

# HEAL YOUR LIFE YOGA RETREAT



Chyna Whyne & Portia Haynes the founders of **HEAL YOUR LIFE YOGA RETREAT** in the Sunny Caribbean island of Jamaica, created the retreat out of desire to connect with healing, rejuvenation of the Inner Body, Mind, Soul, Spiritual Growth and Self Love. Women and Men come together from around the world to experience and discover inner self and transformation Heal and renovate your life using Kemetic Yoga with Chyna Whyne and heal the body through food by Portia Haynes. The perfect intimate retreat that accommodates four to eight persons over two properties. The retreat is a quaint hidden gem ideal for those looking to heal in a comforting setting and rehabilitate in peace and serenity. .

## DESCRIPTION

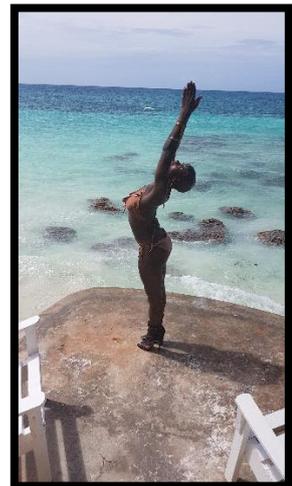
We pride ourselves in offering you an intimate life transforming experiences designed to inspire moments of optimism, happiness, and healing. Journey with us and remember your life's purpose. Return to the roots of your nature, raise your vibration in the warmth of the sun and the divine atmosphere of the tropics. Be revitalized by its fresh and abundant natural earth, and let your body awaken to the heart beat and the good vibrations of a powerful yoga practice. Embrace optimum healthy eating and engage with live food demonstrations, tranquillity, total rejuvenation with Kemetic Yoga, which is an ancient healing practice that connects us with mind, body and spirit. The Alexander Technique and much more. Whether this is the beginning of your journey or been practicing for numerous years. Let **HEAL YOUR LIFE YOGA** guide you to your inner light.



# HEAL YOUR LIFE YOGA RETREAT

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

The yoga retreat runs from 7 days or 10 days (optional)



# KEMETIC YOGA RETREAT

# ACCOMODATION

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.



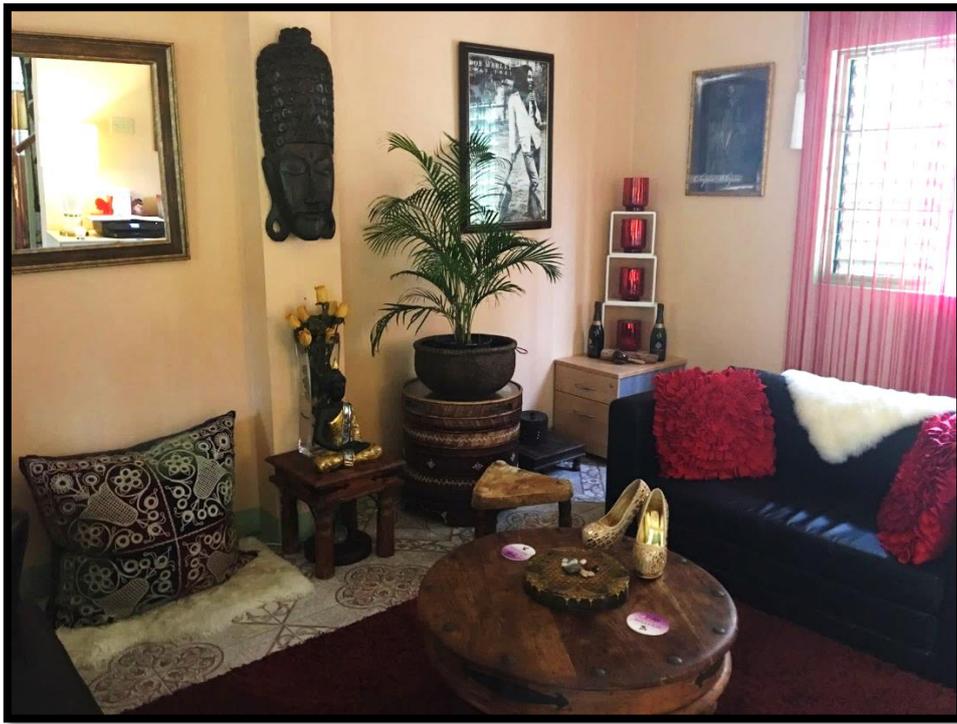
The property is in a very quiet and peaceful residential area in the heart of great pond. A 15-minute walk to the centre of Ocho Rios where you will find the local food and craft markets, shops, Duty Free stores, Cambio to change currency, bars and restaurant. Taxi service available on request – 5 minutes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

