



YOGA & ADVENTURE RETREAT AT JUNGLE BAY, DOMINICA – THE NATURE ISLAND OF THE CARIBBEAN

DATES: JANUARY 23 TO 30, 2021

SEE MORE RETREAT DATES: [HTTPS://JUNGLEBAYDOMINICA.COM/CALENDAR-OF-RETREATS/](https://junglebaydominica.com/calendar-of-retreats/)



Saturday

Arrival in Dominica and transfer to Jungle Bay.
Welcome dinner with retreat host.

Sunday

- 7:00am-8:00am** **Yoga** ~ Start your first day at Jungle Bay with a grounding Yoga class.
- 8:00am** Breakfast
- 9:00am-3:30pm** ***Additional Adventure ~ Boeri Lake Hike**
- 10:30pm-12:00pm** **Guided walk on the Jungle Bay property** ~ Take an easy, guided walk through Jungle Bay and learn of the property's history, the local herbs & plants as well as of their benefits & use.
- 1:00pm** Lunch
- Leisure time** for relaxing by the pool, read a book, etc.
- 2:00pm-4:30pm** ***Additional Adventure ~ Exploring Jungle Bay's neighboring Villages**
- 5:30pm-6:30pm** **Jungle Bay Story** ~ The "Jungle Bay Story" includes the philosophy of Jungle Bay along with the many challenges and triumphs from inception in 1997 to the present.
- 7:00pm-8:00pm** **Evening slow-space Yin Yoga** ~ For deeper stretches and relaxation.
- 8:00pm** Dinner

Monday

- 8:15am-9:15am** **Rise & Shine Yoga** ~ Start your day with a Yoga class helping you to wake up and gently strengthen & stretch your body.
- 9:15am** Breakfast
- 1:00pm** Lunch
- Leisure time** for massages, lying by the pool, relaxing, etc.
- 2:00pm-4:30pm** ***Additional Adventure ~ Exploring Jungle Bay's neighboring villages; Scotts Head & Soufriere**
- 6:00pm-7:00pm** **Evening Restorative Yoga** ~ A gentle & restorative style of yoga to release and let go.
- 7:00pm** Dinner



Tuesday

- 7:00am-8:00am** Rise & Shine Yoga
- 9:00am-3:30pm** *Additional Adventure ~ Perdu Temps Hike
- 8:00am** Breakfast
- Leisure time** to relax by the pool, read, etc.
- 1:00pm** Lunch
- 3:00am-5:00pm** **Walk to Natural Hot Springs** ~ Take an easy 45 minute walk to the Natural Soufriere Hot Springs. Enjoy a relaxing warm bath in the natural spring water and walk back to Jungle Bay.
- 6:30pm-7:30pm** **Evening slow-pace Yin Yoga**
- 7:30pm** Dinner

Wednesday

- 7:00am-8:00am** Rise & Shine Yoga
- 8:00am** Breakfast
- 9:00am-12:30pm** **Galion Loop Hike** ~ We are following a scenic track that is connecting the small Villages of Soufriere and Galion. The trail will lead through bush and farm land. Keep your eyes open for star fruit, cashews, mangos and more. From Galion a steeper downhill hike meanders back towards the bay of Soufriere.
- 1:30pm** Lunch
- Leisure time** for a massage, pool, etc.
- 6:00pm-7:00pm** **Evening Restorative Yoga**
- 7:00pm** Dinner

Thursday

- 7:30am-5:00pm** *Additional Adventure ~ Boiling Lake Hike & Valley of Desolation
- 8:00am-12:00am** *Additional Adventure ~ Trafalgar Falls
- 8:00am-9:00am** Yoga
- 9:00am** Breakfast
- 12:00pm** Lunch
- 2:00pm-5:00pm** **Snorkel at Famous Champagne Beach** ~ Champagne Beach is part of the protected Soufriere Scotts Head Marine Reserve. Underground volcanic activity seeps through the ocean floor, then is cooled by sea waves and rises in a line of bubbles creating a memorable snorkeling experience. Fan coral, turtles and a variety of tropical fish are often sighted.
- 6:00pm-7:00pm** **Evening slow-pace Yin Yoga**
- 7:00pm** Dinner

Friday

- 7:00am-8:00am** Rise & Shine Yoga
- 8:00am** Breakfast
- 9:00am-2:30pm** *Additional Adventure ~ Middleham Falls Hike
- 12:30pm** Lunch
- 3:30pm-4:30pm** **Caribbean Cooking Class** ~ Learn how to prepare local Caribbean cuisine and take "a taste of Jungle Bay" home with you! Items from the Garden Tour will likely be included in the recipes
- 5:30pm-6:30pm** **Evening Yin Yoga**



7:00pm Farewell dinner

Saturday

7:00am-8:00am **Rise & Shine Yoga**

8:00am Breakfast

Transfer to the airport & departure.

