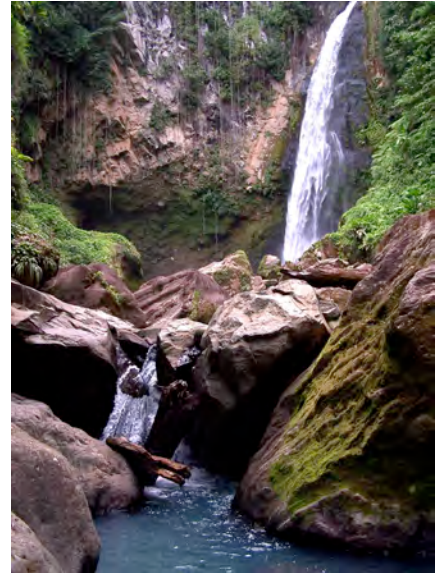


# YOGA/ ADVENTURE in DOMINICA

MARCH 12-19, 2011

There is a reason why *National Geographic Traveler Magazine* chose Dominica as the #1 Caribbean Island (think world-class diving & hiking). There are many reasons why Jungle Bay Resort & Spa earned the following accolades: *Forbes Traveler* 10 Best Luxury Eco-resorts; *Islands Magazine* Top Green Resorts in the World; *Modern Bride Magazine* Hot List; *Condé Nast World Saver Award*; *Travel and Leisure* Global Visions Award.

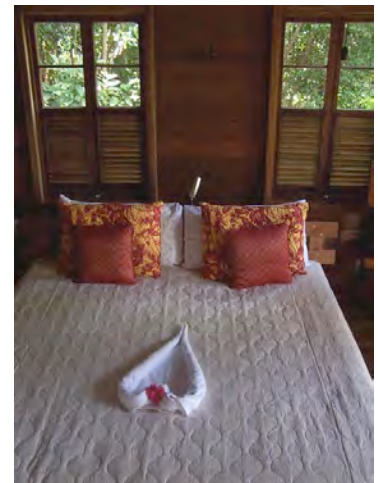


## DISCOVER YOUR OWN REASONS TO RETURN YEAR AFTER YEAR

Join us **March 12–19, 2011** for a week-long yoga and/or adventure vacation on the beautiful Caribbean island of Dominica at the luxurious rainforest retreat, Jungle Bay! Take daily Iyengar yoga classes appropriate for all levels with certified instructor, Laureen Rueckner. Non-yoga participants will find plenty to do as well. This will be our 6<sup>th</sup> year back to Dominica. Explore with us the wonders of the “Nature Isle of the Caribbean.” Unwind, rejuvenate and enjoy the great outdoors! Indulge in yoga, R&R, hiking in the mountains & rainforest, swimming, snorkeling or scuba diving.

### The retreat includes:

- Melville Hall Airport (DOM) transportation to and from the Jungle Bay Resort
- 7 nights in elegantly furnished tree-top cottage accommodations at Jungle Bay Resort & Spa
- gourmet meals (vegetarian & non-vegetarian options) and non-alcoholic beverages all inclusive
- daily morning yoga classes and several late-afternoon restorative classes
- 30 minute spa treatment overlooking the rough Atlantic
- three nature-based excursions including, or equivalent to, a hike to Victoria Falls, snorkeling trip to Champagne Beach w/ visit to Soufriere Hot Springs, and a hike to the world’s largest volcanic Boiling Lake.
- All returning participants will receive a “Jungle Bay family” upgrade, which includes a gift basket containing wine & fresh fruits and a complimentary one-hour spa treatment.



Total cost: \$1700 per person, double occupancy (\$1550 for non-yoga participants)  
\$2200 per person, single occupancy (\$2050 for non-yoga participants)  
(This package, booked on your own, costs \$1981 double and \$2639 single)  
Airfare not included. (Fares from Boston are running around \$750-\$1000 round trip.)

Located in Delices, Dominica (*not* the Dominican Republic), on the south-east coast of the island, this breathtakingly designed eco-friendly resort & spa offers the perfect blend of rustic and elegant living. Amenities include 35 hardwood **cottages** perched under the coastal forest canopy, large indoor and outdoor **yoga studios** overlooking the sea, a full-service **spa**, elegant **restaurant**, a swimming **pool** ... and much more!



After morning **YOGA classes with Lauren** and a tasty vegetarian or Caribbean inspired lunch, explore the many attractions Dominica has to offer: Dominica's oceanic rainforest is one of the last in the world! **Hike** in the rainforest to scenic vistas (there are no mosquitoes!). **Explore** waterfalls and rivers, **Wade** in warm mineral springs or coastal ocean pools, **Snorkel** or lay out on the beach, scuba dive, watch hump back and sperm whales, or spend an afternoon visiting the Carib territory in the north-east. And of course, **Spa du Soleil** at Jungle Bay is perfect for those who just want to relax and be pampered.

Night-time activities include a Caribbean cooking class, a presentation on the healing powers of local herbs, dancing to live music ... or a moonlight dip in the pool.

A **\$500 deposit** by December 15 will reserve your place. Earlier deposits ensure a better airfare. The **remainder is due January 20**. E-mail me to request updates on this fabulous trip and for a reservation form.

For more information, visit the following link:

<http://www.yogaclasses.net> (my own website on which you will find direct links to Jungle Bay, Dominica, photographs from our previous retreats, as well as many articles)



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Peace —  
Lauren & Wolfgang  
Rueckner

