

“Return to Love” Retreat Schedule January 14 – 19, 2020

Wednesday, January 14, 2020

3:00 pm Arrival at Luna Sea Inn
5:00 pm Restorative Yoga
6:00 pm Welcome Party
7:00 pm Dinner
8:00 pm Moonlight Soulful Breath Meditation
8:45 pm Enjoy the Evening

Thursday, January 15, 2020

7:30 am Yoga
8:45 am Breakfast
9:30 am Group Gathering
10:30 am – 4:30 Free Time
5:00 pm Yoga
7:00 pm Dinner in the Dining Area
8:00 pm Moonlight Meditation
8:45 pm Enjoy the Evening

Friday, January 16, 2020

7:00 am Yoga
8:45 am Breakfast
9:30 am- Group Gathering
10:30 am – 4:30 Free Time
5:00 pm Yoga
7:00 pm Dinner
8:00pm Soulful Reflection
8:45pm Enjoy the Evening

Saturday, January 17, 2020

7:00 am Yoga
8:45 am Breakfast
10:00 am – 4:00 pm Giveback*
4:00 pm – Punch and Appetizers at Inn
5:00 pm Yoga and Workshop
7:00 pm Dinner
8:00 pm Moonlight Meditation
8:45 pm Enjoy the Evening

Sunday, January 18, 2020

7:00 am - Yoga
8:45 am - Breakfast
9:30am – Group Gathering
11:00am - 4:30am - Free Time
5:00 pm Yoga and Kirtan
7:00 pm Dinner
8:00 pm Moonlight Meditation
8:45 pm Enjoy the Evening

Monday, January 19, 2020

7:00 am Yoga
8:45 am Breakfast w/Reflection
11:00 am Check Out

*Giveback

First we visit the village of Aldayr, one of the poorest villages in Jamaica where we are installing rain barrel water filtration systems.

Then we visit and host a party with the local children at Penie’s, a Group Home for Children. We have been asked to bring Preschool and Grammar School Books, Kindle Fire and Toys. Lunch will be provided, Transportation and Cake provided by Inn.

WHAT TO DO AT LUNA SEA INN

There is really no need to go far at all for some exciting things to do. Some of the best things to do are right in your back yard. From the gazebo, catch the sunset (or a moonset) and look for the fish who are attracted to the lights at night. During the day keep an eye out for dolphins or rays jumping from the ocean. The staff of Luna Sea is happy to help be your tour guides and steer you toward all that Bluefields and the nearby area have to offer.

Here's a list of some of our local favorites.

Take a cruise on the trimaran sail boat and stop for a gourmet picnic created by our own chef Vinton.

Have a rum punch while pretending you are a real pirate! Please, no plundering.

Take a kayak to explore the nooks and crannies of our varied coast or check out a paddleboard for a bit of exercise.

Arrange for a scuba lesson or even a private excursion.

If you are a diver, when was the last time you went diving with a maximum of six divers? This is the way to experience hands on excitement, not with a herd of twenty or forty divers but with you and a few buddies and some bubbles.

Take the speed boat out to the reef for a snorkeling trip you will never forget or just jump in and go around the hotel looking at the coral heads close to shore.

Ask a local fisherman to take you out for the day. You can learn hand fishing as it has been done in Jamaica for generations. Check his pots and perhaps he will sell you some of the bounty. Then bring it home to the chef for your own magnificent meal. It doesn't get any fresher than that.

Take a hike up the mountain with a local guide who can discuss the fauna, flora and birds. Have a view to remember from the top of a mountain with an ocean at your feet.

Take a ride to beautiful Bluefields Beach. This is a public beach but is little used during the week when most are working. On the weekend, you can join the crowds at play in the sea.

Go for a swim off the hotel and let the current take you downstream. Don't worry, we can pick you up if you drift too far.

Have a seaside massage or take a manicure and pedicure on your own verandah.

Curl up with your book and get a tan on one of the chaise loungers.

Just relax and let the sounds of the ocean waves, wipe all your cares away.