



**Holistic Yoga and Meditation Eco-Retreat at  
Virgin Island's renowned eco-resort Maho Bay, St John**

**An enriching and laid back getaway in the Caribbean sun  
at the pioneer of green resorts**

**March 8-15, 2009**

**DECEMBER SPECIAL!**

Sign up now and take \$50 off.

Sign up with a travel companion and both take \$75 off!

Only 3 spots left~

Enjoy yoga, meditation, mindfulness practices, hiking in the Virgin Islands National Park, custom sailing and snorkeling and spectacular beaches on beautiful St John, an island that is 90% national park!



**Retreat Includes:**

Eco-Tent accommodations for 2 or 3, Daily Hatha Yoga sessions for every-body, Evening Mindfulness and Meditation Circles, Full day custom sailing and snorkeling adventure throughout the uninhabited cays in the waters of the Virgin Islands National Park and 2 group day hikes in the USVI National Forest to beautiful beaches. Programming will be in the morning and evening so that you will have your afternoons to 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 probably 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.

Per Person Cost for triple accommodations: \$978  
Per Person Cost for double accommodations: \$1110.00

Nurture Through Nature:

**[www.ntnretreats.com](http://www.ntnretreats.com)**

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