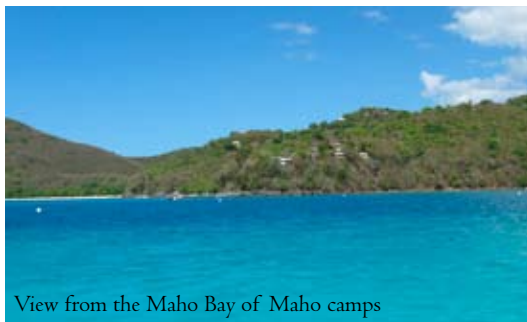




Women's Holistic Yoga and Meditation Eco-Retreat with Nurture Through Nature at the U.S. Virgin Island's renowned eco-resort Maho Bay, St John

2009 Retreaters

An enriching and relaxing active holiday in the Caribbean sun at the pioneer of green resorts, Maho Bay Camps
March 14-21, 2010



View from the Maho Bay of Maho camps



Retreat Includes

Shared Eco-Tent accommodations, daily Hatha Yoga, evening meditation circles, island exploration to beautiful beaches on 2 group day hikes in the USVI National Forest, and 2 evening meals. Also included is a chartered sailing and guided snorkeling adventure throughout the uninhabited cays in the waters of the Virgin Islands National Park, and a sunset sailing adventure to the British Virgin Islands.

Programs are mornings and later evenings leaving the afternoons for yourself to enjoy the beaches, hiking, touring the island, snorkeling, sailing, kayaking, or just kicking back, taking in the sun and blue-green Caribbean waters.

Celebrating over 30 years, Maho Bay Camps is one of the most highly praised ecotourism destination in the world, with 114 eco-tent cottages connected by an extensive network of stairs and boardwalks. The roomy tent-cottages are nearly hidden by lush foliage providing privacy. Translucent fabric on wood frames, screened windows and open air terraces take advantage of the cooling Virgin Islands trade winds. Sweet—it's real sweet.

Per Person Cost for triple accommodations: \$1,128
(option available with enough enrollment)

Per Person Cost for double accommodations: \$1,260
Companion Discount now available: bring a travel companion and both take \$50 off!

Retreat does not include transportation or meals other than 2 group dinners.



View from the yoga pavillion

What I appreciated most about this retreat was...

...the quality of yoga instruction, leadership and personal attention in yoga...snorkeling was fabulous, like meditation in water.

Janis, Maine 3/09

...the power of the circle, and especially the leader. I loved the view, the eco-village, the activities, the energy. The sailing, the meditations, the yoga flow work. Learning yoga has been amazing...

Doreen, New Hampshire 3/09

Nurture Through Nature

www.ntnretreats.com

www.maho.org

ntnretreat@yahoo.com

207.452.2929

