

# HEAL YOUR LIFE YOGA RETREAT INCLUDES



## ACCOMMODATION

This fully furnished self-contained modern eclectic, and artistic two-bedroom apartment was lived in by celebrity Chyna **Whyne** the singer song writer who has toured and recorded with Eric Clapton, Bob Dylan, Peter Gabriel and Seal.



The property is in a very quiet and peaceful residential area in the heart of great pond. A 15-minute walk to the centre of Ocho Rios where you will find the local food and craft markets, shops, Duty Free stores, Cambio to change currency, bars and restaurant. Taxi service available on request – 5 minutes into the town centre by taxi.

## LOCATION

The retreat will take place in Great Pond, Ocho Rios and Cardiff Hall Runaway Bay Parish of Saint Ann Jamaica. Yogis will enjoy the rustic ambiance, communal location and the beauty Jamaica offers.

Access to a **secluded beach**, bar and souvenir shop. The property has **FREE PRIVATE PARKING**. Rustic front garden with fruit trees and a small organic vegetable garden. This intimate Yoga Retreat runs for seven to ten

days and accommodates four – twelve persons over two properties. You are guaranteed to have a fantastic stay.

## FRONT ROOM



The front room is spacious and cool. There are comfortable sofa's including an attachable infra-red back and shoulder electronic massager with speed control on the back of each sofa. Perfect for tension relief, de-stress and rejuvenation.





Designer hand crafted wooden furniture with attractive side lamps for soft evening lighting. A 55inch flat screen wall mounted TV with **Nextsmart** installed. **FREE** unlimited movie channel, international affairs, interactive games, sports, music, fitness and much more. A glass work station desk with a three - draw cabinet either side. Plenty of desk space for your laptop, notepads books and pens. **FREE WI Fi**



## STAIRCASE

The staircase is artistically decorated with various exclusive musical gold discs, African Artifex hand carved candle holder and an acoustic guitar.



TSI

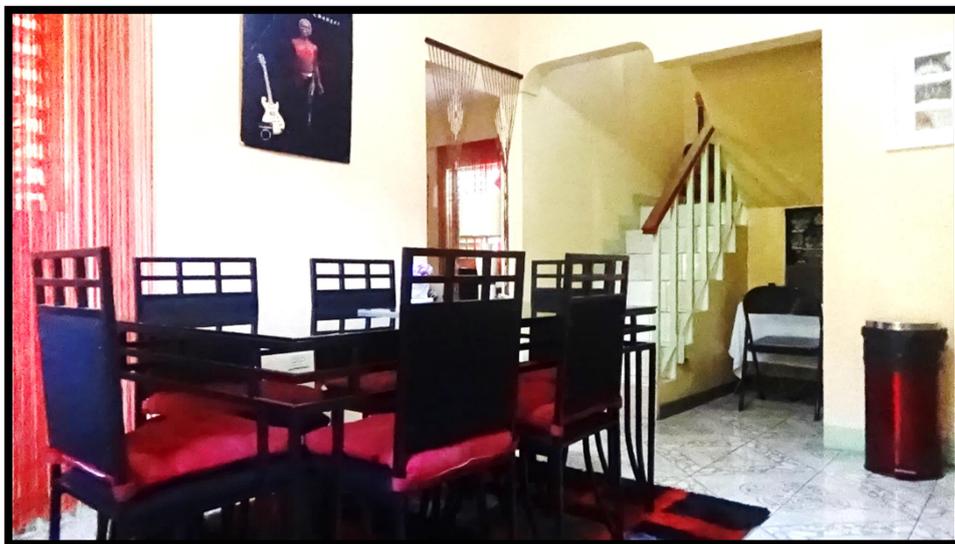


## DE PORCH - for complete relaxation



## DINING ROOM

The front room leads though to a large kitchen and dining area. The dining table seats **six** persons. The kitchen is fully equipped if Yogis need to use it at any given time. In addition, there is another working desk space in the kitchen dining area for a lap and speakers.



## ADDITIONAL SERVICES

Breakfast lunch and dinner are included in your package. A card machine for additional services such as personal laundry, Massage, Alexander Technique, Private yoga, Bar- wine, beers and spirits are available on request.

