



RETREAT TO THE SEA

JOIN US IN JAMAICA

FEB 27 - MAR 5

WWW.COLLEENOM.COM
RETREATSBYCOLLEEN.COM



Relax, rejuvenate, and replenish your body, mind, and soul with a yoga retreat to the sea!

Do you crave sunshine, salt air and the sound of the sea? Do they still your mind and soothe your soul the way they do mine? Do you love yoga, nature and a time to reconnect?

If you said yes to any of the above then I have exactly what you need, a yoga retreat to the sea!!!

Indulge in 7 days and 6 Nights of pure paradise. Experience amazing ocean views from the stunning limestone cliffs of Negril's West End. This Ocean front property sits perched above the crystal clear turquoise waters with direct access to the Caribbean Sea.

Immerse yourself in your yoga practice with mindfully curated yoga programming, accessible for all levels, designed to enrich your practice both on and off the mat.

Surround yourself with like minded community, nourish yourself with high vitality foods, down time to relax and unwind with this experience of a lifetime!

ColleenOM.com
RetreatsByColleen.com

“It's hard to find the right words to capture how this yoga retreat with Colleen changed my life. It's just something you have to do and experience for yourself.



Ranked #1 in Jamaica, #2 in the Caribbean , #16 in the World!

An intimate and luxurious boutique resort located on the cliffs of Negril, Jamaica. This amazing resort offers breath taking ocean views of crystal-clear turquoise waters of the Caribbean Sea.

The property is tucked away amidst lush tropical gardens with many hidden nooks where you can escape for some quiet time or catch a nap in one of the cozy hammocks. Or for the adventurous soul, there is cliff and bridge jumping on site.

The staff is welcoming, exceptionally helpful and takes customer service to the next level.

“Simply one of the most amazing experiences I've ever had!”



Each room is unique, appointed and decorated with Jamaican flair. A sanctuary of space nestled amidst lush tropical foliage. Hand-built with high-end local stone, wood, and thatch-cut roofs, allowing you to fully embrace the Caribbean lifestyle.

Each room has AC, a mini-fridge and veranda.

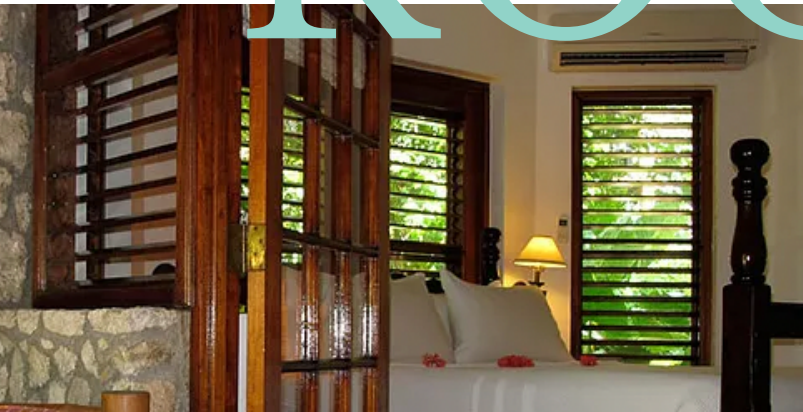
Your choice of queen or king bed, and garden or ocean view.



INCLUDED IN YOUR RETREAT

- 6 Nights + 7 Days accommodations.
- Award winning, luxurious ocean front property with pool and direct access to the Caribbean Sea.
- 3 delicious and healthy, high vitality meals daily.
- Open air yoga studio surrounded by lush gardens with ocean views as far as the eyes can see.
- 2 daily yoga classes + workshops.
- Yoga styles will include Slow Flow, Vinyasa, and Yin + Restorative.
- Modmala: Rest & Manifest Workshop.
- Welcome gift.
- All the fun and relaxation you've been craving.

