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A World of Sophisticated Journeys and Retreats

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DOMINICA: The Nature Isle of the Caribbean Women helping Women Retreat March 5-12, 2011

* Dive Package add on available



OVERVIEW

Our 2nd Annual Women helping Women Retreat, LUX World Travel, in concert with Jungle Bay Resort, has prepared a unique program for women of like-mind to gather for an eco-adventure yoga vacation, which will in turn give back to the community of women on the island. The perfect atmosphere for adventure and relaxation, the tranquil rainforest surroundings, rustic ambiance, healthful meals and wellness activities; such as insightful meditative practices with our Trip Leader, Dr. Susan Schliff, create the perfect recipe for an unforgettable vacation or retreat experience.

The resort comprises 35 rustic luxury cottages suspended on wooden posts amidst 55 acres tropical forest, each with a private outdoor shower and the sound of ocean surf. Daily adventure tours are a highlight and include private guides and instructors for daily yoga and all outdoor activities, healthy gourmet meals, cooking classes, beach snorkeling and picnic trips, spa treatments and wellness meditations.

This time is your own however and you are free to come and go as you please, enjoy additional spa services, or excursions, or even curl up by the pool with a book. There will be plenty of time for hiking, exploring, learning, and opening. This retreat offers you the opportunity to “set your compass” and explore your spiritual landscape and expand that knowledge through integrative meditation techniques with Dr. Susan Schliff, owner of Health in Harmony.

Also, because this retreat is designed for Women helping Women, **proceeds of \$100 per traveler will go directly to the building of a women's shelter on the island.*** This project is a new development by resort owner, Samuel Raphael, who just completed the House of Hope, which is a facility for indigent children with severe disabilities from Dominica's southeast. Volunteer opportunities also available during the retreat.

For more information go to: <http://www.junglebaydominica.com/houseofhope.cfm>

* Proceeds will be split 50/50 with AAUW:Rochester for bookings made by members of the organization.

THE RESORT

Cottages are perched like birds nests, tucked away on a hillside between Cedar, Gomier and Galba trees. A spring fed stream cascades along the valley below. Special care was taken to preserve the forest in its original form. Cottages are accessed through a series of footpaths and stone staircases. The low impact night lighting along with the sound of the Atlantic surf creates a meditative, but surreal ambiance.

The island's big attractions are readily accessible to us, especially those who want to spend their time hiking, diving, ocean kayaking and mountain biking rather than sunbathing.

The Mission of Jungle Bay Resort is to enhance the natural environment and improve the livelihood of surrounding communities so that the region is improved in a sustainable way, while providing quality, comfortable nature-based experiences for their guests. LUX World Travel applauds this effort and invites you to join us for this experience.

Due to the expansive size of the property and on-site activities, we recommend our women guests to be in good shape for this retreat. Daily yoga classes in a sun-filled room are hearty sessions, but are easy enough for beginners.



The accommodations are rustic luxe per se as the 35 individual, spacious cottages are on stilts, filled with sunlight, and the sounds of the hummingbirds. All have balconies and views of either the water or the rain forest and are made out of local tropical hardwoods and volcanic stone. There is no air-conditioning or television. You and nature are in communion, as this resort made the National Geographic 2009 “Stay List.”

RESORT FEATURES

- A volcanic stone finished swimming pool
- Two well-ventilated yoga studios with dramatic views of the ocean
- An on-site spa featuring massages and other relaxing treatments
- An on-site restaurant which offers a variety of healthy Caribbean cuisine using local ingredients
- A beach bar and sun deck overlooking the rocky Atlantic coast with steps going down to the shore
- 55 acres of gorgeous jungle terrain with walking trails and a short hike to a mineral-fed river pool for swimming

ACCOMMODATIONS

*“Woven-bamboo fans hang over dressers made from white cedar, while hammocks in tropical colors sway above balconies, affording views of the hazy jungle or the aquamarine sea”
-Food & Wine Magazine*



Cottage Features

- Choice of 1 king-size bed OR 2 double beds (in the same room)
- Rustic yet elegant locally sourced and built furnishings
- A comfortable sitting area
- Gourmet coffee and tea making facilities
- Mini - refrigerator
- Telephone
- Private outdoor shower with European style shower head, adjacent to en-suite washroom
- All natural luxury body products
- Spacious patio with views of the jungle and a hammock (some with premium ocean view)
- Fan--though there is no air conditioning, cottages are well designed to take advantage of the coastal breeze
- Individual safety deposit boxes are located in main office

ACTIVITIES

Dominica, the largest of the Windward Islands, covers 289 square miles and has approximately 91 miles of coastline. The island is characterized by very rugged and steep terrain. Dominica, formerly a British colony, became independent in 1978 and remains a member of the British Commonwealth and the Organization of Eastern Caribbean States. Dominica has a population of approximately 70,000 people, including 3,000 indigenous Caribs. Everyone speaks English. An English Creole dialect and French patois are widely spoken.

