

# Retreat Itinerary

This is a sample itinerary. Times, dates, and duration of activities are subject to change. All classes and retreat activities are optional. This is YOUR vacation!

## Day 1 (Saturday):

- **Arrival into St. Kitts Airport (SKB):** After being greeted at the airport you will be taken on a scenic taxi ride to Reggae Beach on the southernmost end of St. Kitts (approx 30 minutes). From there you will enjoy a refreshing water taxi ride to Nevis (10 minutes), and checked into your beachfront accommodation at Oualie Beach.
- **5:30 - 6:30 p.m: Introductions and Relaxation Yoga @** Oualie Beach Yoga Room. Let go of travel tension, recalibrate the nervous system, set your intentions, get the body-mind into vacation mode!
- **7:00 pm: Optional (non-inclusive) Group Dinner @** Oualie Beach Restaurant. Nourish the body after a long day of travel. Discuss the retreat. Get to know each other.



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## Day 2 (Sunday):

- **7:30 -10:30 am: Breakfast** Your choice of breakfast menu item at the Oualie Beach Restaurant (inclusive)
- **8:00 - 9:15 am: Yoga with Amanda @ Oualie Beach** Yoga Room followed by **Special Meditation: Empty your Cup.** Offering of local bush tea
- **9:15 - 9:30** Optional Journaling + Sharing
- **11:00 am - 12:00 pm: Grocery Store run** Stock up on bottled drinks, toiletries, or any food items you would like for the week.
- **3:00 pm - 7:00 pm: Excursion to Pinneys Beach, Rastafarian Vitality Experience:** Enjoy an afternoon at Nevis' most popular beach. Get a taste of Rastafarian culture with a complimentary traditional "Ital" meal and sampling of local medicinal plant juices. Swim/snorkel, take a walk, swing in a hammock. Enjoy a sunset beach bonfire while chilling to roots reggae music. Opt to eat/drink at the local Beach bars, try a famous "Killer Bee" drink at Sunshines, hang with the locals...have fun!



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## Day 3 (Monday):

- **7:30 -10:30 am Breakfast** Your choice of breakfast menu item at the Oualie Beach Restaurant (inclusive)
- **8:00 - 9:15 am: Yoga with Amanda @ Oualie Beach Yoga Room.** Offering of local bush tea.
- **9:15 - 9:30:** Optional Journaling + Sharing
- **11:00 am - 4:30 p.m.: Island Road Trip** A road trip is not a tour, it is an ADVENTURE! We make an entire loop around the island, exploring historic sites, scenic beaches, and other places of interest. Opt for **lunch at Golden Rock**, a historic sugar plantation-turned hotel in a refreshing rainforest setting. Our road trip leaves plenty of flexibility and space for spontaneity. It's all about the journey, not the destination!



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## Day 4 (Tuesday):

- **5:00 am - 6:30 a.m.: Sunrise Beach Yoga/Meditation** Experience “Brahma Muhurta”, the sacred stillness before dawn and greet the sun with an empowering Yoga session at scenic and secluded Lovers Beach. Enjoy a short (15 min) walk from Oualie Beach or request a ride from Amanda. Bring your beach towel. Wear your swim suit under clothing if you'd like to take a refreshing dip afterwards (depending on sea conditions). Give yourself a volcanic black sand body scrub. Hunt for mindfulness shells.
- **7:30 -10:30 am Breakfast:** Your choice of breakfast menu item at the Oualie Beach Restaurant (inclusive)
- **FREE DAY!**



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## Day 4 (Tuesday) continued:

- **11:00 am - 2:00 pm Optional (non-inclusive) Activity: Try Scuba Diving or Scuba Refresher Class @ Pinneys Beach.** Designed specifically for first-time divers or certified divers needing a review, this class involves learning some basic dive knowledge and skills, followed by a shallow (max 10 ft) shore dive, led by Amanda, an experienced Master Scuba Diver trainer who specializes in helping divers overcome fear, dive with mindfulness, and pursue a soulful communion with the water. \$95 USD
- **7:00 pm - ? Open Mic/Live Local Music @ Oualie Beach.** On Tuesday nights, Oualie Beach is the place to be. Enjoy sessions from local musicians in a festive atmosphere.



