

A photograph of two women from behind, standing on a beach. They are both wearing bikinis and have their arms raised wide, palms facing forward. The sun is setting in the background, casting a warm orange glow over the scene. The ocean is visible in the distance.

IS TIME TO

ESCAPE

IN THE GREATEST ADVENTURE OF YOUR LIFE

ULTIMATE WOMEN'S RETREAT TO REBOOT YOUR LIFE

GENTLE YOGA
SOUND HEALING MEDITATION
TRANSFORMATIONAL COACHING

SAMANA, DOMINICAN REPUBLIC
MAY 10, 2020 - MAY 17, 2020



THE VACATION YOU DESERVE

This is the retreat you been dreaming to do because is an holistic program to transform and reset your lifestyle.

Imagine yourself disconnected from your busy world in the top of a mountain with an ocean view where the master healer Zayra Mo will help you to unwind your mind, uplift your soul and reset your body.

With her expertise you will restore your body energy with gentle yoga, you will dive in calm frequency waves during the live music meditations and sound baths with her crystal singing bowls and you will finally learn how to do the changes you want to do in your lifestyle and life purpose with her transformational coaching sessions.

Also you will get the Zayra Mo's special retreat kit:

- A canvas bag
- Retreat's Journal
- T-Shirt & Flip Flops
- Mala to meditate and use it as a necklace
- A gemstone pendulum which you are going to learn how to read your intuition in one of the Transformational Sessions
- The Alpha Room CD
- An Opalite Necklace
- The pass for ONE YEAR subscription to the online meditation studio in www.zayramo.com



A POWERFUL HOLISTIC PROGRAM

Gentle yoga is pretty much what the name implies, a slower-paced and less strenuous form of yoga. Gentle Yoga or Yin Yoga is based on the ancient, Taoist concepts of yin and yang, the opposite and complementary principles in nature. It works synergistically with the principles of traditional Chinese medicine to shift 'Chi' or 'Qi' through the body.

Also works with the bones, ligaments, joints and fascial network as well. Once in the asana, the practitioner is asked to stay in this stillness and breathe for two minutes and sometimes up to ten minutes.

You will practice a lot less poses in the same amount of time as a more general yoga class. Although is a passive style of yoga, the length of time in postures combined with the intensity of sensations, make this practice challenging. It is deceptively powerful. When the body begins to unravel and the mind begins to still a real sense of peace occurs.

It is the permission to let go of whatever the practitioner is holding on to that makes this yoga one of the most popular styles today.

Some of the benefits of yoga include:

- increased flexibility.
- increased muscle strength and tone.
- improved respiration, energy and vitality.
- maintaining a balanced metabolism.
- weight reduction.
- cardio and circulatory health.
- improved athletic performance.
- protection from injury
- perfects your posture
- drains your lymphs and boosts immunity.
- makes you happier
- helps you focus
- helps you sleep deeper
- increases your self-esteem
- builds awareness for transformation.

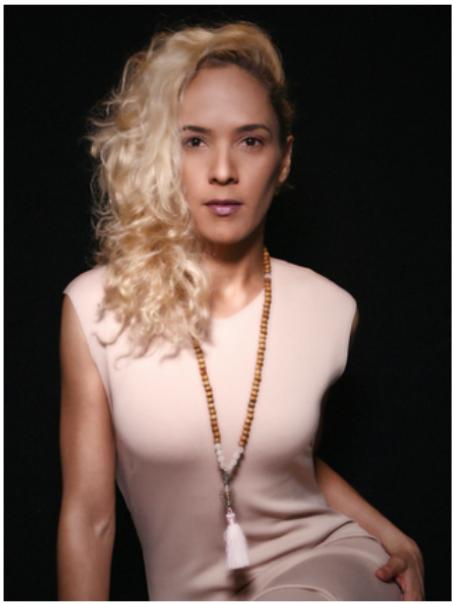
About Zayra Mo's Live Music Meditations or Sound Baths:

A sound bath is a relaxation technique and meditative experience whereby participants 'bathe' in the sound waves produced by the human voice as well as instruments such as chimes and singing bowls. Fans of sound baths say they have a profoundly calming effect as the vibrations wash over you. Mo's performances use a variety of frequencies as a vibrational sound healing where your body will receive the specific frequencies of each crystal singing bowl to create the effect of entrainment or synchronization to "copy" the natural frequency your organs, bones and more suppose to be. In this healing process, the organs release hormones like endorphins (the anti-pain hormone), the serotonin (the happy hormone) and the melatonin (the sleeping, youthfulness and visionary hormone).