Nature lovers will enjoy going off the beaten path along remote trails that take you to the many unique waterfalls, mountain pools and mineral springs that make Dominica the Nature Island of the Caribbean.



Retreat Activity Schedule

SATURDAY

Arrive at Melville Hall Airport – Scenic tour to Jungle Bay

6:30 pm ~ Cocktail Reception

7:30 pm ~ Welcome Dinner

SUNDAY

7:30 am to 8:15 pm ~ Yoga

10:00 am to 1:00 pm ~ Victoria Falls Hike – Walk along and through the scenic White River, climb boulders up to the falls and swim in the therapeutic pool under the thunderous waterfall. Waterproof camera case highly recommended.

MODERATE-DIFFICULT

3:00 pm to 4:00 pm ~ Jungle Bay Story Hear the inspirational 1 hour overview of Jungle Bay's history and philosophy by one of the owners.

4:00 pm to 5:00 pm ~ Dominican Drumming Class – Learn about the history of Afro-Caribbean drumming on the island while also learning to play traditional music and Jing Ping songs on authentic Dominican drums!

7:00 pm to 8:30 pm ~ Evening Meditation Classes with Dr. Susan Schliiff – We will learn 4 different meditation techniques on this journey. Some will deepen your ability to meditate as you do, and some will open you up to new, and undiscovered levels of understanding

MONDAY

7:30 am to 8:15 pm ~ Yoga

9:00 am to 1:00 pm ~ Snorkel at Famous Champagne Beach. Put on your mask and fins (provided) and get into the water for a chance to see underwater volcanic vents and numerous sea creatures. Keep an eye out for the resident green turtle! **EASY**

2:00 pm to 3:00 pm ~ “Unleashing the Power Within” Wellness Seminar Commit to your inner self by learning practical ways to incorporate wellness into our everyday lives. Bring a journal for recording your thoughts.

3:00 pm to 4:15 pm ~ Afternoon Restorative Yoga

7:00 pm to 8:30 pm ~ Evening Meditation Classes with Dr. Susan Schliff

TUESDAY

7:30 am to 8:15 pm ~ Yoga

9:30 am to 1:00 pm ~ Women’s Community Volunteer Project Working in conjunction with Jungle Bay Women’s Care Club, make gift baskets for indigent seniors in the community. Share and explore cross-cultural women’s issues.

2:00 pm to 4:00 pm ~ Free time for self guided hike on Zom Zom Trail, spa treatments, browsing at the gift shop, relaxing at the swimming pool or on your hammock.

4:00 pm to 5:30 pm ~ Caribbean Cooking Class – Walking tour of "Peter's Farm" (our typical Dominican Garden), then learn how to prepare local Caribbean cuisine and take "a taste of Jungle Bay" home with you!

8:00 pm to 8:45 pm ~ Starlight Meditation at the Bayside Cabana



WEDNESDAY

7:30 am to 8:15 pm ~ Yoga

9:30 am to 11:30 pm ~ “Introduction to Body Massage” Workshop This class is based on simple, easy-to-learn massage techniques and is designed to help you share the nurturing, relaxing, therapeutic benefits of massage with others.

1:00 pm to 5:30 pm ~ Free time for spa treatments, browsing at the gift shop, relaxing at the swimming pool or on your hammock OR optional hike:

2:00 pm to 5:00 pm ~ Glasse Trail – Hike along a traditional fisherman’s pass to volcanic craters on the shores of the Atlantic Ocean. Enjoy breathtaking coastal scenery along the trail and get the chance to wade in ocean pools. Plenty of great photos! **MODERATE** ✨ **\$40 US+ tax**

5:30 pm to 6:30 pm ~ Presentation on Dominican healing herbs, barks and teas – Meet at the Activities Center (main building) and learn the traditional uses of Dominican plants.

