

Orchid Bay, Belize

Yoga Retreat

Jan 18–25, 2020



Join Christine Eberle for this week long yoga retreat in a private, beachfront oasis. You can relax by the infinity pool, read in the hammock, rent a paddle board or kayak. You can participate in 2 daily optional yoga classes and enjoy freshly prepared, locally grown , healthy meals at the Crimson Orchid Inn where you'll be staying. Furthermore you will have the opportunity to visit the Mayan ruins in Lamanai and day trip to San Pedro to snorkel the 2nd biggest reef in the world.

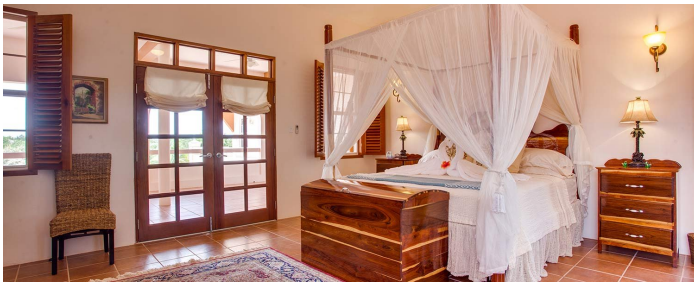
Accommodations



Cost: Early Bird until Aug 31, 2019 (all prices in CAD)

Double occupancy: \$1450.-CAD early bird / \$1600.- after Aug 31, 2019 (if you are traveling solo and wish to share a room, we'll do our best to pair you up with a suitable roomie)

Single occupancy: \$2000.-CAD early bird / \$2150.- after Aug 31, 2019



Bridal Suite:

Double occupancy: \$1725.-CAD pp early bird / \$1875.-CAD after Aug 31, 2019

Space for this retreat is limited and sold out quickly previously, so reserve your spot today!

1. A \$400.-CAD upon booking is required immediately to reserve your spot.
2. 50% of the total minus deposit is required by Nov 1, 2019 (non refundable)
3. Remaining balance is due one month prior to retreat start on Dec 18, 2019

*All payments are made directly to Christine Eberle via etransfer

(christine.preisenhammer@gmail.com) cash or cheque. All fees incurred with payment are the payer's responsibility.

Included:

- Accommodations
- Airport transfers
- 3 meals
- Yoga classes
- Ocean-side infinity pool

Not included:

- Flights
- Travel Insurance
- Alcoholic beverages
- Optional Excursions (i.e. Mayan ruins, snorkelling)
- Paddle board /kayak rentals (\$10.-USD/hr)

What to bring:

- Bathing suit
- Sunscreen
- Bug spray
- Yoga clothes
- Yoga mat (if you prefer your own - mats and props are available)
- USD cash



We will be staying at the **Crimson Orchid Inn** in Orchid Bay in the Corozal district in the North of Belize. It is about a 2 hour ride from the Belize City airport by shuttle. The inn is a short stroll from the beach where you can relax by the gorgeous infinity pool or swim in the calm turquoise bay water.. This is also where you can find Tradewinds Restaurant and Bar for refreshments and snacks.



Meals

Three delicious, healthy lovingly prepared meals will be offered using local ingredients. The chef uses fresh local herbs and produce to prepare creative menus tailored specifically to meet your dietary requirements. Upon booking please specify any dietary restrictions or allergies. Please also advise if you prefer vegetarian, seafood or meat options.

Yoga Classes

There will be 2 daily optional yoga classes on a “beach day”. On excursion day, we might alter the schedule to one class to accommodate the activity. There will be a vinyasa style practice in the morning and a yin class in the evenings. All levels are welcome and modifications will be given. Props are available.



Flights

Airport transfers will be arranged to and from Belize City airport (BZE) for arrival on January 18 and departure on Jan 25, 2020. The most direct flights from YYZ arrive by 1:45pm and the shuttle will be arranged to leave between 2pm and 2:30pm so please arrange for your arrival in time to meet the shuttle. You are of course welcome to extend your stay beyond these dates and should you need transportation to and from the airport on any other dates you are responsible for your own shuttle.



