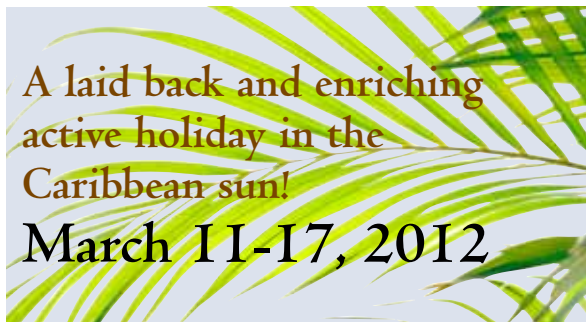


Women's Holistic Yoga-Meditation Eco-Retreat

with Nurture Through Nature at the U.S. Virgin Island's renowned eco-resort
Maho Bay, St John



A laid back and enriching
active holiday in the
Caribbean sun!
March 11-17, 2012



View from the yoga pavillion

Retreat Includes

- ✿ Shared eco-tent cottage (2-3 people)
- ✿ Daily morning yoga with 2 instructors with complimentary teaching styles
- ✿ Evening meditation circle
- ✿ Two guided group day hikes with self-guided snorkeling adventures
- ✿ A chartered sail and professionally guided snorkeling quest in the uninhabited waters of the Virgin Islands National Park
- ✿ A sunset sailing adventure to the BVI
- ✿ Final evening group BBQ spread
- ✿ Free time to enjoy beaches, kayaking, touring, lounging, and taking in the sun and the blue-green Caribbean waters

Per Person Cost for triple occupancy: \$1,150

Per Person Cost for double occupancy: \$1,300

Retreat does not include transportation or meals other than 1 group dinner and 1 lunch. Each cottage offers cooking amenities and there is a dining pavillion and storeon site.

Reservations: Send non-refundable \$300 deposit to: Nurture Through Nature, 77 Warren Rd, Denmark, ME, 04022.

Celebrating over 30 years, Maho Bay Camps is one of the most highly praised eco-tourism destination in the world, with 114 eco-tent cottages connected by an extensive network of stairs and boardwalks leading guests up and down to private beaches and food services.

“You make every gathering so special; I always feel so safe and so connected to the other folks. You have a gift for creating an exciting and memorable experience. I am thrilled to share this with you again. Thank you so very much. Love, Doreen”

“What I appreciated the most about this retreat was the quality of yoga instruction, leadership and personal attention in yoga... snorkeling was fabulous, like meditation in water.”

Janis



Nurture Through Nature

www.ntnretreats.com
www.maho.org

ntnretreat@yahoo.com
207.452.2929