8:00 pm to 8:30 pm ~ Evening Meditation with Dr. Susan Schliff

THURSDAY

7:30 am to 8:15 pm ~ Yoga

10:00 am to 1:00 pm ~ Morning Fruit Picnic at Bout Sable, Volcanic Black Sand Beach in La Plaine - Have fun on one of Dominica’s black sand beaches and turtle nesting sites located on the South East Atlantic Coast. Only 20 minutes drive from Jungle Bay. **EASY**

2:00 pm to 4:00 pm ~ Nature Walk to the White River and Atlantic Ocean – Take a walk to the nearby White River and enjoy an energizing and therapeutic swim in the natural pools of the river. Next, continue on to a nearby coastal rock beach along the Atlantic Ocean. **EASY**

OR

7:30 am to 5:30 pm ~ Boiling Lake Hike & Valley of Desolation – Explore Dominica’s famous wonder & UNESCO World Heritage Site. Stops along the way include the mysterious Valley of Desolation, hot water pools and the famous Titou Gorge. Hike is 3 hours each way and a packed lunch is provided. **EXTREME**

7:00 pm to 8:30 pm ~ Evening Meditation Classes with Dr. Susan Schliff

FRIDAY

7:30 am to 8:15 pm ~ Yoga

9:00 am to 12:00 pm ~ Sari Sari Waterfall – Hike along the banks of Sari Sari River under the rainforest canopy while scrambling over rocks and boulders and making three river crossings. At the end, enjoy the opportunity to swim at the waterfall pool. **MODERATE**

3:00 pm to 4:15 pm ~ Afternoon Restorative Yoga

8:00 pm to 10:00 pm ~ Dominican heritage music “Jing Ping” – Enjoy cultural entertainment and learn traditional Dominican dances (at the Pavilion Restaurant).

Saturday

8:00 am ~ Group Breakfast

Mid-morning ~ Depart to Melville Hall Airport

PLEASE NOTE: ACTIVITIES AND TIMES SUBJECT TO CHANGE DUE TO WEATHER, ETC.

Wear comfortable shoes with good, flexible grips. Note: your shoes will get wet on some of the hikes (river crossing). It is good to bring 2 pair of walking shoes and sandals. Always bring swim wear, hut, sunscreen and waterproof camera case (if available). Towels are provided.

RELAX AND SET YOUR COMPASS

The Volcanic Stone Finished Swimming Pool is surrounded by wide decks. Frolic in the waters or relax on the cushioned classical lounge chairs while sipping your favorite drink from the nearby Pavilion Restaurant.



Dining

Dining at Jungle Bay is truly a unique experience. The Jungle Pavilion restaurant comes complete with a tropical forest motif including a royal palm tree protruding through its roof. The open-air atmosphere overlooking the pool and ocean is a perfect complement to our “fun and healthy living” atmosphere. Gourmet cuisine features mostly vegetarian, seafood, chicken dishes prepared and served with a distinct Caribbean flavor.

- The Breakfast menu always has a range of fresh fruit juices, local in season fruits, freshly baked breads, local organic coffee and much more.
- Lunch menu includes tasty yet healthy choices of unique culinary creations served with the freshest salads and tastiest deserts.
- Dinners are always an adventure with creative combinations of locally grown produce prepared with a daring flare. **NOTE: Most dinners will be on your own.**

The Spa

The resort’s spa features five private yet semi-open studios suspended along the cliff side overlooking the Atlantic Ocean. And the professional staff is eager to treat you to one of the signature massages, facials, pedicures or manicures.



The spa therapies are inspired by ancient traditions and blend natural ingredients to bring the body into balance and harmony. The island's forefathers introduced the staff to their philosophy on wellness and healing treatments, which are now shared with guests in the form of indulgent spa treatments. Try an aromatherapy massage, a foot pampering treatment after a long day of hiking, a detoxifying body rub, or simply sink into blissful relaxation with the signature massage.

DIVING

Within minutes from shore the young volcanic sea walls of Dominica plunge dramatically, half a kilometer deep, creating stunning seascapes and a vibrant marine life habitat. Here you'll find some of the most colorful and healthiest reef systems in the Caribbean. With hot-water fumaroles and volcanic pinnacles swarming with schools of fish, you'll know you've discovered something unique. **See below for add ons and Diving Packages.**

Unique & Unspoiled

See rare seahorses and flying Gurnards; drift along with large yellowtail snappers, cero, barracuda and schools of horse eye jacks. Other sea creatures commonly seen in Dominica include Scorpion fish, red banded lobsters, Banded coral shrimps and Sea Turtles. Sponges and crinoids thrive in our waters, creating an underwater rainbow of color seldom seen at the better-known Caribbean dive destinations.