Singing bowl therapy dates back to the 12th century and has been used for meditation and rituals in Tibetan culture. Bowls produce a deep, penetrating sound that's used to relax and repair the mind. A 2016 study found that singing bowl meditation reduced stress, anger, depression, and fatigue. All of these things are known to impact physical health and raise the risk for disease, suggesting that singing bowl therapy may be good for your physical, as well as emotional, well-being.

Some of the benefits:

- stress reduction
- decreased anxiety and depression
- improved memory
- pain reduction.



About Transformational Coaching:

When you get to the point where you've done everything you know how to do and your life still isn't working out, it might be time to "hit the reset button." To reset your life, quit reliving patterns of past behavior and rationalization. Instead, try Transformational Coaching.

Transformational coaching is similar to life coaching. It involves helping people bettering themselves and their lives by bringing about necessary changes. Instead of changing how they act, however, as with life coaching clients, transformational coaching clients work on changing the way they see themselves.

A transformational coach will usually help his clients focus on their positive talents and abilities.

Working with a transformational coach can help most people put their past - including all of their failures or perceived failures - to rest, charge forward with new goals to better their lives, and transform into the amazing people they were always meant to be.

"When I saw that it helped me, I knew that I had to help others".

*Some of your best ideas come when you're
on vacation!*

WEEK'S PROGRAM

Day 1 (Sunday)

- Transfers: Airport-Lodge to Caribe Yoga Ocean View Eco Lodge. (3 hrs road trip).
- Welcome-Fruit Drink.
- Opening circle and Floating Sound Bath in the pool.
- Dinner.
- Bungalows assignations, resting time, getting ready for the next day.

Day 2 (Monday)

- 08:00 Tea & fruit.
- 09:00 Gentle Yoga & Sound Bath.
- 11:30 Brunch delights.
- 12:30 Welcome massage, relax pool, read, sunbathe
- 15:00 Afternoon tea & snack.
- 17:00 Transformational Coaching Session.
- 19:30 Dinner & sweet dreams.

Day 3 (Tuesday)

- 08:00 Tea & fruit.
- 09:00 Gentle Yoga & Sound Bath.
- 11:00 Transformational training session.
- 11:30 Brunch.
- 12:30 Boat trip to a secret paradise beach, adventure hike through the jungle.
- 19:30 Dinner & sweet dreams.

Day 4 (Wednesday)

- 08:00 Tea & fruit.
- 09:00 Gentle Yoga & Sound Bath.
- 11:00 Transformational Coaching Session.
- 11:30 Brunch.
- 13:00 Horseback ride to "El Limon" waterfall and swimming in sweet water.
- 19:30 Dinner & sweet dreams.

Day 5 (Thursday)

- 07:00 Dawn Sound Bath Meditation.
- 08:00 Tea & fruit.
- 09:00 Gentle Yoga & Sound Bath.
- 11:30 Brunch.
- 12:30 Relax, pool, beach, YOU-time, optional massage,
- 14:00 Larimar's Shop Visit - Learn about this unique gemstone only available in Dominican Republic.
- 15:00 Afternoon tea & snack.
- 17:00 Transformational Coaching Session.
- 19:30 Dinner.

