

Meditation in Motion Retreat Itinerary



Jungle Bay Resort and Spa March 26-April 2

~ Trips depart from front reception area unless otherwise noted ~

~ The Spa is open 10:00 am to 7:00 pm daily for treatments, for appointments dial 217~

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Sunday March 26

Arrivals from Canefield and Melville Hall Airports in late afternoon

7:00 pm ~ Heritage Buffet Welcome Dinner- sample traditional cuisine of Dominica.

Monday March 27

7:00 am ~ Restaurant opens

OPTIONAL 8:15 am to 9:00 am ~ Yoga Class with Glenda (Main Yoga Studio)

9:30 am – 11:30 am ~ Iyengar Yoga Class with Laureen (Main Yoga Studio)

11:30 to 1:30 pm ~ Lunch

1:30 pm to 4:00 pm ~ Tour and Hike of Glassé Ocean Pools - hike 45 minutes each way on this scenic heritage area to ocean pools for wading and great photo opportunities. **Bring swimwear, towel, camera & footwear with good grip / flexible soles - easy to moderate hiking**

1:30 pm to 3:30 pm ~ Point Mulatre Bike Ride – pass by some local farms, the beach and visit the extraordinary hummingbird tree. **Easy to moderate biking.**

5:30 pm – 6:30 pm ~ Restorative class with Laureen (Main Yoga Studio)

7:00 pm ~ Dinner

8:30 pm ~ Ping pong & pool tournament at Recreation Lounge & Coconut Bar

Tuesday March 28

7:00 am ~ Restaurant opens

OPTIONAL 8:15 am to 9:00 am ~ Yoga Class with Glenda (Main Yoga Studio)

9:30 am – 11:30 am ~ Iyengar Yoga Class with Laureen (Main Yoga Studio)

11:30 to 1:30 pm ~ Lunch

1:30 pm to 5:30 pm ~ Bus tour to Soufriere and Champagne Beach. Visit hot mineral springs at Soufriere and snorkel at famous Champagne Beach with volcanic bubbles & topical marine life. **Bring swimwear, towel and sunscreen**

5:30 pm to 6:30 pm ~ Cooking class at the Pavilion Restaurant –make your own fried plantain in shredded coconut and other tasty snacks while you learn about unique Dominican foods. Dinner follows.

Wednesday March 29

7:00 am ~ Restaurant opens

OPTIONAL 8:30 am to 5:30 pm ~ Boiling Lake hike & Valley of Desolation – explore Dominica’s famous wonder & UNESCO World Heritage Site. Extremely Challenging – 3 hours each way. Bring swimwear & footwear with good grip / flexible soles

OPTIONAL 8:15 am to 9:00 am ~ Yoga Class with Glenda (Main Yoga Studio)

9:30 am – 11:30 am ~ Iyengar Yoga Class with Laureen (Main Yoga Studio)

11:30 to 12:30 pm ~ Lunch

1:00 pm – 3:30 pm ~ Tour of Titou Gorge **Bring swimwear**

8:00 pm to 10:00 pm ~ Dinner music in the Pavilion Restaurant

Thursday March 30

7:00 am ~ Restaurant opens

OPTIONAL 8:15 am to 9:00 am ~ Yoga Class with Glenda (Main Yoga Studio)

9:30 am – 11:30 am ~ Iyengar Yoga Class with Laureen (Main Yoga Studio)

11:30 to 1:30 pm ~ Lunch

MODERATE ~ DIFFICULT OPTION 1:30 pm to 3:30 pm ~ Victoria Falls Hike, 45 min walk along the White River each way then a swim in the scenic waterfall pool. **Moderate to difficult hike with river crossings - bring swimwear and shoes that can get wet.**

EASY ~ MODEARTE OPTION 2:00 pm to 4:00 pm ~ Point Mulatre Bike Ride – pass by some local farms, the beach and visit the extraordinary hummingbird tree. **Easy to moderate biking.**

6:00 pm – 7:00 pm Restorative class with Laureen (Main Yoga Studio)
Dinner

8:30 pm (aprox)~ Presentation on Dominican healing herbs, barks and teas by Irvin **Pavilion Restaurant**

Friday March 31

7:00 am ~ Restaurant opens

OPTIONAL 8:15 am to 9:00 am ~ Yoga Class with Glenda (Main Yoga Studio)

9:30 am – 11:30 am ~ Iyengar Yoga Class with Laureen (Main Yoga Studio)

11:30 to 1:30 pm ~ Lunch

1:30 pm to 4:00 pm ~ Tour and Hike of Glassé Ocean Pools - hike 45 minutes each way on this scenic heritage area to ocean pools for wading and great photo opportunities. **Bring swimwear, towel, camera & footwear with good grip / flexible soles - easy to moderate hiking**

2:00 pm to 4:30 pm ~ Zom Zom Hike – trek through a portion of the 56 acre Jungle Bay coastal forest to an old fishing point – moderate hike **Meef at Pavilion Restaurant**

5:30 pm – 6:30 pm ~ Restorative class with Laureen (Main Yoga Studio)

7:00 pm ~ Dinner

Saturday April 1

6:30 am ~ Restaurant opens

8:00 am to 3:00 pm ~ “Roseau Market Tour & Trafalgar Falls” - Heritage tour of the last authentic community market in the Eastern Caribbean, scenic drive to Trafalgar Falls and lunch at Pearls local restaurant.

4:00 pm – 6:00 pm ~ Iyengar Yoga Class with Laureen (Main Yoga Studio)
7:00 pm ~ Dinner

Sunday April 2

7:00 am ~ Restaurant opens

8:30 am ~ Departure to Canefield or Melville Hall Airport