

Rising Sun Yoga Retreat

March 14 – 21, 2015

Meditate**Relax****Recharge****Play**

Manchebo Beach Resort & Spa, Aruba

Manchebo Beach Resort & Spa is located on Aruba's Eagle Beach, recently named by TripAdvisor as one of the top ten beaches in the world. Come join the ultimate Caribbean yoga retreat experience at this intimate, 2-story boutique resort. Two beautiful yoga decks overlooking the turquoise Caribbean Sea for hosting yoga classes; gardens and beach walks for meditation; lovely accommodations for resting and playing.

We have designed a yoga retreat package that offers a complete restorative experience on the tiny island of Aruba. Treat yourself, be part of a fun loving group, find your place in the universe as you walk the beach.

Michael Sutton will lead two yoga asana practices for our group each day, as well as providing a guided meditation in either the gardens or on the beach each day.

The resort package includes transportation from the airport upon arrival; seven nights in deluxe rooms with luxury baths; daily breakfast, smoothie and dinner (including one special dinner off property with transfers); all resort taxes and fees; and return transportation to the airport.

An additional package of fun activities includes a sunset sail with transfers; an island jeep safari tour, a paddle board yoga class, and a 50 minute relaxing massage.

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Useful information and helpful links:

Jill Joyce is your contact for questions about arrangements.
moosind@roadrunner.com

Michael Sutton is the one to talk to about programs (yoga, meditation) that will be held during the retreat.
michael@risingsunyoga.com

Check out the resort on their website:
<http://www.manchebo.com/Aruba-Beach-Resort.html>

These are the two yoga platforms at Manchebo Beach Resort – they will be reserved for our group for several hours each day! The first is a pavilion, the second is a deck. Both are right on the beach.





The following are blogs by people who have experienced a yoga retreat of their own at Manchebo Beach Resort:

<http://dailydownwarddog.com/top-10-reasons-why-beach-yoga-bliss-in-aruba-rocked/>

<http://dailydownwarddog.com/yoga-retreat-repeat-if-it-aint-broke-dont-fix-it/>

Here's what Wikipedia says as an introduction to Aruba:

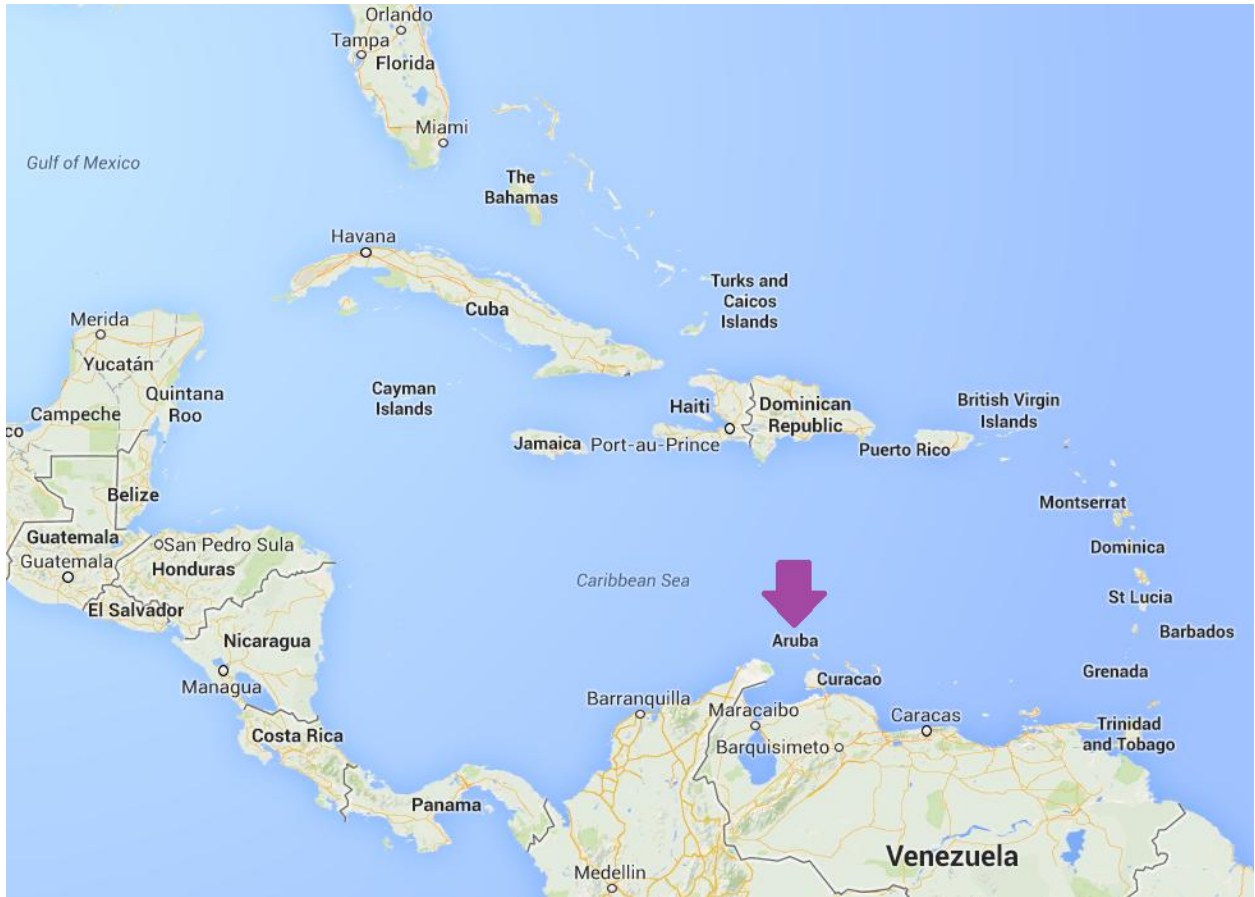
Aruba (/əˈruːbə/ ə-ROO-bə; Dutch pronunciation: [aˈruba]) is an island 33 kilometers long (20 mi); it is located about 1,600 kilometers (990 mi) west of the Lesser Antilles in the southern Caribbean Sea and 27 kilometers (17 mi) north of the coast of Venezuela. Together with Bonaire and Curaçao, it forms a group referred to as the ABC islands. Collectively, Aruba and the other Dutch islands in the Caribbean are often called the Netherlands Antilles or the Dutch Caribbean.

