

Bahamas Retreat in January!

When: January 3-10, 2018

**Where: Harbour Island,
Bahamas**



with
Denise Stottmann
Certified Anusara® Yoga Teacher,
E-RYT-500, YACAP®



Accommodations:
2 private bay island
homes,
Shared rooms with
Twin or King beds

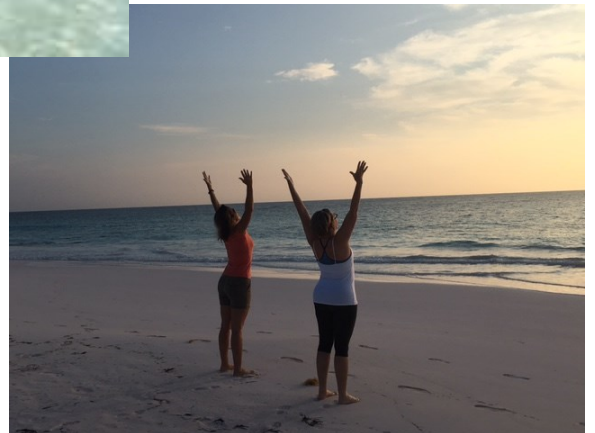
**Daily yoga classes
and meditations -
many beautiful
spots for yoga
as island is only
1/2 mile wide, so we
can walk to ocean
for sunrise and bay
for sunset!**

**Both homes have
full kitchens.**

Investment:
7 nights lodging +
all yoga classes:
\$850 (by 4/30)
\$1100 (after 4/30)

**Airfare: Delta
flight with one
checked bag ~\$650**

**Meals and
optional excursions
extra.**





Dates: January 3 - 10, 2018

Accommodations (7 nights):

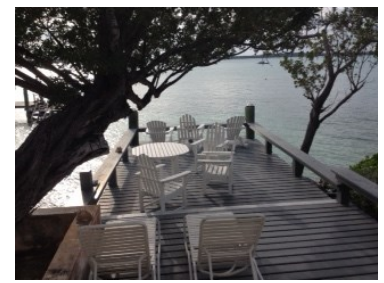
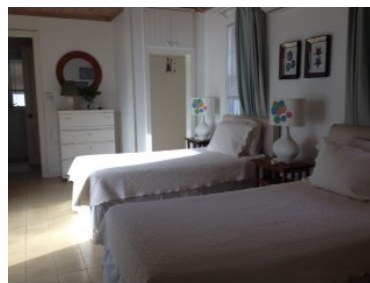
- Steinbock House:
Bedroom #1 - 2 twins
Bedroom #2 - 3 twins

- Dock House:
Bedroom #1 - king (2 people)
Bedroom #2 - 3 twins
Bedroom #3 - 2 twins

- Manor House:
Bedroom #1 - king (2 people)
Bedroom #2 - 2 twins

16 spots available
\$850 (Early Bird - deposit due by 4/30)
\$1100 (5/1 or later)
Pricing includes shared lodging and yoga classes.

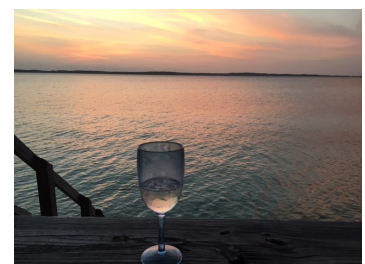
- Payment #1: \$250 reserves spot**
 - Payment #2: \$200 - 6/30**
 - Payment #3: \$200 - 8/30**
 - Payment #4: \$200 - 10/31**
 - Payment #5 (if signed up 5/1 or later): \$250 - 11/30**
- All payments are non-refundable unless spot is filled (less an admin administrative fee of \$75).**



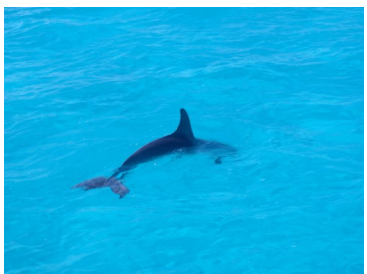
Travel Information:

Delta flies from SDF to ELH (North Eleuthera airport) - you then take a water taxi (\$5) to Harbour Island; ~\$624

From SDF: DL2099, DL5605
 From ELH: DL5562, DL1083
 Please purchase your own ticket.



Optional Excursion #1: Swimming with the Pigs Full Day Trip



Water taxi roundtrip:

Connection from Harbour Island to airport

Round trip flight:

Beautiful views on twin engine aircraft from North Eleuthera to Staniel Cay (~30-40 minutes)

A captain guided boat tour that is uniquely tailored for us. Because everything is very close we can see many destinations in one day such as:

- the famous "Swimming Pigs" (Definite!)
- One of the iguana beaches
- Swimming with nurse sharks at Compass Cay
- Snorkeling: Thunderball Grotto; Rocky Dundas; The Aquarium; or a Sunken Airplane
- Hanging out on a beautiful sand bar

Boat Tour includes beach towels, snorkeling gear, vest, pig food, shark food, and airport transfers to the boat and back. We may bring food/drinks on the boat. Lunch may also be purchased at a marina stop.

Investment:

Full Day Excursion (everything except food): ~\$645

Must have 5 OR 10 people due to aircraft pricing

Payment #1: deposit of \$408 (non-refundable) by 5/31 (this reserves aircraft)



Optional Excursion #2: Eleuthera Full Day Trip

- We will visit the Leon Levy Native Plant Preserve in Governor's Harbour, Eleuthera. It is the first national park on the island. This beautiful 25 acre Preserve has been designed as a research centre for traditional bush medicine; a facility for the propagation of indigenous plants and trees; and an educational centre focusing on the importance of native vegetation to the biodiversity of The Bahamas. There are hiking trails throughout.

- We will see one of nature's true wonders, The Glass Window Bridge. It is a magnificent panoramic view and one of the few places on earth where you can compare the rich blue waters of the Atlantic Ocean on one side of the road and the calm turquoise-green waters of the Exuma Sound (Caribbean Sea) on the other side, separated by a strip of rock just 30 feet wide.

- Group lunch (place to be determined)

Investment: ~\$75

Includes:

Water taxi round trip

Tour guide/driver for the day

Leon Levy Nature Preserve Admission

Lunch extra