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## Day 5 (Wednesday):

- **7:30 -10:30 am Breakfast** Your choice of breakfast menu item at the Oualie Beach Restaurant (inclusive)
- **8:00-9:15 am: Yoga with Amanda @ Oualie Beach Yoga Room**, followed by **Special Meditation: Metta Bhavana**. Offering of local bush tea
- **9:15 - 9:30:** Optional Journaling + Sharing
- **12:00 - 4:00 p.m.: Scenic Private Cruise and Snorkeling trip** to a sheltered bay on St. Kitts' south peninsula. Swim, snorkel, or relax with provided drinks and snacks **Optional (non-inclusive) Activity: Scuba Diving** for certified divers or anyone who has participated in the try scuba session with Amanda. \$75 USD
- **5:30 p.m. Optional (non-inclusive) Sunset Drinks and Group Dinner @Drift Restaurant**. Serene atmosphere. Stunning view. Great menu. Watch for turtles!



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## Day 6 (Thursday):

- **7:30 -10:30 am Breakfast** Your choice of breakfast menu item at the Oualie Beach Restaurant (inclusive)
- **11:00 am - 4:00 pm: Mindfulness Rainforest/Waterfall Hike and Volcanic Hot Springs:** Inspired by the words of the revered Zen Buddhist monk Thich Nhat Hanh, you will be guided to approach this scenic hike as a mindfulness meditation. After a moderate hike through the lush rainforest, we will continue our communion with nature surrounded by the tranquil sounds of a small waterfall. Wear your swimsuit under your clothes if you'd like to plunge in it's refreshing pool! Afterwards we stop for a therapeutic dip in the Charlestown Volcanic Hot Springs.
- **4:30 - 6:00 pm: Relxation Yoga with Amanda @** Oualie Beach Yoga Room. A perfect way to end a therapeutic day with Mother Nature.



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## Day 7 (Friday):

- **7:30 -10:30 am Breakfast** Your choice of breakfast menu item at the Oualie Beach Restaurant (inclusive)
- **8:00-9:15 am: Yoga with Amanda @ Oualie Beach Resort Yoga Room** followed by **Special Meditation: Laughter Yoga**. Offering of local bush tea
- **9:15 - 9:30:** Optional Journaling + Sharing
- **FREE DAY!** Its Fri-YAY! There is always a special buzz on the island on Fridays. This is your last full day on the island. Here's your opportunity to enjoy any additional excursions or activities that interest you, have a relaxing beach day, get massage, or just ride the wave of the day and see where it takes you! As always, Amanda will be available to give you options/suggestions and help accommodate your needs!



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## Day 7 (Friday) Continued:

- **10:00 am - 5:00 pm: Optional (non-inclusive) Activity: Thai Yoga Massage** with Amanda @ Oualie Beach Resort By appointment. \$160 USD/90 minutes, \$110/60 minutes
- **7:00 p.m.: Optional (non-inclusive) Group Dinner** Our last night together! Opt to join Amanda and others for dinner. Restaurant will be determined based on Amanda's recommendations and group interest



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## Day 8 (Saturday):

**7:30 - 11:00 am** Your choice of breakfast menu item at the Oualie Beach Restaurant (inclusive)

**8:00 - 9:15 am: Yoga with Amanda @** at Oualie Beach. Offering of local bush tea

**9:15 - 9:30:** Optional journaling , sharing, and reflection

**11:30 am - 1:00 pm** Water taxi and Airport transfers back to St. Kitts Airport (exact times to be determined based on flight departure times)

**Not ready to leave? Extend your stay!** (Special rates for retreat guests. Dependant on availability)



# Optional Activities

**Non-inclusive. Available by Appointment**

- Scuba Diving, Try Scuba, PADI Scuba certification and Continuing Education Courses
- Yoga-Scuba Experience and PADI Yoga Diver course (taught by the original course author)
- Snorkel Gear Rental - \$15/U.S.D per day or \$45 U.S.D per week
- Thai Yoga Massage or Yin Massage with Amanda
- Private Yoga Sessions, Holistic and Spiritual Counseling Sessions
- Aqua Aerobics at Oualie Beach
- Table Massage and Spa Treatments
- Hike to the top of Mount Nevis (guide required)
- Horseback Riding
- Sportsfishing
- Water taxi to Cockleshell Bay, across the channel in St. Kitts
- Tour of St. Kitts
- Catamaran Sailing Trip
- Electric Bike Tours/Rental
- Kayak Tours/Rental