

Nevis Back to your Roots

Retreat Itinerary

(This is a sample itinerary. Dates and times of activities are subject to change, durations are approximate. I will confirm each day's schedule the day before. All classes and retreat activities are optional. This is YOUR vacation!)

Day 1 (Saturday):

- **Arrival:** Airport Meet & Greet. Taxi to Reggae Beach, Water Taxi to Oualie Beach, Nevis. Check into Oualie Beach Hotel.
- **5:00 - 6:30 p.m: Introductions and Relaxation Yoga + Special Meditation: Empty your Cup.** Offering of local bush tea. @ Oualie Beach Yoga Room
- **7:00 pm: Optional (non-inclusive) Group Dinner @ Oualie Beach Restaurant.**

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**
Hatha Yoga Foundations: Get back to basics and reunite with the roots of Yoga. Find your balance of effort and ease in this gentle, mindfulness-based practice.
- **9:15 - 9:45 am:** Optional Journaling + Sharing. Offering of local "bush" tea
- **11:00 am - 12:30 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 : Rastafarian Vitality Experience, Beach Fun Day @ Oualie Beach.** Enjoy a fabulous beach day with Amanda and friends right in your front yard: Swim/snorkel, Paddle board, swing in a hammock, listen to a live jazz jam in the bar. Get a taste of local Rastafarian culture with a complimentary traditional "Ital" meal (vegan/gluten-free) and sampling of healthy botanical island juices. Enjoy the sunset while chilling to roots reggae music.

Retreat Itinerary

Continued..

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 Resort Yoga Room.**
Yin Yoga: Target the subtle energetic system and restore vitality to the deep tissues in this therapeutic session for the body, mind, and beyond.
- **9:15 - 9:45 am:** Optional Journaling + Sharing. Offering of local “bush” tea
- **11:00 am - 5:00 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 cool rainforest setting (non-inclusive). Our road trip leaves plenty of flexibility and space for spontaneity. It's all about the journey, not the destination!

Day 4 (Tuesday):

- **5:00 am - 7:00 a.m.: Sunrise Beach Yoga/Meditation** Experience Brahma Muhurta, the sacred stillness before dawn and greet the sun with an energizing and 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 and wear your swim suit under your clothes. Optional: Join Amanda for a morning swim (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!**
- **9:00 am - 5:00 pm: Optional (non-inclusive) Activity:** Amanda taking appointments for **Thai Yoga Massage** (90 minutes/\$165 USD) @Oualie Beach Yoga Room
- **7:00 pm - ?:** **Open Mic/Live Local Music @ Oualie Beach Restaurant.** On Tuesday nights, Oualie Beach is the place to be. Enjoy jam sessions from a variety of local musicians in a festive atmosphere. If you are a musician/singer, join them!

Retreat Itinerary

Continued..

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**
Heart Stirring Yin Yoga + Special Meditation: Metta Bhavana
Free up the breath. Expand your heart space on a physical and esoteric level. Strengthen emotional resilience. Cultivate loving kindness.
- **9:15 - 9:45 am:** Optional Journaling + Sharing. Offering of local “bush” tea
- **11:00 - 3:00 p.m.: Scenic Private Cruise and Snorkeling trip** on St. Kitts’ south peninsula. Swim, snorkel, or relax with drinks and snacks in a sheltered cove in the clear, warm Caribbean Sea (Snorkeling gear provided). **Optional (non-inclusive) Activity: Scuba Diving** for certified divers (1 tank \$75 USD. Reserve no later than Tuesday afternoon)
- **5:00 p.m. Optional (non-inclusive) Sunset Group Dinner** Opt to join Amanda and others for sunset drinks and/or dinner. Restaurant will be determined based on Amanda’s recommendations and group interest.

Day 6 (Thursday):

- **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.**
Myo-Yin: Relieve long-held tension patterns and enhance the flow of vital life force energy with this unique fusion of Yin Yoga, Myofascial Release, Breathwork, and Self-Massage techniques.
- **9:15 - 9:45 am:** Optional Journaling + Sharing. Offering of local “bush” tea
- **11:00 am - 5:00 pm: Mindfulness Rainforest 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 if you'd like to plunge in it's refreshing pool! Afterwards we stop for a therapeutic dip in the Charlestown Volcanic Hot Springs. Hike requires a moderate level of fitness and good balance/sure-footedness. Wear sturdy shoes (sneakers or trail sandals ok), bring a towel and water bottle.

Retreat Itinerary

Continued..

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 Yoga Room**
Slow-Flow Vinyasa: Explore conscious, deliberate action with this slow mindful flow coordinating body, breath, and mind. **Special Meditation: Laughter Yoga.**
- **9:15 - 9:45 am:** Optional Journaling + Sharing. Offering of local “bush” tea
- **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!
- **11:00 am - 5:00 pm: Optional (non-inclusive) Activity:** Amanda taking appointments for **Thai Yoga Massage** (90 minutes/\$165 USD)
- **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

Day 8 (Saturday):

- **7:30 - 10:30 am** Your choice of breakfast menu item at the Oualie Beach Restaurant (inclusive)
- **8:00 - 9:15 am: Yoga with Amanda @ at Oualie Beach Yoga Room**
Relaxation Yoga: Enjoy a final assimilation of this therapeutic and transformative week with a relaxing Yoga session that will prepare the body-mind for the step in the journey.
- **9:15 - 9:45 am:** Optional Journaling + Sharing. Offering of local “bush” tea
- **12:00 - 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! (Enquire with Amanda for special rates. Dependent on availability)

Optional Activities

Non-inclusive. Available by Appointment

- **Snorkel Gear Rental** - \$15/U.S.D per day or \$45 U.S.D per week - see Amanda
- **Paddleboard/Kayak Rental** - \$75 USD/2 hours, \$150 USD/day - see Amanda
- **Thai Yoga Massage** - \$165 USD
- **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
- Golf
- 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
- ATV tours and rental

Important Contacts

EMERGENCY - 911 or +1 869-469-5391 (Charlestown Police Station)

Amanda: +1 869-764-6651 Derrick: +1 869-764-5990

Oualie Beach Front Desk/Security +1 869 469-9735

Taxis: Fansa +1 869-663-1164 Barry +1 869-0582 Clayton +1 869-663-3315