

Joyful Awakening's
Jamaican
Rejuvenating Beach Retreat

Begins **Wednesday Evening, February 26**
Ends **Saturday Evening, March 1, 2014**

We personally invite you to the Joyful Awakenings Retreat on the island paradise of Jamaica. Spend four amazing days of relaxation, rejuvenation, self empowerment and fun at the beautiful Negril Yoga Center. Imagine yourself immersed in island culture, surrounded by the healing blue waters of the Carribean. Skilled facilitators will compassionately guide transformative workshops of sacred sound, stress reduction, breath work, guided visualization, mandala art and yoga. All adventurers are welcome... men, women, couples and singles, no experience required! A balance of workshops and free time allows for self-reflection and exploration of the island's many wonders. This amazing price includes four nights stay, all meals, three workshops and morning yoga (optional). You may also choose outside activities such as swimming with the dolphins, snorkeling, swimming & relaxing on a private beach, horseback riding, walks on the beach, boat rides to the reef and trips to nearby waterfalls, natural spring or caves. Treat yourself - don't miss out on this incredible opportunity! We have reserved the entire yoga center for our retreat. All twelve cottages are uniquely Jamaican. Feel the Excitement! Register early.



We joyfully look forward to being with you. –Heather, Mary and Patricia



"Negril Yoga Center met and exceeded my dreams with comfortable accommodations, superb healthy home-style cooking, beautiful private grounds, and a friendly and efficient staff – all just across the street from the sea! The workshops conducted by Heather, Mary, and Patricia provide not only practical rejuvenating lessons – breath, movement, creativity, and sound – but also offer a sense of self-empowerment, fellowship, and cleansing. I will be forever grateful for guidance in releasing that which no longer serves me and amazed by the peace I continue to find thanks to this retreat experience." ~ Jan H



Retreat Price: \$1,171 per person

This amazing price includes:

- Four nights stay
- Three transformational workshops
- All meals
- Yoga

Price based on double occupancy.

Rooms filled on a first-come, first-served basis.

Airfare and shuttle not included in price.

*Patricia Norton, Heather Davis
& Mary Wald*

**Bring a Friend –
Get a Discount!**

Contact Mary Wald
marykevinwald@gmail.com
410-530-0508

Payment by check or credit

