like 7-acre setting. It is a spectacular oceanfront villa located on Jamaica's fabled North Coast in the picturesque village of Oracabessa. Located a fifteen minute drive from Ocho Rios, the villa overlooks a private palm fringed, white sand beach and the Caribbean Sea. Surrounded by manicured lawns and gardens, the property consists of a main villa with 10 suites and a garden villa with an additional 2 suites. Each building has a large veranda and its own swimming pool.

The large fresh water pools (two) at the main house and cottage have shallow areas for beginners and deeper areas for more advanced swimmers. A thatched roof gazebo, a recreation, game and exercise room all make for a active outdoor setting. A professional tennis court (pro available), basketball practice, shuffleboard, children's playground with swings, croquet and ping pong complete the outdoor amenities. The villa has a gorgeous white sand beach (man-made, and slightly raised above sea level) with coconut palms, thatched hut and tables, fresh water shower, lounge chairs and night lights. For over 100 years, guests have enjoyed swimming at Golden Clouds, and the villa is well known for its beautiful reefs, located directly in front of the property's 500 ft of shoreline. Golden Clouds is adjacent to Goldeneye (Ian Fleming's winter home) and features the same gentle current, abundance of tropical fish, and beautiful turquoise waters shared by the two magnificent properties. Access to the sea is provided by stone cut stairs and well constructed ladder steps at various locations along the water's edge. A swimming platform for guests is anchored offshore and provides a great place for sun tanning and diving. A child-friendly wading pool with sheltered lagoon is also featured along Golden Cloud's shoreline. For the more adventurous guests, Golden Clouds provides complimentary use of kayaks and snorkeling equipment." See pictures at www.redtwigyoga.com/retreats)

TRAVEL:** You will need a passport to travel to Jamaica. At this time there are no requirements other than your passport to enter Jamaica. All COVID restrictions have been lifted at this time, but we will let you know if that changes. Shuttles from the airports to the villa will be arranged by us and transportation to/from MJB is included in your retreat registration. PLEASE try to arrive before 5pm. The last shuttle will leave at that time. If you arrive after, we may ask you to split the cost of your private transfer. *Once you make your reservations, please send Lucy your itinerary.**

***MONEY:** The Jamaican Dollar (JMD) is Jamaica's official currency. If you plan to take taxis or shop in local markets, you will need Jamaican dollars. With enough warning, you can ask your bank to get JMD for you, you can exchange at the airport, or you exchange at local banks. Often people ask, “how much money should I bring?” That really depends on what you intend to buy, if you drink alcohol, and if you plan to do activities outside of the retreat. It would be a good idea to have some cash (\$200), just in case.

***FOOD AND DRINK:** Three meals a day will be prepared by our personal chefs at the villa. One night we will all go out for a local Jamaican meal. **If you have special requests or needs please share those with Lucy ASAP.**

There will be a daily happy hour. “Mocktails” (non-alcoholic drinks) and alcoholic drinks will be available. Your first drink is on us! A cash bar (tickets) will be available throughout the day and evening. We ask that you purchase tickets from us to hand to the bartenders rather than pay cash at the bar so we can keep one bar tab with the villa to pay at the end of the week. Once we get a feel for the prices of liquor, wine, and non alcoholic drinks we will set a price for tickets (estimate \$6-8 per alcoholic drink). Please bring small bills to help us make change!!

The rooms do not have coffee makers or fridges. The Garden Villa has its own kitchen. Coffee is served beginning at 6:30am.

Groceries/Snacks/Liquor: The staff can go on grocery runs for you (for a fee), or you can take a cab to town to shop yourself.

***PACK:** February in Ocho Rios has “daily high temperatures are around 82°F, rarely falling below 80°F or exceeding 85°F. Daily low temperatures are around 73°F, rarely falling below 70°F or exceeding 76°F. It is considered the windy side of the island. You may want to have one casual nice outfit for our dinner in town. A light sweater may be nice too if the evenings get cool. To learn more about the weather in Ocho Rios, click [here](#).

***SUNSCREEN.** Bring it! Try to use sunscreen that is free of chemicals that damage the coral reef. Terms like “reef-safe” or “reef-friendly” are typically used to identify sunscreens that do not contain oxybenzone and octinoxate, two common UV-blocking chemicals that studies have shown can cause coral bleaching. Many of the “safe” sunscreens turn you white. I am a fan of SUNBUM and ALBA. If you don’t care about a little white hue, RAW LOVE is a good brand with a good cause. [Here](#) is an article on some top 2022 recommendations.