Other helpful things to know:

Safety: The property is located in a safe community in Northern Belize and is very private. As a matter of fact, rooms usually stay unlocked but for an extra refundable deposit of \$25.-USD a room key will be given (if you lose it, you lose your deposit as well ;)

Of course, use caution while traveling and use common sense. Avoid walking alone at night and don't carry large sums of money.

Currency: Belize uses both Belize Dollars and US Dollars. USD are accepted everywhere you go. everywhere you go.

Departure Tax: Usually the departure tax is included in your airline ticket but check to make sure. If it isn't, it must be paid in **cash** - the departure fee for non-residents is \$55.50 + 0.75c USD.

Electricity: 110v same as in North America

Vaccinations: This is up to your own discretion. Check with your physician if you are unsure.

Excursions

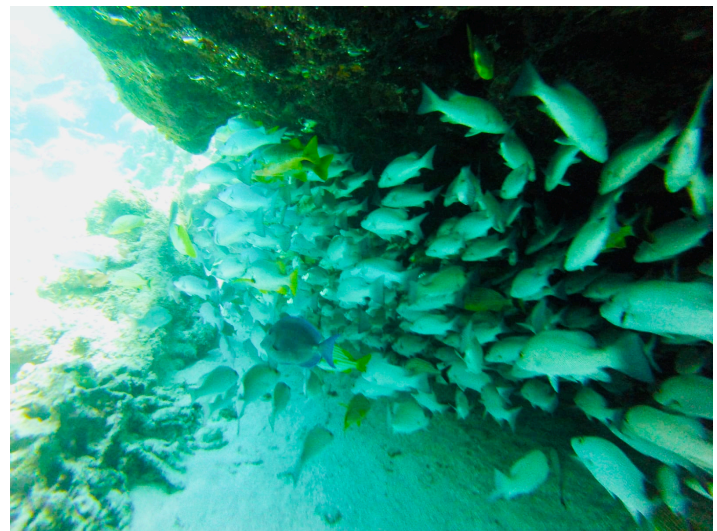


Lamanai

Lamanai is one of the largest Mayan sites in Belize dating back over 3000 years. You will be floating down the New River with accompanied by a guide and have a chance to spot exotic animals (Howler Monkeys and crocodiles etc). Lunch will be provided.

Cost: approx. \$75-\$100.-USD depending on the number of people partaking)

This is a wonderful day trip and highly recommended.



Snorkeling (San Pedro)

Experience the wonders of the 2nd biggest reef in the world after the Great Barrier Reef! You will be taking a small plane to San Pedro where your guides will be waiting to take you out on a sail boat to explore the corals and swim with sharks and sting rays (it is of course optional but one of the most amazing experiences you will ever have)

Cost: approx. \$200-\$235.-USD depending on the number of people partaking

(This more than worth it and an adventure you won't soon forget)



Christine Eberle

Christine is excited to be returning to lead a yoga group in Orchid Bay for a second time. Once just isn't enough! Prior to this she held a yoga and hiking retreat in her native Germany.

Christine fell in love with yoga during her pregnancy with her third child as yoga has helped

her ride the ebb and lows of life and also made her body strong and healthy. She has taken several teacher trainings and many continuing education studies and has a deep understanding of the struggles students may face in class and she hopes to help students break through their edge, grow and feel empowered by trying new things. Her classes are challenging yet light hearted and infused with humour and possibly a very slight German accent.

She is also the founder of Yoga for Stiff Guys, a popular class just for dudes!

Christine is grateful to her many amazing teachers: Michelle Cormack /Shiva Rea/Shawn Corne (Vinyasa Flow), Kinndli McCollum/Baron Baptiste (Power Yoga), Hart Lazer (Iyengar (alignment based) Yoga), Bernie Clark/Diana Batts (Yin Yoga) and more ♥

Everyone and every level is welcome !