



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

An enriching and relaxing active holiday in the Caribbean sun
at the pioneer of green resorts, Maho Bay Camps

March 14-21, 2010

Enjoy daily yoga, meditation, evening circles, day hiking in the Virgin Islands National Park, custom sailing and snorkeling and spectacular beaches on beautiful St John, USVI.



Retreat Includes:

Shared Eco-Tent accommodations, daily Hatha Yoga for every-body, evening circles that include guided meditation, healing practices, The Work of Byron Katie, movement, chants and intentional sharing. Also included in your retreat is a chartered sailing and guided snorkeling adventure throughout the uninhabited cays in the waters of the Virgin Islands National Park, a sunset sail to the British Virgin Islands, and 2 group day hikes in the USVI National Forest to beautiful beaches. In addition, plan on a group cookout and celebratory dinner for our final evening. Programming will be in the morning and later 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. Sweet~it's real sweet.

Per Person Cost for triple accommodations: \$1,128
Per Person Cost for double accommodations: \$1,260

Nurture Through Nature:

www.ntnretreats.com , www.maho.org

207.452.2929

ntnretreat@yahoo.com

Testimonials, March 2009: 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

...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

...the beauty of the surroundings and the beauty of the souls. Barbara, Maine