

WELCOME ABOARD!

Welcome to the Bahamas and onboard the Ciganka.

We will open the week with a welcome celebration, snacks, a tour of our new home for the week, and time to set our intentions and get to know one another. My mantra coming into this retreat is “gratitude improves attitude” - James Taylor. It’s a mantra I picked up over Thanksgiving 2016 and have been using it ever since. I’d like to share and explore working with mantras this week; discovering your own and listening deeply within. It’s all about empowering each other, lifting others up, while taking care of ourselves physically and energetically.

Wake up each morning in a different sweet spot in the Abacos. Sunrise, the smell of coffee, the ocean, being one with nature. This is absolutely my favorite time of day and especially here in the Bahamas. If you’re an early riser, you don’t want to miss out on sunrise on the Ciganka. I truly believe this is the time of day where all the magic happens. . .

We will begin each morning with a mindful practice listening to our bodies, flowing with our breath, coming together to welcome in the new day. Then we will feast on amazing home cooked meals, explore different islands, snorkel, shop, and play. Our days will be filled with snorkeling, swimming, eating, yoga, exploring new places, journaling, relaxing in the hammocks aboard the Ciganka; the possibilities are endless. I’m delighted to share my passion of yoga and movement with all of you as we will play, learn, and grow together. The final evening we will have a closing ceremony with smudging, maps, awards, and my favorite....writing our intentions and setting them on fire off into the sunset.

Morning Practices on the boat, docks, beach...

Afternoons are for PLAYING and Resting. Finding the Balance.

We will play with whatever YOU want. You can move as much or as little as you wish. We will play on rooftop bars, local’s porches, on the Ciganka, and some of the most beautiful beaches I’ve ever seen. We will nap and read and play games. We will do some afternoon meditations for nap time too :)

Evenings we Relax and Listen. Before dinner there's sometimes a dance party on the deck or time to have a cocktail in the hammock while watching the sunset and blowing the conch. After we eat one of Linda's delicious dinners we have dessert lol. Then hang out, talk, connect, meditate. This part of the day we listen to our bodies and respond in a matter that feels good in the moment.

YA Hrs for Teachers - 22 hrs CEU's

I'm looking forward to our retreat aboard the Ciganka. Can't wait to see you in the Bahamas!