

Ocean Side Yoga Retreat Jamaica December 9-15, 2018

Package Includes:

- Round-trip air from Chicago
- Round-trip Airport Transfer
- 6 Nights at Jewel Paradise Cove
- Middleton Travel Escort
- All meals & drinks included

Highlights & Classes

- Multiple Daily Yoga Sessions
- Beginners Yoga Instruction
- Aquacise
- Align & Flow
- Nature & Power Walks
- Wellness Session
- Meditation
- Cooking
- Pilates
- Spinning
- Pranayama
- Reiki / Yin Yoga
- Dance Sessions
- Yoga For Life

Jewel Paradise Cove, Runaway Bay, Jamaica

As one of the best vacation spots in the Caribbean, Paradise Cove perches on a private beach covered in sugary white sand and is surrounded by translucent turquoise water. Get lost in our endless luxuries, enjoying the inspiring setting for staying relaxed or being as active as desired. Spoil yourself with all-inclusive amenities and services that will change the way you experience your vacation. When the sun goes down carry on your adventures at one of our five bars, or wind down in our elegant accommodations overlooking the water. Make Jamaica your unforgettable celebration by the sea.



Pricing

\$ 1639.00 Double occupancy

\$ 2259.00 Single occupancy

\$300 per person deposit due with reservation. Due no later than August 20

- Prices shown are based on per person
- Payments must be made by cash or check
- All payments are nonrefundable

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Travel Times

American Airlines

December 9, 2018

Depart: Chicago 8:50 am

Arrive: Montego Bay 2:01 pm

December 15, 2018

Depart: Montego Bay 3:05 pm

Arrive: Chicago 6:28 pm

Flight times subject to change.

Oceanfront yoga on the tropical island of Jamaica is the perfect remedy to reduce stress, relax and rejuvenate. The award-winning luxury Curio Collection by Hilton's most-inclusive adults only Jewel Paradise Cove Beach Resort & Spa offers yoga retreats, where guests can choose from total immersion to an introduction to a personal yoga practice.

EVERYDAY FUN, FITNESS & WELLNESS ACTIVITIES

- * 24– hour gym access; sauna, steam room facilities
- * 10 Station “Fit-Trail”
- * Non-motorized water sports: kayaks, paddle boards, sailing, pedal boats, Hobie Cat
- * 3 pools with swim-up bars
- * 2 Tennis courts with instruction
- * Basketball, beach & pool, volleyball, 3 whirlpools
- * Glass Bottom Boat Tour
- * Konoko Falls Excursion
- * Shopping Trip to Ocho Rios & Margaritaville
- * Reef Snorkeling Excursion
- * Optional full-service spa and salon (For fee)
- * Golf at nearby Runaway Bay Golf Club including complimentary green fees and transfers

