

# SUP & Yoga Retreat at BITTER END YACHT CLUB

February 2-7<sup>th</sup>, 2016

North Sound, Virgin Gorda, British Virgin Islands



## A Trip to the Tropics in the New England Winter

The **Bitter End Yacht Club Resort** is located on several gorgeous, white sand beaches on North Sound, Virgin Gorda. It caters to the Water Adventurer with rooms that face the turquoise sea and plenty of options to explore and play. It's the island retreat hub of the Caribbean whether your focus is to unwind, or to push the limits of unanchored fun. [www.beyc.com](http://www.beyc.com)



## A Place Exotic where Travelers Pass on a Liquid Road

The Bitter End is accessible by sea craft only, making your experience an exclusive expedition from the get-go. Fly into St. Thomas (STT), Tortola (EIS) or San Juan (SJJ) and take a boat, seaplane or helicopter to the resort. For details on travel, customs and a packing list: [www.beyc.com/index.php/getting-here](http://www.beyc.com/index.php/getting-here)

**Five Nights Beachfront Accommodation** with Breakfast Daily at the Clubhouse Restaurant, and an opportunity to participate daily in the following:

- Yoga & Meditation on the dock and SUP (all levels)
- SUP (including Intro and Paddle Precision classes)
- Morning Kayak Adventures and Trail Hikes
- Snorkeling the Reefs
- One day trip to The Baths
- Pool and Beach Lounging

**\$1225/person**, based on double occupancy plus 18% combined tax & service charges\*\*

**Call 800.872.2392 to reserve your spot today**



## THUMBSUPYOGA

*rise with the tide*

**Danielle Brown** is Academy of Surfing Instruction SUP certified and a 200+ hour Registered Yoga Teacher. Her passion is teaching and all things SUP. Danielle is known to start with the fundamentals and to hold space for quiet reflection on board. She is also keen on making a splash, as balance is more firmly established when boundaries are explored. Danielle's motto is **Rise with the Tide** as she believes that nature lifts inspiration, peace and wonder. [www.thumbsupyoga.com](http://www.thumbsupyoga.com)



YOGA - PADDLE - SWIM - RELAX - SUP YOGA - EXPLORE - DINE - PLAY - REPEAT

\*There are multiple dining options at the Bitter End including a picnic, for lunch on the go. This retreat package is for a Standard Beachfront Room. \*\*Air and transfers are not included. Get on board: Call **800-872-2392** to speak to a reservationist or email Danielle at [danielle\\_brown6@yahoo.com](mailto:danielle_brown6@yahoo.com) with any questions.