

# RAIN FOREST TO ART STUDIO RETREAT IN THE CARIBBEAN

*Sample Itinerary (Subject to minor changes)*

*January 9th -16th, 2010*



## **Saturday**

Airport transfer  
Settle into jungle cottages  
7:00 pm – Welcome Dinner & Orientation

## **Sunday**

7:30 am – Sunrise Yoga  
9:00 am – Snorkel at Scotts Head & visit Soufriere Hot Springs  
1:00 pm – Art Studio time with Robert  
4:30 pm – Jungle Bay Story

## **Monday**

7:30 am – Sunrise Yoga  
9:00 am – Explore the volcanic stone beach at Jungle Bay  
10:30 am – Outdoor studio time on the beach deck  
1:00 pm – Art Studio time with Robert  
4:00 pm – Free time for: spa treatment, swim in the volcanic stone pool or walk to the White River

## **Tuesday**

7:30 am – Sunrise Yoga  
9:00 am Carib Territory Cultural Heritage Tour  
2:30 pm – Art Studio time with Robert on the Verandah



## **Wednesday**

7:30 am – Sunrise Yoga  
9:00 am – Hike to Victoria Waterfalls  
1:00 pm – Art Studio time with Robert  
5:30 pm – Healing Herbs Presentation

## **Thursday**

7:30 am – Boiling Lake Trail, Dominica's Signature Hike  
OR  
Free day for: Hike to Zom Zom Point, Art Studio, spa treatment, swim in the volcanic stone pool, or lay on your hammock  
5:00 pm – Afro Caribbean Drumming Class

## **Friday**

7:30 am – Sunrise Yoga  
9:00 am – Walk to the White River and nearby beach  
1:00 pm – Art Studio time with Robert  
7:00 pm – Farewell Dinner with Jing Ping Cultural Celebration

## **Saturday**

8:00 am – Retreat Debriefing & Art Show  
Check-out and depart to airport  
4:00 pm – Caribbean Cooking Class

*Space is Limited so Reserve Today!*

**Jungle Bay**  
Resort & Spa  
Dominica W.I.

Phone 767-446-1789

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[www.junglebaydominica.com](http://www.junglebaydominica.com)

**The New York Times**

*"Rustic Luxe"*



*Robert Hite, Hite Studios*

[www.roberthite.com](http://www.roberthite.com)