



SEPT 24TH– 29TH, 2021

LITTLE CAYMAN YOGA RETREAT

“8 Chakra Alignment”

Everyone is welcome here! Join Diane for a 5-day Sacred Yoga & Meditation Retreat at Southern Cross Club, Little Cayman. With world travel still on hold, Little Cayman offers us the perfect solution to get away and tap into the wellspring of being that is available to each and every one of us.

As we come together in awareness with Yoga, Meditation, Silence, and community everything becomes support for settling into our own true nature – Awareness, Happiness & Compassion!
If we open to this immeasurable well-spring of wisdom with wonder, curiosity, and courage, we naturally align ourselves to receive the unlimited guidance of our hearts and embrace the support of the Universe in all that we do.

Chakra Yoga!

This 5-day retreat offers us an exploration of our energetic body through asana, pranayama, bandhas, and visualization for liberating, transforming, and balancing your Energetic Body!

Awaken to the ultimate possibility of your life.

**Limited space
Register today!**

BODYWORKS

Queen's Court Plaza
West Bay Road

345-945-6485

www.bodyworkscayman.com

FURTHER INFORMATION

Rooms and Prices

4 King cottages: 1 king bed

\$1350. KYD (single occupancy)

\$1075.00 KYD each (based on double occupancy with self-chosen buddy)

4 King cottages: 1 king bed and 1 single bed

\$1385. KYD (single occupancy)

\$1095.00 KYD each (based on double occupancy)

Honeymoon Cottage

\$1095.00 KYD each (based on double occupancy with self-chosen buddy)

2 Queen cottages: 2 Queen beds

\$1175. KYD each (based on double occupancy)

1 Two-bedroom cottage (1 King Bedroom & 1 Queen bedroom - shared bathroom)

\$1195. KYD King Bedroom

\$1175. KYD Queen Bedroom

Included:

All accommodations in selected room style

Breakfast, lunch, and dinner each day

Gratuuity and airport transfers on Little Cayman

Use of kayaks, paddle boards, bikes, and snorkel equipment.

All Yoga and Meditation teachings

Not Included:

Flights (approx. \$185.00 USD - I will book it as a group booking)

Bar drinks and bar food

Diving

Massage or beauty treatments

Tentative Schedule

Friday, Sept 24th

Flight	2:30	Arrive and get settled in	3:05 pm
Introduction/Opening	5:00 pm		
Dinner	6:00 pm	Stargazing & opening meditation	8:00 pm

Saturday, Sept 25th

Sunrise Pranayama Practice	6:30 am	Awareness Yoga	7:30 am
Breakfast	9:15 am	Exploring 1 st , 2 nd , 3 rd Chakra	11 am – 12:30 pm
Lunch	12:30 pm	Awareness Movement & Journaling	4:30 – 6:00 pm
Dinner	6:30 pm	Crystal Bowl Sound Bath	8:00 – 9:00 pm

Sunday, Sept 26th

Sunrise Pranayama Practice	6:30 am	Awareness Yoga	7:30 am
Breakfast	9:15 am	Exploring 4 th Chakra	11 am – 12:30 pm
Lunch	12:30 pm	Awareness Movement & Meditation	4:30 – 6:00 pm
Dinner	6:30 pm	Solstice Ritual & Meditation	8:00 pm

Monday, Sept 27th - Self-nurturing Day for reflection, spa services, diving, etc.

Sunrise Pranayama Practice	6:30 am	Awareness Yoga	7:30 am
Breakfast	9:15 am		
Lunch	12:30 pm	Dinner	6:30 pm
		Crystal Bowl Sound Bath	8:00 – 9:00 pm

Tuesday, Sept 28th

Sunrise Pranayama Practice	6:30 am	Awareness Yoga	7:30 am
Breakfast	9:15 am	Opening to 5 th , 6 th , & 7 th Chakra	11 am – 12:30 pm
Lunch	12:30	Awareness Movement & Meditation	4:30 – 6 pm
Dinner	7 pm	Free evening	

Wednesday, Sept 29th

Sunrise Walking Meditation	6:30 am	Awareness Yoga	7:30 am
Breakfast	9:15 am	Closing session	11 am – 12 noon
Lunch	12:00 noon	Flight home	4:10 pm (airport 3:10)