

# SUP & Yoga Retreat at BITTER END YACHT CLUB

February 3-8<sup>th</sup>, 2015  
North Sound, Virgin Gorda, British Virgin Islands



**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
- 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**

Ready to escape to someplace Warm??

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 great get-a-way begins with the Journey  
The Bitter End is accessible by sea craft only, making your experience an exclusive expedition from the get-go. Fly into Tortola (EIS) or St. Thomas (STT) and take a water taxi 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)



**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 reflects inspiration, beauty 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.