## VEGAN & VEGETARIAN /CARIBBEAN CUISINE



## BEDROOM 1

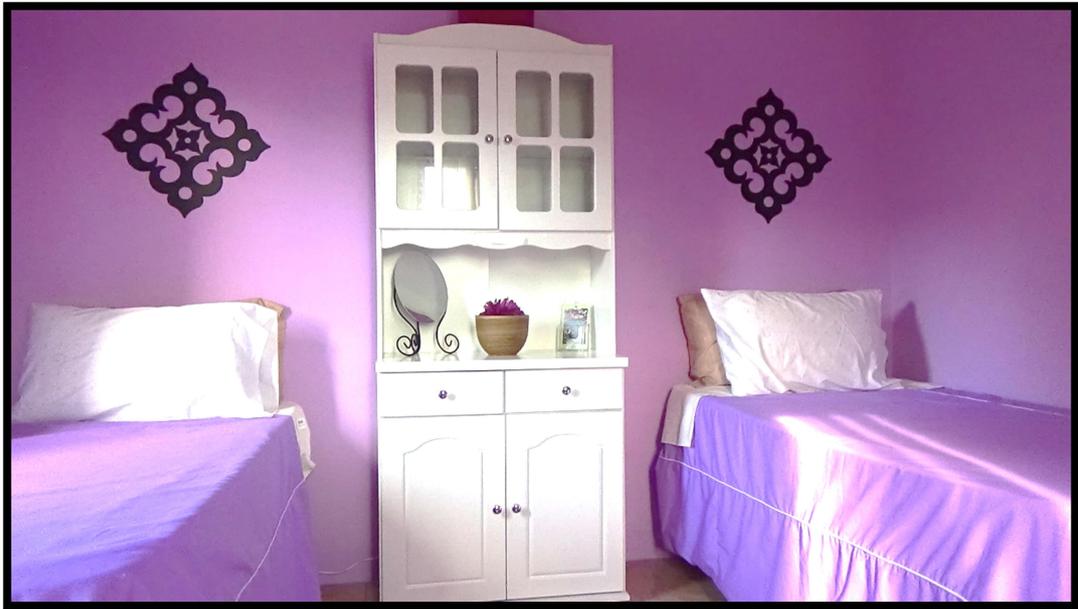
This bright and spacious air-conditioned room is upstairs in the apartment, and has two single beds for two persons.



Welcome drinks



Organites to promote positive energy



Firm and supportive mattresses for a comfortable night sleep. Plenty of space underneath each bed for storage.



A multipurpose display cabinet that is positioned between both beds can be used as a dressing table, storage cupboard for both persons. There is a seating area in the room for extra comfort, coffee table and reading lamp.

## BEDROOM 1 BATHROOM & HALLWAY CLOSET



The closet for this bedroom is just outside the room door with plenty of hanging and storage space.

Across the hallway is the bathroom which is fitted with a shower, bath WC and face basin.

**BEDROOM 2 ENSUITE BATHROOM**





## **BEDROOM 2**

This bright spacious air-conditioned double room is a magnificent space to sleep in as well as relax. It has a comfortable double bed. A 55" Flat screen TV, modern lamps for night ambience. To add to your comfort there are two air inflatable chairs and a glass drinks trolley and small mini bar fridge. The perfect chill out area in the comfort of your very own room.

A well-lit double walk in wardrobe with plenty of shelves and hanging space. This room has an En-Suite bathroom fitted with a shower, bath tub, WC and face basin.

## **OUTSIDE**

Sun Lounger are allocated in the small space outside the apartment for those Yogis who wish to sun bathe or just relax amongst the shaded garden trees.

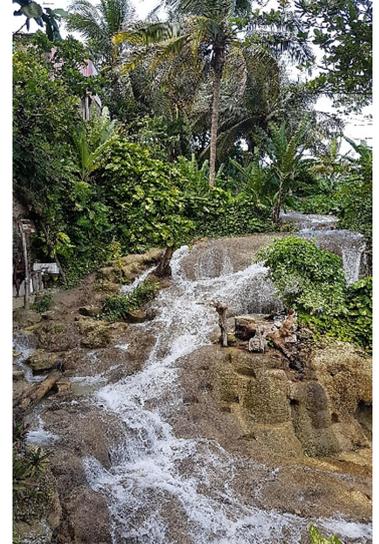
# **HEAL YOUR LIFE YOGA RETREAT**

Wellness. Love. Adventure. Joy. Reconnect. Appreciate. Embrace. Desire. Reflect. Relaxation





Private Beach and cave with mineral healing water, Dunns River Water Fall is approximately seven minutes away from your accommodation with other rivers and falls in the vicinity of Ocho Rios. Yoga classes are held on the beach first thing in the



morning and at sunset.