Day 6 (Friday)

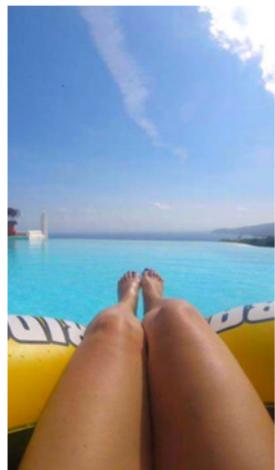
- 08:00 Tea & fruit.
- 09:00 Gentle Yoga & Sound Bath.
- 11:00 Transformational Coaching Session.
- 11:30 Brunch.
- 13:00 Beach Trip to "Playita" to do Sunset Yoga & Sound Bath.
- 19:30 Dinner & sweet dreams.

Day 7 (Saturday)

- 08:00 Tea & fruit.
- 09:00 Gentle Yoga & Sound Bath.
- 11:30 Brunch.
- 12:30 Relax, pool, beach, YOU-time, optional massage, ...
- 15:00 Afternoon tea & snack.
- 17:00 Transformational Coaching Session.
- 19:30 Dinner & Party (Dance Like Nobody Is Watching).

Day 8 (Sunday)

- 08:00 Tea & fruit.
- 09:00 Gentle Yoga & Sound Bath.
- 11:00 Brunch.
- 12:00 Check out and depart for Santa Domingo/airport



Available Packages

Single accommodation

6 left

Single accommodation in a small private bungalow with your own bathroom. Queen size bed. All bungalows with breathtaking view of the sea.

\$1790

Deposit: \$500

[Book Now](#)

[Read More](#)

Double accommodation

6 left

Double accommodation in a small private bungalow with your own bathroom. Twin size bed. All bungalows with breathtaking view of the sea.

\$1590

Deposit: \$500

[Book Now](#)

What's included

Healthy breakfast

Healthy lunch

Healthy dinner

Yoga classes

Tea, coffee and water

Group Airport Pickup

Transportation Group transfers to included excursions

Excursion to a waterfall See itinerary

Beach day See itinerary

45 minutes Massage Full Body relaxing massage

Larimar Shop Mobile Dominican Jewellery Shop. The jewellery you want to buy is not included in the price.

Taxes + Excursion Fees

Flights Flights are not included in the price. If you need assistance booking a flight, please let us know.

Individual Transfers

We include and organize a group airport pickup and transfers to included excursions. If you arrive at a different time from the rest of the group we can schedule your pick up for an additional cost.

Extra Drinks

Insurance

To minimize any loss and to protect yourself during the trip, we highly recommend taking out a comprehensive insurance policy that covers cancellation. You can book travel insurance at great rates from our Partner Travelex [here](#).

Electricity information

We have 24 hours electricity because the company of Las Galeras is a private electricity company. We don't deal with black outs like most parts of Dominican Republic.

WHAT ARE YOU WAITING FOR?

MORE INFO :

Email: zayramo@hotmail.com

Call or What's App
305-753-5829

Website:
www.caribeyoga.com

Reviews

TP

I had such a wonderful experience. Met so many amazing people and had so much delicious food. It was an experience I will always remember.

★★★★★ By [Tya Pope](#) for [Prana in Paradise: Ruchama Yoga Retreat](#) on Mar 18, 2019

CR

Absolutely what we were looking for and needed. My daughter and I were beginners and both Sophie and Carina helped us advance quickly. My daughter also has medical issues and they gave her many other options for poses. A heart felt group and not to big for one on one help. This location was wonderful for finding yourself again. The views! The lodging! The people! We will be back next year!

★★★★★ By [cynthia Renee Brown](#) for [Stunning Meditation and Yoga Retreat with Carina Bogner](#) on Feb 27, 2019

LN

Amazing experience: the resort, the staff, the food, the yoga and most of all the adventure! Thank you for an amazing week!!

★★★★★ By [Laura Nelson](#) for [Stunning Meditation and Yoga Retreat with Carina Bogner](#) on Feb 25, 2019

DW

The experience was beyond my expectation ! The accommodations and meals were incredible. The service outstanding. Tracey & Deborah were experienced professional heath and fitness trainers. The workouts and yoga sessions were fit to the groups abilities and wishes.

★★★★★ By [donna whitam](#) for [Ultimate Yoga Retreat with Tracey & Deborah](#) on Feb 13, 2019