

# 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 be transported by water taxi to Nevis (5-10 minutes), and checked into your beachfront accommodation at Oualie Beach.
- **5:00 - 6:00 p.m:** Once everyone in the group has arrived and settled in, Amanda will offer a relaxing Yoga Nidra Session in our Yoga room, only steps away from your guest room. This is an ideal way to let go of travel tension, reset the nervous system, and get the body-mind into vacation mode!
- **7:30 pm:** After this session, Amanda will invite you to the hotel restaurant where you can order food and drinks (non-inclusive) This is a great opportunity to discuss the retreat and get to know one another.

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## Day 2 (Sunday):

- **7:30 -11:00 am: Breakfast** Your choice of breakfast menu item at the Oualie Beach Restaurant (inclusive)
- **8:30 - 10:00 am: Yoga with Amanda @ Oualie Beach Resort Yoga Room** followed by **Special Meditation: Empty your Cup.** Offering of local bush tea
- **11:30 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: Excursion to Pinneys Beach, Rastafarian Vitality Experience:** Enjoy an afternoon at Nevis' most popular beach. Get a taste of local Rastafarian culture with a complimentary traditional "Ital" meal and sampling of 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 -11:00 am Breakfast** Your choice of breakfast menu item at the Oualie Beach Restaurant (inclusive)
- **8:30 - 10:00 am: Yoga with Amanda @ Oualie Beach Resort Yoga Room.** Offering of local bush tea.
- **11:30 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):

- **5:30 am - 7:30 a.m.: Sunrise Beach Yoga/Meditation** Experience 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 and swim suit if you'd like to take a refreshing dip afterwards (depending on sea conditions). Take a stroll the volcanic black sand. A great place for photos and hunting for beach treasures!
- **7:30 -11:00 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 @ Pinneys Beach.** Designed specifically for first-time divers, 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 underwater world. \$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 -11:00 am Breakfast** Your choice of breakfast menu item at the Oualie Beach Restaurant (inclusive)
- **8:30-10:00 am: Yoga with Amanda @ Oualie Beach Resort Yoga Room**, followed by **Special Meditation: Metta Bhavana**. Offering of local bush tea
- **11:30 - 3:30 p.m.: Scenic Private Cruise and Snorkeling trip.** @ Shitten Bay on St. Kitts' south peninsula. Swim, snorkel, or relax with drinks and snacks in a sheltered cove in the clear, warm Caribbean Sea. **Optional (non-inclusive) Activity: Scuba Diving** for certified divers or anyone who has participated in the try scuba session with Amanda. \$75 USD
- **7:00 p.m. Optional (non-inclusive) Group Dinner** 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 6 (Thursday):

- **7:30 -11:00 am Breakfast** Your choice of breakfast menu item at the Oualie Beach Restaurant (inclusive)
- **8:30-10:00 am: Yoga with Amanda @ Oualie Beach Resort Yoga Room.** Offering of local bush tea.
- **11:30 am - 4:30 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. Bring 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.

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## Day 7 (Friday):

- **7:30 -11:00 am Breakfast** Your choice of breakfast menu item at the Oualie Beach Restaurant (inclusive)
- **8:30-10:00 am: Yoga with Amanda @ Oualie Beach Resort Yoga Room** followed by **Special Meditation: Laughter Yoga**. 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!



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## Day 7 (Friday) Continued:

- **11:00 am - 5:00 pm: Optional (non-inclusive) Activity: Thai Yoga Massage** with Amanda @ Oualie Beach Resort \$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)

**8:30 - 10:00 am: Yoga with Amanda @** at Oualie Beach, followed by **Special Meditation: Chew on it.**  
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!** (depending 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