## PORTIA HAYNES

### Allabout-Food



Portia is renowned for her creative, exciting, colourful and passionate love for food, never compromises on ingredients and flavour. Having catered for celebrities and established in music festivals and cultural events on the Island, private events, her own restaurant and a new dinner club.

Portia Haynes will be the onsite chef, who will prepare all daily meals (Vegan, Vegetarian and Raw) including beverages. We also cater for any dietary needs that you may have. Raw food and Macrobiotic workshop, discussions and demonstrations will be scheduled during the retreat. We focus on producing healthy cuisine from organic and locally grown produce, sourced from local and independent farmers in Jamaica. All meals are based around seasonal fruits and vegetables.

**If you have special dietary requirements please contact organisers.**



## FOOD

Throughout the retreat you will follow a vegan, vegetarian and raw diet that is gentle for the intestines and purifies the body. Delicious meals are prepared daily and on site by Chef Portia Haynes from Allabout -Food who will prepare foods that elevate and fuel your practice, body and mind. Healing Vegan and Vegetarian meals made with Caribbean fruits and vegetables will be provided. Also offered: Pure coconut juices, light beverages (Herbal Teas, Natural Juices, Superfoods snacks and delicious Smoothies to nourish, balance and heal.)

Daily breakfast lunch



and dinner are included in the prices. During beach excursions, we will provide a tasty healthy packed lunch. You will want to budget about U\$5.00 to U\$20.00 for additional food or drinks depending on what you would like to eat. You will have the opportunity to experience local traditional cuisine.

## CHYNA WHYNE



### TEACHER

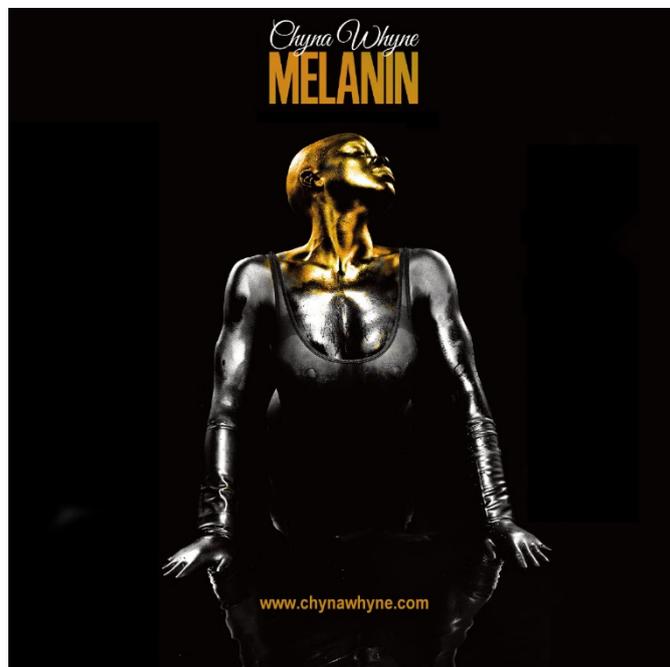
Chyna Whyne has many multi-dimensional facets: Fashion model, Kemetic Yoga Teacher, Alexander Teacher, High-Heels Guru, international touring backing vocalist, sharing recordings and the road with none other than the likes of Bob Dylan, Seal, The Who, Peter Gabriel, Eric Clapton to name a few. Based in Jamaica, Chyna has recently recording her sensational newest album. The Caribbean influence and extreme social consciousness is clear on the dub-tinged call-to-action 'Melanin', the title of her album and her debut single -an exciting sign of things to come.

Recorded and produced by Grammy award winning producer Barry O'Hare, *Melanin* touches on the worldwide epidemic of skin bleaching and the disassociation with self-greatness. Melanin, as the title suggests, awakens people to their highest consciousness, self-acceptance and personal fulfilment, the latter of which is embodied in Chyna Whyne's holistic approach to life that sees her tutoring Kemetic Yoga, and the Alexander Technique as a means of self-rejuvenation. In her own words: "I chose to expand on all the divine creative aspects of myself to not only heal my life but help heal the lives

*of others”.*

Chyna Whyne is your Celebrity yoga teacher. She specializes in teaching Yoga for people in high profile stressful jobs and those in the arts, music and entertainment business, helping to bring balance and harmony into their lives

**“Gorgeous, aspirational, inspirational, kind”** – just some of the words that describe Chyna Whyne, who is currently taking people to a higher level with her yoga programme. Also using the healing benefits of the Alexander Technique, Chyna is celebrated for helping those with the trauma of long-term back pain.