***CLOSED TOED SHOES ARE MANDATORY** at our [Mystic Mountain](#) Excursion. We will also be climbing a waterfall. So you may want a closed toed water shoe or shoes that can get wet. Lockers are available (for a fee) if you want to bring two pairs of shoes. For the White River tubing experience you can wear sandals.

***YOGA MAT AND PROPS.** **You need to bring your own yoga mat.** Towels can serve as blankets, you may want to bring your own props if you know you need them.

***SNORKELING/SWIMMING:** If you have snorkel gear bring it! There is good snorkeling right off our private beach. There are only 4 sets of snorkel gear at the villa, but sometimes used gear can be sketchy. It’s nice to have a long sleeve sunscreen/rash guard shirt to wear in the water if you plan to spend a lot of time on/in the water.

***SAFETY:** Ocho Rios is one of the safer areas in Jamaica. Most of your time will be spent in our self contained villa with security guards, and traveling in a large group. Your risk level goes up if you decide to venture off on your own. [Here](#) is an article that discusses safety and precautions in Jamaica. [This](#) article discusses risk prevention and medical precautions.

Cost of Retreat Includes

- *Daily breakfast, lunch, dinner, nonalcoholic drinks, and snacks
- *Daily Happy Hour - 7 free drink tickets. Additional alcoholic beverages available for purchase
- *Daily morning and afternoon yoga in the tropical expanse of the villa grounds.
- *Airport transfers from Montego Bay (MBJ)
- *Accommodations with amenities listed below.
- *Concierge service to help you arrange additional services or excursions.
- *Our Excursions:
 1. River tubing on the White River
 2. Mystic Mountain Adventure Park with Sky Explorer, Bobsled Jamaica, Anancy's Web Ropes Course, Infinity Pool, and Dunn's River Falls.
 3. Transportation for a day of shopping in Ocho Rios
 4. You will be treated to an authentic Jamaican dinner in town
- *Transportation and tips for these adventures

Amenities included:

- Each suite has separate air conditioners, ceiling fans, color satellite televisions, hairdryer, shampoo, conditioner, designer towels, and bathrobes.
- Two swimming pools
- Two Private white sand beach
- Tennis, shuffleboard, basketball, volleyball, air conditioned gym, mini putt, game room with pool table, poker table, and board games.
- Large beautifully landscaped estate
- Snorkeling equipment
- Kayaks
- Full staff

What is not covered

- *Airfare
- *Transportation from any other airport other than MBJ
- *Tips and local transportation for your own activities.
- *Beverages other than water, soda, and coffee and juice for breakfast
- *Yoga mats and props. Please bring whatever you need/want.

Cancellation Policy and Insurance:

- Initial \$500 deposit is non-refundable. Due to the non-refundable deposit and potential travel restrictions, travel insurance that includes COVID coverage has been highly recommended. Check www.aardy.com and www.insuremytrip.com for price comparisons. Insurance can cover your non-refundable deposit and retreat registration if you need to cancel. Lucy can provide you with the necessary documentation.
- If you have not paid your balance by November 1, 2022 you will be expected to pay the normal rate or your spot will be made available to other participants.

- Registration is only refundable (minus the deposit) if your spot is filled. If it is not filled, no refund is given. We have a waiting list we can utilize, so let us know as soon as possible if you need to cancel. However, this is no guarantee that your spot will be filled.

Lucy will send out a questionnaire in January requesting the final details of your flights, emergency contacts, and dietary restrictions. Please respond to it ASAP so we can have all the information in one place.

Please direct any questions or requests to Lucy at redtwigyoga@gmail.com or 715-220-1185.

Daily Schedule (subject to change)

Everything on Your retreat is an invitation Not an Obligation

The retreat begins at 6pm at the Welcome Dinner on February 4th and ends after breakfast on February 11th 2023.

Lucy, Tracey, Scott and Kelsey will be arriving the Tuesday before the retreat to ‘get the lay of the land.’ We will be certain that you get to us safe and sound and get you to your departure flight in plenty of time.

The general schedule will be:

6:30am	Coffee/Tea/Fruit
8:30am-9:30am	Yoga
9:30 am	Breakfast
10:00 am...	Free time, planned excursion, or excursion on your own
12:00	Lunch wither at the villa or on the excursion
4:00pm-5:00pm	Yoga
5:30pm-6:30pm	Happy Hour
6:30pm-7:30pm	Dinner (one night at a local restaurant in Ocho Rios)
7:30...	Free Time, games, etc.