Retreat package includes

- Daily morning & evening Yoga classes
- Guided hiking & snorkeling tours, exploring the Nature Island of Dominica & other activities
- Full board (breakfast, lunch & dinner) including fresh local fruit juices, coffee, tea & water (non-alcoholic beverages)
- 1 half-hour relaxing massage per stay
- Pick-up & drop-off transfers from/to Dominica airport or Dominica ferry terminal

Yoga skill level

- Beginner
- Intermediate

Yoga styles

- Hatha
- Vinyasa
- Restorative
- Yin



***Additional Adventure ~ hikes and other activities to choose from...**

Note that the following activities are offered in addition to the Retreat activities. If you are interested in participating in any of these, feel free to sign up at the hotel reception (additional costs are indicated below):

Sunday

9:00am-3:30pm Boeri Lake Hike ~ Boeri Lake is one of two fresh water lakes formed by volcanic craters within the Morne Trois Pitons National Park (UNESCO World Heritage Site). The hike travels about 60 minutes along the often-misty setting, taking you through variety of habitats where your guide will point out moss, ferns, mountain palms, ground orchids, and other tropical flowers. Listen for the distinct Mountain Whistlers along the way while taking in the views of volcanic peaks all around. Proceed with extra care; the trail can be very slippery. **MODERATE** ◇ US\$ 80.50

Monday

2:00pm-4:30pm Exploring Jungle Bay's neighboring villages; Scotts Head & Soufriere ~ Across the Bay from Jungle Bay you can see the tiny village, the peninsula and peak of Scotts Head; dividing the Caribbean Sea and the Atlantic. Take a short drive to Scotts Head and walk up to the Scotts Head peak. Enjoy a spectacular view of the pristine waters, Scotts Head Village, Soufriere and Jungle Bay. Short drive to the fishing village of Soufriere and up to the natural hot springs (about 1 mile east of the Soufriere village center). In pre-Columbian times, "sulphuric springs" were a place of mythic geography for the Amerindians, as Soufriere was an important meeting place for the Kalinagos from the Caribbean islands ◇ **EASY** ◇ US\$ 40.25

Tuesday

9:00am-3:30pm Perdu Temps Hike ~ Retrace the footsteps of Dominica's "maroons" (run-away slaves). This hike is part of the historic Perdu Temps trail and takes about one and a half hours each way through secondary forest, mainly flat terrain and some river crossings. It gets steep and narrow as you approach the end and opens up to an area often described as "Paradise" or "The Garden of Eden"! You are invited to pick fresh tropical fruits from the trees. Explore Pump's bio diversified farm with a huge variety of exotic fruits and vegetables. Tour the "Medical Garden" with a wide assortment of healing plants/natural herbal remedies. Pump and his family warmly welcome you to their home, due to the close relationship they have with "Sam", owner of Jungle Bay. This tour is one of our guests' favorites and should not be missed! A vegetarian lunch is provided ◇ **MODERATE** ◇ US\$ 86.25

Wednesday

2:00am-5:00pm Kayak & Snorkeling Tour ~ Start with a short lesson in kayaking, before heading into the Caribbean Sea and enjoy paddling and snorkeling in the warm waters of the Soufriere / Scotts Head Marine Reserve ◇ **MODERATE** ◇ US\$ 57.50

Thursday

7:30am-5:00pm Boiling Lake Hike & Valley of Desolation ~ Explore Dominica's famous "World Wonder" and UNESCO World Heritage Site. Stops along the way include the mysterious Valley of Desolation, a soak in hot water pools, and have a sulphur mud facial. The hike is approximately 3 hours each way, up and down fairly steep hills (proceed with caution if afraid of heights). A packed lunch is provided ◇ **VERY EXTREME** ◇ 50 min. driving each way / 6 hours hiking round trip ◇ US\$ 103.50

8:00am-12:00am Trafalgar Falls ~ These famous twin waterfalls are easily accessible. It is a short 10- to 15-minute walk along a well-maintained foot path from the visitor center to the view point of Trafalgar Falls. There is also an opportunity for souvenir shopping (it is advised to bring local currency or US dollars in small bills) ◇ **EASY** ◇ US\$ 63.25



Friday

9:00am-2:30pm

Middleham Falls Hike ~ Explore the misty mountain trail to Middleham Falls taking in the lush rainforest vegetation along the way. Jaco parrots are occasionally heard or spotted along this trail. The end of the hike becomes a little steeper as you scramble your way down to the waterfall pool for a refreshing splash. Did you know that swimming in waterfalls exposes you to negative ions which are a purification to help counteract stress and strengthen your immune system? Packed lunch is provided.
◇ **MODERATE** ◇ US\$ 80.50

Prices for these additional tours are in US dollars & are inclusive of 15% Government Taxes (VAT)