

Payment options *continued*

About Suzie and Maria



Suzie Hurley has been teaching yoga since 1981 and practicing since 1977. She holds an Advanced 500 hour Kripalu certificate, as well as an E-500 RYT hour Certificate from Yoga Alliance. Her 42 years of yoga practice also include 16 years of Iyengar study and 18 years as a Certified Anusara instructor. Suzie is the former Director/Owner of the Willow

Street Yoga Center in Takoma Park, MD that served nearly 1,800 students. Suzie Hurley blends the best of Anusara, Kripalu and Iyengar Yoga with her unique way of encouraging, enlivening and empowering her students to open to the joy that lies within.

suziehurley.com

Maria Hamburger has been teaching yoga since 1999. She is an E- RYT 500 Certified Yoga Teacher, a Functional Range Conditioning movement specialist and is currently working towards her Level 1 Timani certification. She weaves her love of yoga mythology and various forms of movement into a fun, insightful and meaningful exploration of yoga. Maria's playful heart and progressive teaching style create a supportive atmosphere that allows each student to expand their experience to their fullest capacity. Along with teaching public classes, Maria teaches many workshops in the DC area, along with leading local and international retreats

mariahamburger.com



Ground transportation between the airport and Negril will be provided. Costs range from \$35 to \$90 per person round-trip depending on how many people shuttle together. We will coordinate arrangements and payment for the shuttle will be paid directly upon arrival **cash only**.

Early Birds: Save \$100!

Pay in full with a single payment by October 15, 2019.

- Single Occupancy: \$1,700
- Double Occupancy: \$1,400
- Double Occupancy, no yoga: \$760

Please note: \$300 of this registration fee is a non-refundable deposit.

Later Birds:

Reserve your space now with a \$300 non-refundable deposit; balance is due January 1, 2020.

- Single Occupancy: \$1,800
- Double Occupancy: \$1,500
- Double Occupancy, no yoga: \$860

Refunds & Cancellations:

Final Balance due January 1. After this time date, no refunds are given unless your space can be filled from a waiting list.

Optional Trips:

Sunset Cruise – Enjoy seeing the Jamaican coastline from the sea complete with snorkeling and drinks.

Paradise Escape – Swim and stroll the pristine white sands of a breathtaking untouched private beach. Swim in a river nearby and simply relax and be at one with nature. (Horseback riding optional) Includes a Jamaican lunch by the river. \$145. with horseback riding, \$115 without.

Black River & Ys Falls – Take a ride down the river and see friendly crocodiles, talk to the different species of birds and take a tour of the plantation. Then, sway from swing to swing at the waterfall. \$110 for full-day trip. Includes lunch, entrance fees and boat ride.

Please note: Many other optional trips are arranged through the resort, upon your arrival.

YOGA^{vacation} jamaica w/Suzie Hurley & Maria Hamburger



Saturday Feb. 1-Saturday Feb 8 | 2020

Join Suzie and Maria for a weeklong adventure into asana, pranayama and meditation on the beautiful Cliffs of Negril. We will be on the westernmost coast of Jamaica, which boasts not only a spectacular coastline of the rugged high cliffs but also a world famous seven-mile white sand beach.

Jamaica invites you to re-connect with Spirit, to unwind and let go into the vibrancy and exotic rhythm of island life. Your yoga practice is brought alive by the warm breezes, turquoise sea, lively music and charm of the Jamaican people.

Both Suzie and Maria teach with an empowering and therapeutically precise set of alignment principles, life affirming Tantric philosophy, and a full celebration of life. Their yoga is both playful and profound, allowing each student to awaken to the innate

Joy that lies waiting to be revealed in each of our hearts.

In our week together, you will:



- Deepen your ability to drop limiting concepts of yourself and advance your practice.
- Experience a well rounded asana practice with modifications and therapeutics to accommodate various ability levels.
- Develop more strength, balance, flexibility and increase your capacity for joy.

**A minimum of six months of yoga experience is necessary for the best experience.



Location, Accommodations & Meals



Coral Seas is a small cliff side 22 room hotel overlooking the Caribbean Sea that has hosted yoga retreats for many years. All rooms have air conditioning and cable TV, and all but two rooms have ocean facing

balconies. Wi-Fi is available at office, bar and poolside.

Our Yoga space can hold up to 35 students under a covered veranda open to the ocean breezes and with a fantastic view. There is an excellent Scuba Center on location, a lovely pool, and cliff side swimming. For beach lovers, there is daily transportation to a nearby beach with beach chairs and restaurant.

Included in the price is a light breakfast before morning yoga and full brunch following the morning practice. Also included are two group dinners on our opening and closing evenings, (Feb. 1 & Feb. 7). For other nights, you may choose to eat at the hotel or sample the local fare at one of the many excellent restaurants nearby. Please note: Travel days are Feb. 1 and Feb. 8.

Props

The hotel does NOT provide props. It's a MUST to bring your own mat, block, belt and 2 sturdy yoga blankets for restoratives. (These are ALL very necessary!)

Payment Options

Price includes hotel accommodations for seven nights, light breakfast, brunch, two dinners, and all yoga classes. (We also offer a "non-yoga" price for spouses/partners who don't do the yoga.)

Not included in the price are airfare, transportation to and from Sangster Airport in Montego Bay and any excursions you should take.



Please complete form in its entirety. Missing information will delay registration.

Name _____

Address _____

City _____ State _____ Zip _____

Email _____

Note: Retreat Coordinator will communicate all details via email.

Best Phone _____

Please check the box to indicate your accommodation preference: (roommates are encouraged!)

Early Birds (pay in full with a single payment by Oct 15, 2019 and save \$100!)

- ☐ Single Occupancy: \$1,700
- ☐ Double Occupancy: \$1,400
- ☐ Double Occupancy, no yoga: \$760

Later Birds (\$300 deposit due now, balance due by Jan 1, 2020)

- ☐ Single Occupancy: \$1800
- ☐ Double Occupancy: \$1,500
- ☐ Double Occupancy, no yoga: \$860

List roommate(s) if known _____

☐ Staying Elsewhere and paying for own accommodations, \$760 which includes yoga, two dinners, light breakfasts and full brunches.

Payment: (Pay either with PayPal to suziehurley22@gmail.com or with check.)

☐ Check # _____ (payable to Suzie Hurley)

☐ PayPal amount \$ _____

Signature _____

Send form with payment:

Checks payable to Suzie Hurley

Suzie Hurley, P.O. Box 392, Oxford, MD 21654

Payment options continued on back

For more information contact Suzie at suziehurley22@gmail.com