Aruba is one of the four constituent countries that form the Kingdom of the Netherlands, along with the Netherlands, Curaçao and Saint Maarten. The citizens of these countries all share a single nationality: Dutch. Aruba has no administrative subdivisions, but, for census purposes, is divided into eight regions. Its capital is Oranjestad.

Unlike much of the Caribbean region, Aruba has a dry climate and an arid, cactus-strewn landscape. This climate has helped tourism as visitors to the island can reliably expect warm, sunny weather. It has a land area of 179 km² (69.1 sq mi) and is densely populated, with a total of 102,484 inhabitants at the 2010 Census. It lies outside the hurricane belt.

On the map below you can see where Manchebo Beach is located – it is actually part of Eagle Beach, and just south of Palm Beach. On the second map you can see that Aruba is a very tiny island just off the coast of Venezuela. It is geographically part of South America, and politically part of the Kingdom of the Netherlands (Dutch). That’s why you need a passport to visit Aruba.





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Manchebo Beach Resort & Spa, Aruba

Rooms are being held for us – Reserve yours now!

Here's how:

Contact Manchebo Beach Resort & Spa via email or telephone (For contact info, see Jill Joyce or Michael. Jill can be reached at moosind@roadrunner.com and Michael can be reached at 716-632-5802 or michael@risingsunyoga.com)

Please reserve your room no later than December 1, 2014. To reserve your room you will need the **names of both people staying in the room** (unless you want a single or a triple – we have rates for those arrangements also, if you are interested). A **\$500 deposit via credit card is required for each person**. The balance of the package is payable when registering at the resort on March 14, 2015.

Please note:

We only have 8 rooms guaranteed, so rooms may go quickly. It is early enough that we can get several more rooms if we don't wait too long.

Airfare is not included in the retreat package – see the complete package description for details of all included items.

You need a passport to travel to Aruba. If you don't have one or if it is not valid through October 2015 (they require 6 months after your planned return date), you will need to procure one.

Manchebo Beach Resort/ Rising Sun Yoga Retreat Package

- * **7 nights of deluxe accommodations at Manchebo Beach Resort & Spa**
Choice of sanctuary garden view or ocean view room
- * **Daily breakfast and dinner**
Includes one dinner off property with transfers
- * **Daily healthy smoothie**
- * **Transfers between the resort and the airport upon arrival and departure**
- * **All resort taxes**
- * **Two asana practices per day (taught by Michael, for our group only)**
- * **Daily guided meditation session (taught by Michael, for our group only)**

Resort Yoga Package rate is based on double occupancy (sharing the room with one other person)

Single and Triple occupancy rates are available upon request.

Retreat package with sanctuary garden view room \$2,170/person

Retreat package with ocean view room \$2,445/person

This is payable directly to the resort: \$500 deposit by September 15th (refundable if cancel by December 31), remainder paid when checking in at the resort in March.

Additional package of fun items:

- * Four hour island jeep safari tour \$90
- * Sunset sail including transfers \$75
- * 50 minute Relaxing massage \$95
- * Paddle board yoga class \$60

Airfare to Aruba's only airport is easily available from several airlines and is estimated at \$600/person round trip.