ROOMS



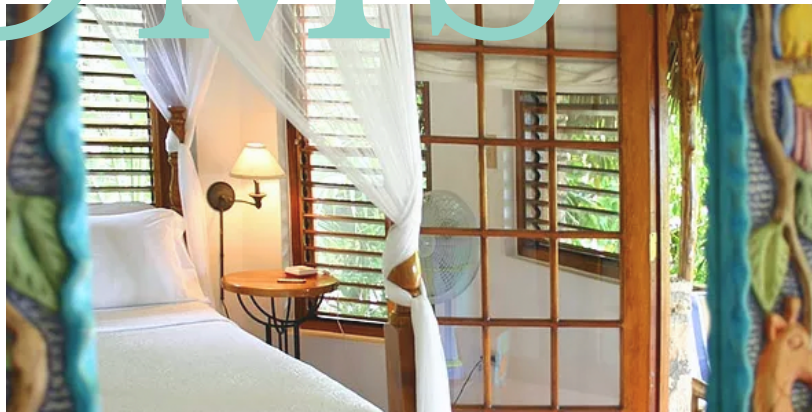
Superior Garden View

1 Queen - AC - Veranda

Double Occupancy | \$2075 pp

Single Occupancy | \$2699 pp

*pp = per person



Superior Cottage Garden View

1 Queen - AC - Veranda

Double Occupancy | \$2175 pp

Single Occupancy | \$2799 pp

*pp = per person



Premium Garden View

1 King - AC - Veranda

Double Occupancy | \$2189 pp

Single Occupancy | \$2875 pp

*pp = per person



Deluxe Garden / Partial Ocean View

1 King - AC - Veranda

Double Occupancy | \$2375 pp

Single Occupancy | \$3235 pp

*pp = per person

ROOMS



Premium Ocean View

1 King - AC - Veranda

Double Occupancy | \$2499 pp
Single Occupancy | \$3525 pp

*pp = per person

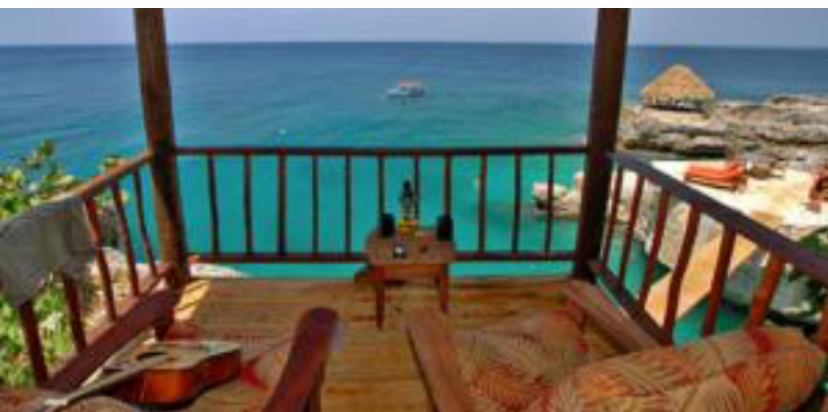


Deluxe Ocean View

1 Queen - AC - Veranda

Double Occupancy | \$2565 pp
Single Occupancy | \$3639 pp

*pp = per person

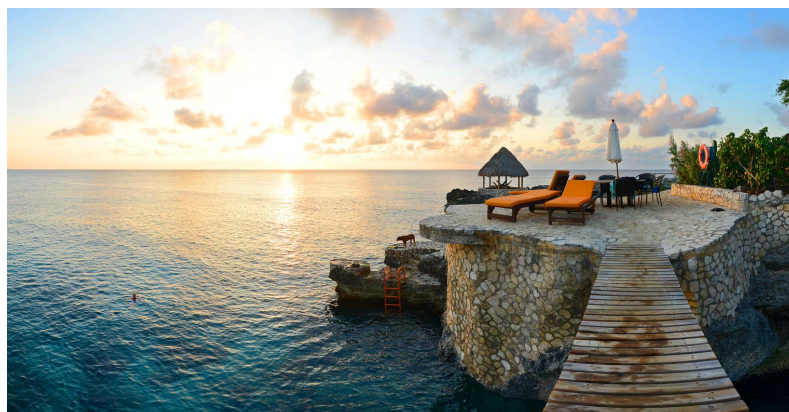


Deluxe Ocean View

1 King - AC - Veranda

Double Occupancy | \$2575 pp
Single Occupancy | \$3649 pp

*pp = per person



Accommodation + Pricing Includes

- Accommodations + Meals + Yoga
- All Taxes
- Pricing is Based Single or Double Occupancy
- Single Occupancy = 1 person/room
- Double Occupancy = 2 people/room