**Melanin is available on all major download and streaming sites on 4th November 2017. Visit Chyna’s [www.chynawhyne.com](http://www.chynawhyne.com) for a preview. Melanin album release 2018**

## **WHAT TO EXPECT**

Welcome drinks & orientation  
7 to 10 days with guided instruction  
Daily yoga  
Daily Meditation classes morning and evenings  
Private Alexander lessons  
Private Massage  
Day Trips out to visit Jamaica natural history:

Water falls & River trek  
Transfers to and from the airport  
7 night accommodation  
10 night accommodation  
Daily delicious Vegetarian and Vegan meals/ Caribbean dishes  
Workshops and Demonstrations  
Wellbeing discussions  
Live reggae music entertainment  
Relaxation and free time  
Complimentary neck and shoulder massage  
Shopping day out

### **SKILL LEVEL**

Beginner  
Intermediate

### **GROUPS SIZE**

The maximum participants in the group is 4-8

### **LANGUAGES**

Instruction language: English - Spoken languages.

### **COST**

7 Days U\$ 1,110.00

7 Days £GBP 840.00

10 Days U\$ 1,585.00

10 Days £GBP 1,200.00



## AIRPORT PICK UP & DROP OFF SERVICE

Pick up and Drop of service is available from Sangster International Airport Montego Bay.  
(Additional cost) U\$80.00 one way to be paid in cash.

**We encourage relaxation:** In your free time, you can read a book and relax in the Yoga studio or adjoining health Spa next door, form a card reading circle, meditate on the beach or participate in group discussions etc.

### **Additional Meditative and Restorative Services at Heal Your Life Yoga Retreat**

*(An additional cost):* will have a qualified Massage and Beauty Therapist to provide Deep Tissue, Aromatherapy Massage, Holistic Massages, Reiki healing, Manicures, Pedicures, Facial and Alexander Session. Massages not only reduce stress, pain and muscle tension, they also release energy blocks we may have. We are delighted to give each of our guest a complimentary neck and shoulder massage.

**Appointments for the above may be booked on arrival.**



### **WHAT TO BRING**

Sea shoes  
Mosquito repellent/spray  
Sun cream  
Sun hat  
High heel shoes (Workshop Walking in Stilettos)  
Water flask to keep water cool  
Beach Towel  
Sunglasses  
Light beach bag  
Favourite snack  
Antihistamine  
Torch  
Shower gel

## ADDITIONAL INFORMATION

### Personal Travel Insurance

It is advisable that you bring extra money for personal spending.

Please note airfare is not included. Flights should be booked to the Montego Bay Airport (Sangster International)

Payment plans are available.

A Deposit of U\$500.00 will be required to reserve your space. Deposit is \*Non-Refundable\*

# HEAL YOUR LIFE YOGA RETREAT

Wellness. Love. Adventure. Joy. Reconnect. Appreciate. Embrace. Desire. Reflect. Relaxation



## 2018 Yoga Retreat Dates

1<sup>st</sup> -8<sup>th</sup> January 2018

24<sup>th</sup> -31<sup>st</sup> January 2018

21<sup>st</sup> -28<sup>th</sup> February 2018

21<sup>st</sup> -30<sup>th</sup> March 2018 ( 10 Days)

23<sup>rd</sup> -30<sup>th</sup> April 2018

22<sup>nd</sup> -31<sup>st</sup> May 2018 (10 Days)

22<sup>nd</sup> -29<sup>th</sup> June 2018

24<sup>th</sup> - 31<sup>st</sup> July 2018

22<sup>nd</sup> -31<sup>st</sup> August 2018

23<sup>rd</sup> -30<sup>th</sup> September 2018

1<sup>st</sup> -8<sup>th</sup> October 2018

23<sup>rd</sup> -30<sup>th</sup> November 2018

1<sup>st</sup> -8<sup>th</sup> December 2018

## NEED TO KNOW BEFORE YOU GO

Before we welcome you, you will receive a list of questions to answer so we could do our best to give you exactly what you need. We do not allow smoking, drinking alcohol, or take drugs, on during this yoga retreat. Each guest will be given a schedule and we kindly ask you to follow it

EMAIL; [chyna@chynawhyne.com](mailto:chyna@chynawhyne.com) or [portiahaynes284@gmail.com](mailto:portiahaynes284@gmail.com)

TEL: + 1( 876 )283 3260 / 07494 436850 / +1 (876 ) 488 3206