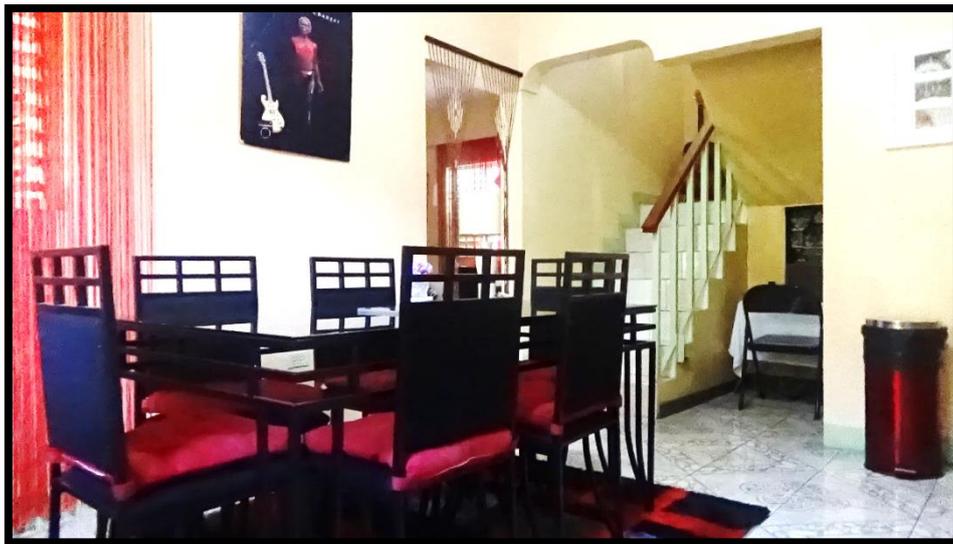


## OUTSIDE PORCH - for complete relaxation



## 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.



## LAUNDRY ROOM

In the wash room, there are plenty of storage shelves. In addition, there is a sink which is ideal for rinsing out beachwear, beach shoes and beach bags as well as an extra clothing lines to hang clothing inside should there be rain.

## BEDROOM 1

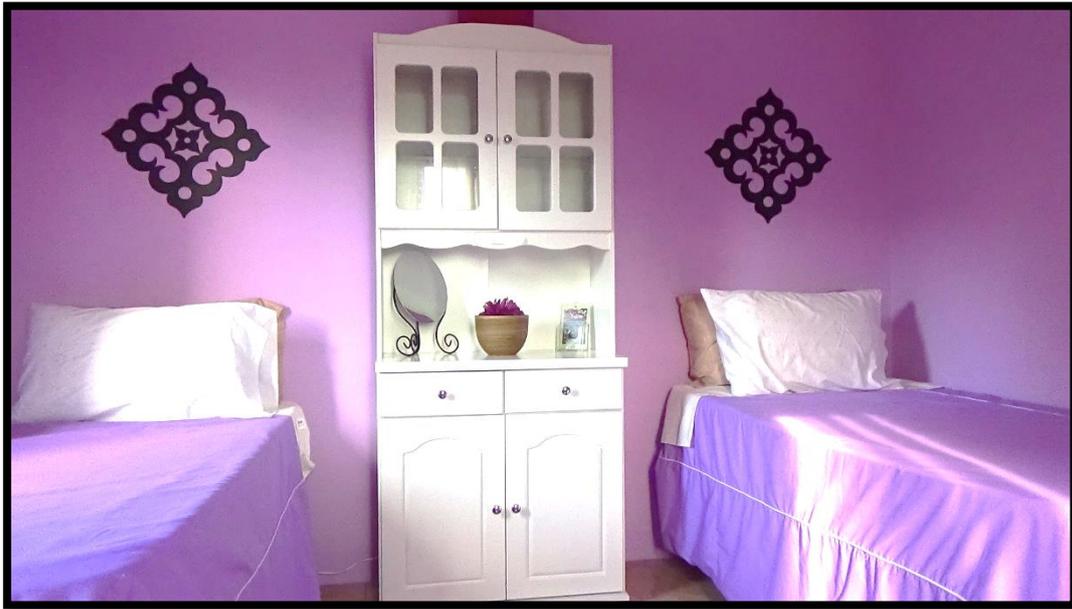
This bright and spacious air-conditioned room is upstairs in the apartment, and has two single beds for two persons.



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. There are hanging Crystal Gems to detoxify the air and create positive energy.

## BEDROOM 1 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 water dispenser and small bar. 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.



***THE IDEAL HOME FROM HOME EXPERIENCE***

# DAY TRIPS



Private Beach and cave with mineral healing water, Dunns River Water Fall is approximately seven minutes away from your accommodation.



# KEMETIC YOGA TEACHER



**CHYNA WHYNE**

*“Gorgeous, aspirational, inspirational, kind”* – just some of the words that describe Chyna Whyne

Chyna Whyne is your personal Yoga Teacher, who is assisting healing, remembrance of self, peace of mind, balance and harmony into lives through this practice of Kemetic Yoga. Chyna Whyne also a life coach supporting people on their journey of transformation, and a teacher of the Alexander Technique aiding those who suffer with neck back and shoulder pain. (for more information on the Alexander Technique return to the home page [www.chynawhyne.com](http://www.chynawhyne.com) )

Combining the medical, scientific and educational benefits of the Alexander Technique, Chyna is celebrated for instilling the know-how and confidence in those seeking better physical, emotional and spiritual health. Thus, raising to a higher frequency, and opening the doorways to a stronger connection to a higher level of consciousness.

# ABOUT KEMETIC YOGA



Kemetic Yoga originates from Ancient Egyptian times and is originally known as 'Smai Tawi'. Smai Tawi was named 'Yoga' when it was introduced to India, and was practised by Africans 2000 years prior. Through the power of the breath combined with physical self-aligning postures this ancient practise, encourages, enlightenment, transformation, inner strength, physical, spiritual and emotional awakening, self -discovery as well as an abundance of other rewarding benefits.



# VEGETARIAN & VEGAN FOOD

**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.

# 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



## *FOODS FOR YOUR MIND BODY & SOUL*

# 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, Alexander Technique, facials etc

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 4-6

## 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:** full body massage. Alexander Technique, Anti-aging facial

**Spa treatment appointments for the above may be booked on arrival. Spa treatments are an additional cost.**

# 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\*

# 2018 Yoga Retreat Dates

1<sup>st</sup> -8<sup>th</sup> January 2018 – **SOLD OUT**

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 **SOLD OUT**

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

22<sup>nd</sup>-29<sup>th</sup> June 2018 **SOLD OUT**

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