

HEAL YOUR LIFE YOGA RETREAT

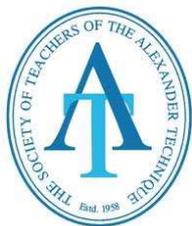
Wellness. Love. Adventure. Joy. Reconnect. Appreciate. Embrace. Desire. Reflect. Relaxation



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. That brings Women and Men together from around the world to experience the discovery of inner self a transformation of life. 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 twelve persons over two properties. The retreat is a quaint hidden gem waiting to be discovered.

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.

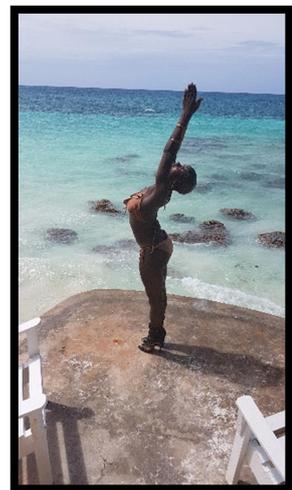


HEAL YOUR LIFE YOGA RETREAT

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



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



HEAL YOUR LIFE YOGA RETREAT INCLUDES



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.

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. 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.

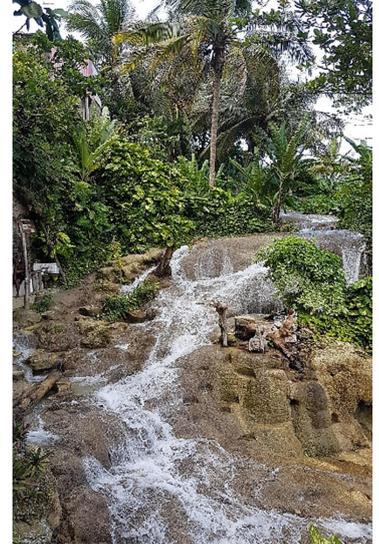
A well-lit double walk in wardrobe with plenty of shelves and hanging space. This room has an En-Suite bathroom fitted with a shower, bath tub, WC and face basin.

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.



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 is your 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 through the practice of Kemeti Yoga. Chyna Whyne also a teacher of the Alexander Technique and teaches women to walk in high heels (Walking in Stilettos.) The Walking in Stilettos Health & Beauty Spa is on site to deepen your experience of relaxation and rejuvenation.

“Gorgeous, aspirational, inspirational, kind” – just some of the words that describe the high heels guru Chyna Whyne, who is currently taking women to a higher level with her Walking in Stilettos programme.

Using the healing benefits of the Alexander Technique, Chyna is celebrated for giving women confidence in their high heels while saving them from the trauma of long-term back pain.

Having recorded and internationally toured with the greats, Bob Dylan, Seal, Peter Gabriel, The Who and more, Chyna was familiar with the

pressures of looking glamorous at ALL times. Constantly wearing stilettos during performances caused chronic lower back pain, and having completed a yearlong world tour with Eric Clapton, she found she could no longer wear her heels. Fortunately, she came across the Alexander Technique, and noticed an immediate improvement, which was all the more surprising as previous chiropractic, osteopathy and physiotherapy efforts had all failed to deliver long-term results.

Recognising the potential to help other women, Chyna studied the Alexander Technique in depth for three years and saw the benefits it also offered for successfully wearing high heels for long periods of time. Now as a fully accredited teacher of the world-renowned technique, and known as the High Heels Guru, Chyna has featured on GMTV, Britain's Next Top Model, in print within The Telegraph, Daily Express, Glamour, Red and the Daily Mail, regularly sharing her insights and she has gone on to teach thousands of women worldwide. The proud author of Master the Art of Wearing High Heels, Chyna is changing lives for the better and now training her very own Chyna Dolls, an army of women keen to impart her successful techniques to others across the globe.

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: 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 Stiletto)
- 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*

2017 Yoga Retreat Dates

August 25th – 3rd September 2017

September 21ST – September 28th 2017

October 6th – October 13th 2017

November 3rd – November 10th 2017

November 24th -December 1st 2017

2018 Yoga Retreat Dates

1st -8th January 2018

24th -31st January 2018

21st 28th February 2018

21st -30th March 2018 (10 Days)

23rd -30th April 2018

22nd -31st May 2018 (10 Days)

22nd -29th June 2018

24th - 31st July 2018

22nd -31st August 2018

23rd -30th September 2018

1st -8th October 2018

23rd -30th November 2018

1st -8th 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 are not going to spend all day in a car driving everywhere and staying at the beach. We do not allow to smoke, drink alcohol, take drugs, and eat outside. You will have the schedule and we kindly ask you to follow it