RETREAT

with Colleen



Meet Colleen, your retreat leader!

Colleen will infuse a whole new level of depth to your practice. With everything she does, Colleen offers a genuine and caring approach, creating a safe and sacred space for inward reflection.

Whether it's a creative Vinyasa flow filled with fluid movement or a gentle style such as Slow Flow, Yin or Restorative, Colleen has a natural way of instilling a deep sense of calm, while inspiring compassion, self-acceptance, and empowerment. A transformative experience that facilitates growth, healing and a greater sense of connection.

Colleen is an international yoga teacher who leads teacher trainings, mentorship programs, and retreats. She has lived in over 4 countries and lead retreats in Costa Rica, Belize, Jamaica, Canada, and the USA.

Every aspect of her retreats are planned by Colleen herself so you can trust you're receiving the ultimate experience in some of the most beautiful places in the world.

Connect
ColleenOM.com

RretreatsByColleen@gmail.com

Waiver Release from Liability, and Indemnity Agreement

By participating in this yoga retreat with Colleen O'Brien McFall and/or guest teachers for this yoga retreat, (from now on, known as 'the yoga teacher(s)') I hereby agree to the following:

1. That I am participating in a Yoga Class/Workshop/Retreat offered by the yoga teacher(s) during which I will receive information and instruction about Yoga, health and wellness. I recognize that yoga involves physical exertion, which may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.
2. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the Yoga Class/Workshop/Retreat with the yoga teacher(s). I represent and warrant that I am physically fit and I have no medical condition(s) which would prevent my full participation in the Yoga Class/Workshop/Retreat.
3. In consideration of being permitted to participate in the Yoga Class/Workshop/Retreat, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the Yoga Class/Workshop/Retreat.
4. I understand that It is my responsibility to verbally let the yoga teacher(s) know if I have any injuries that would prevent me from being adjusted or if I am uncomfortable for any reason being adjusted.
5. In further consideration by participating in the Yoga Class/Workshop/Retreat, I knowingly, voluntarily and expressly waive any claim I may have against the yoga teacher(s) for injury or damages that I may sustain as a result of participating in the Yoga Class/Workshop/Retreat.
6. I, my heirs or legal representatives forever release, waive, discharge and covenant not to sue for any injury or death caused by their negligence or other acts.
7. I acknowledge that all deposits and payments paid hereafter are non refundable. I understand that if I choose not to contract for travel insurance I am accepting the risks of my having to cancel my trip due to injury, illness, a change in my plans, or any other reason and will readily abide by this cancellation policy. No refund or credit will be given for arriving late or departing early. I agree that in order to hold my space, payments must be made in accordance with the payment schedule with full/final payment no later than Jan 27th.
8. Unless otherwise stated, I give permission for the use of photos or other images taken during the retreat for the use of including but not limited brochures, websites, marketing, and publicity.
9. I have read the above release and waiver of liability and fully understand its contents. My participation and attendance in the Yoga Class/Workshop/Retreat indicates that I voluntarily agree to the terms and conditions stated above.

RETREAT TO THE SEA

If you crave sunshine, salt air and the
sound of the sea, then be sure to join us
in Jamaica!

Take this first step in recharging every
layer of your being and reserve your
room today!

CONTACT

ColleenO'Brien McFall
RetreatsByColleen@gmail.com



RETREAT TO THE SEA



Relax, rejuvenate,
and replenish your
body, mind, and
soul.