Retreat Pricing

Price based on double occupancy

\$1986 pp

Single Supplement

\$ 400 pp

Your Retreat Package Includes:

- Group roundtrip airport transfer
- 7 Nights Rustic Luxury Accommodations
- Full breakfast daily, and lunch with fruit juices daily
- Reception and orientation dinner the first night
- Daily scheduled hikes & activities around Dominica - excursions to explore hidden waterfalls, ocean pools, and natural hot springs, as well as the better known Dominica attractions like the Boiling Lake (in the UNESCO World Heritage Site); other outdoor activities including ocean kayaking, and snorkeling.
- 6 daily morning Yoga classes provided by Jungle Bay, 2 afternoon restorative, and 1 evening meditation provided
- All meditations and workshops with Dr. Susan Schliff
- 90 minutes of spa treatments per person
- A half-day volunteer activity
- A wellness seminar
- A massage workshop
- A cooking class
- A drumming class
- A Jing Ping cultural dancing and herbal presentation
- Government Taxes

Excluded in tour cost

Dinners and Meals outside the resort are not included unless specified in the itinerary

Travel and medical insurance

International airfare

Fees to obtain a passport

Personal items such as laundry, phone calls, shopping, transportation to activities

not mentioned in itinerary

Additional activities not mentioned in daily schedule

The package does not include staff gratuity or airport departure taxes.

Optional Diving Package

Add \$80 US per person per 2-tank dive day

This is an activity for **certified scuba divers ONLY**. You must **bring your certification card** to the dive shop.

What is included:

- A 2-tank dive for each person
- Transportation to and from the dive shop (about 45 minutes each way)
- Your Marine Reserve User Fees
- Government VAT

What is NOT included

- Rental of diving gear (gear available at Dive Shop)
- Meals at the dive shop.
We can pack you a lunch! Simply let us know the day before your dive.

Deposits and Cancellations

A **\$550 deposit is due at the time of booking**, and is non-refundable. Balance is due 60 days prior to arrival, which is January 5, 2011.

Cancellation notices must be received in writing in order to be eligible for refund of reservation deposits, minus an administration fee listed below. Cancellations received within 2 weeks of scheduled arrival date will result in forfeiture of all deposits.

More than 60 days prior to departure – \$550 per person

59 - 30 days prior to departure – an additional 25% of trip cost;

29 - 14 days prior to departure date –an additional 50% of trip cost;

14 days or less prior to departure – 100% of trip cost to include handling fee and liquidated damages for LUX World Travel.

LUX World Travel reserves the right to cancel this retreat to lack of participation to create a minimum number of passengers, or for any other foreseen reason that may create hazards or jeopardy to our clients. In the case that LUX World Travel needs to cancel or post-pone any tour, all monies collected will be returned in full for the land portion.

Penalties from the airlines may occur depending on the type of air purchased, for which LUX World Travel is not responsible. We do highly recommend **Cancel for Any Reason Insurance** for at least the flight portion of your journey to insure our clients with full flight protection coverage.

About Your Tour Leader



Dr. Susan Schilff, owner of Health in Harmony, a holistic healing center in Rochester, NY, is a certified traditional Naturopath involved with Integrative Medicine Practices, DC, Sufu Healer, and Minister.

Her practice and teachings reach far outside of her local practice, as Dr. Schilff has worked with many groups and organizations, which include clinical training with Harvard Continuing Education Program in Mind Body Medicine, and she is currently serving on the Board of Directors of the New York State Chiropractic Association.

Dr. Schilff emphasizes lifestyle integration through Mind-Body techniques such as meditation, breathing exercises and relaxation methods to re-balance the vital energy. She specializes in Chiropractic, Shiatsu massage, crainio-sacral therapy, polarity therapy, and homeopathy with emphasis on integrative approaches in mediation and spiritual sciences with her main focus on holistic techniques. Her teaching style allows students the opportunity to understand themselves at a deeper level, and with that knowledge...apply this knowledge into techniques of bringing success into your life actually at all levels.

If your goal to deepen your spiritual practice, to be open for deeper learning and application, her classes will show you "hands on" how to gather that knowledge that lies within oneself. Relationships, career, health...Dr. Schilff's lessons and program will give you the tools to bring desired outcome to any area of your life. This opportunity to spend time with her in such an intimate setting provides for an extraordinary event.

Travel Insurance

We highly recommend travel insurance for this journey. We will be happy to provide you with a variety of quotes to fit your specific travel needs. Please call **1.866.269.2659**, or go to: <http://www.travelsafe.com/index.php?ref=LUXNY01>

Travel to Dominica: Passport Information

All Americans traveling by air outside the United States are required to present a passport or other valid travel document to enter or re-enter the United States. In addition to a valid passport, U.S. citizens may be asked to present a return or onward ticket. U.S. citizens should take special care to secure their passports while traveling as it can be time-consuming and difficult to acquire new proof of citizenship to facilitate return travel should the passport be lost or stolen. There is a departure tax assessed when leaving Dominica. For more information go to: http://travel.state.gov/travel/cis_pa_tw/cis/cis_1102.html - entry requirements

To Book this Vacation

To register for this tour, please call us directly at **1-866-269-2659** or email us at info@luxworldtravel.com for a Registration Form and a Credit Card Payment Form.



~ Thank you for choosing LUX World Travel~

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