

The ULTIMATE JAMAICAN RETREAT

BEGINS: WEDNESDAY, OCTOBER 9, 2019
ENDS: SUNDAY, OCTOBER 13, 2019



YOU ARE INVITED to join us on the island paradise of Jamaica with its azure waters, beautiful beaches, colorful flora, soulful culture and people! **FIRE** up your **SOUL** and passion for 5 days and 4 nights at a beautiful 5 star - 8 bedroom Villa with pool and our own Jamaican chefs! Duncan's Bay and its beautiful sunrise and sunsets are just a 5 minute walk from the Villa! A perfect balance of two outdoor excursions and energy enhancing workshops with Patricia Norton and Robyn Ringgold allows space for self reflection and exploration of the islands many wonders. We are so Excited about our planned encounter with the **JOYFUL** Bottlenose Dolphins in their Natural Lagoon! Gift yourself this incredible opportunity! We will fly from BWI to Montego Bay, Jamaica, where you will be taken to Ocho Rios. No prior experience required. Register early - space is limited.



Lay upon floats under the evening stars for a restorative Sound Bath.



Tour the gorgeous Dunn's River Falls...



and the hidden secluded beauty of Blue Hole

Included in retreat:

Five days and four night accommodations at Five Star Villa.

In house chef for 8 meals

Two meals in Ocho Rios

Royal Swim at Dolphin Cove

Tour excursion to Dunn's Falls and Blue Hole

Transportation and tips to and from airport including shuttle fees

Energy workshops with Patricia and Robyn and dolphin preparation workshop

In house: Gentle Yoga class and on call Massage Therapist..

Not included in retreat:

International round trip flights to and from Montego Bay, Jamaica Airport

Group car fares to & from Dolphin Cove

Fees associated with acquiring Passports

Items of Personal nature (Shopping, Snacks, Specialty drinks, Phone Calls, etc.)

Your Host
Patricia Norton



410-303-9491

patricianorton38@gmail.com
soundimmersion.net

With guest teacher
Robyn Ringgold



RETREAT COST

\$850

<https://trips/Dwm4B>