

## WE ARE PLEASED TO INTRODUCE

our new facility in the beautiful Central American country of Belize. Join us in this exotic tropical locale where the warm sea breezes provide the perfect backdrop for a week long (or longer) yoga adventure. Extraordinary bird watching and other activities are offered to round out your stay. Belize has much to offer its visitors - you may want to participate in one or more of the following excursions\*:

- BIRDING TOURS
- CAVE TUBING
- BELIZE ZOO
- MAYAN RUINS
- ECO TOURS TO THE REEF AND RAIN FOREST
- SCUBA DIVING AND SNORKELING ON THE REEF
- SWALLOW CAYE MANATEE RESERVE
- TOURIST VILLAGE IN BELIZE CITY
- DAY TRIP TO SAN IGNACIO CAYO DISTRICT
- WINDSURFING
- SAILING ADVENTURES
- KAYAKING

\* All extra excursions incur additional costs. We are happy to help you plan and arrange them, and we can often arrange discounts.



## Accommodations

Great Island Yoga is committed to contributing to the local Caye Caulker economy by a guest "immersion" method. You will stay in guest houses and hotels run by Belizean residents, eat most meals at the restaurants in the village, and support Caye Caulker residents by shopping at local businesses. We can recommend a variety of establishments to fit your needs and pocketbook.



We are "off the power grid" and proud to be employing wind and solar energy alternatives to help conserve resources. Even transportation is as energy efficient as possible. Walking is most common, and cars are rare on Caye Caulker, whose motto is "Go Slow!" Regular scheduled transportation is provided between Great Island Yoga and the village, and bike and golf cart daily and weekly rentals are available.



great island yoga

2 LOCATIONS:

CAYE CAULKER, BELIZE &  
GREAT ISLAND, MAINE

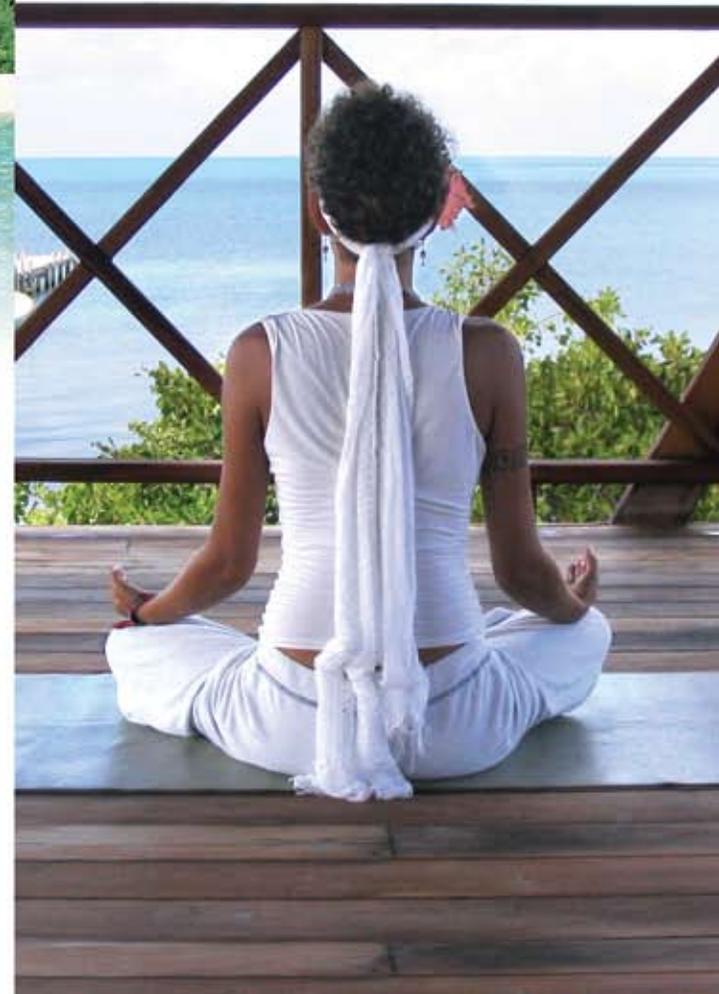
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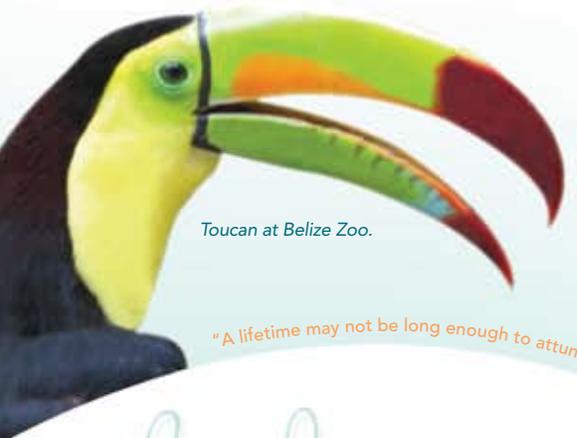
great island yoga

CAYE CAULKER • BELIZE  
CENTRAL AMERICA



Unite under the sun on Caye  
Caulker, in Belize, overlooking  
the beautiful Caribbean Sea....

find heaven on earth  
in two spectacular settings.



Toucan at Belize Zoo.

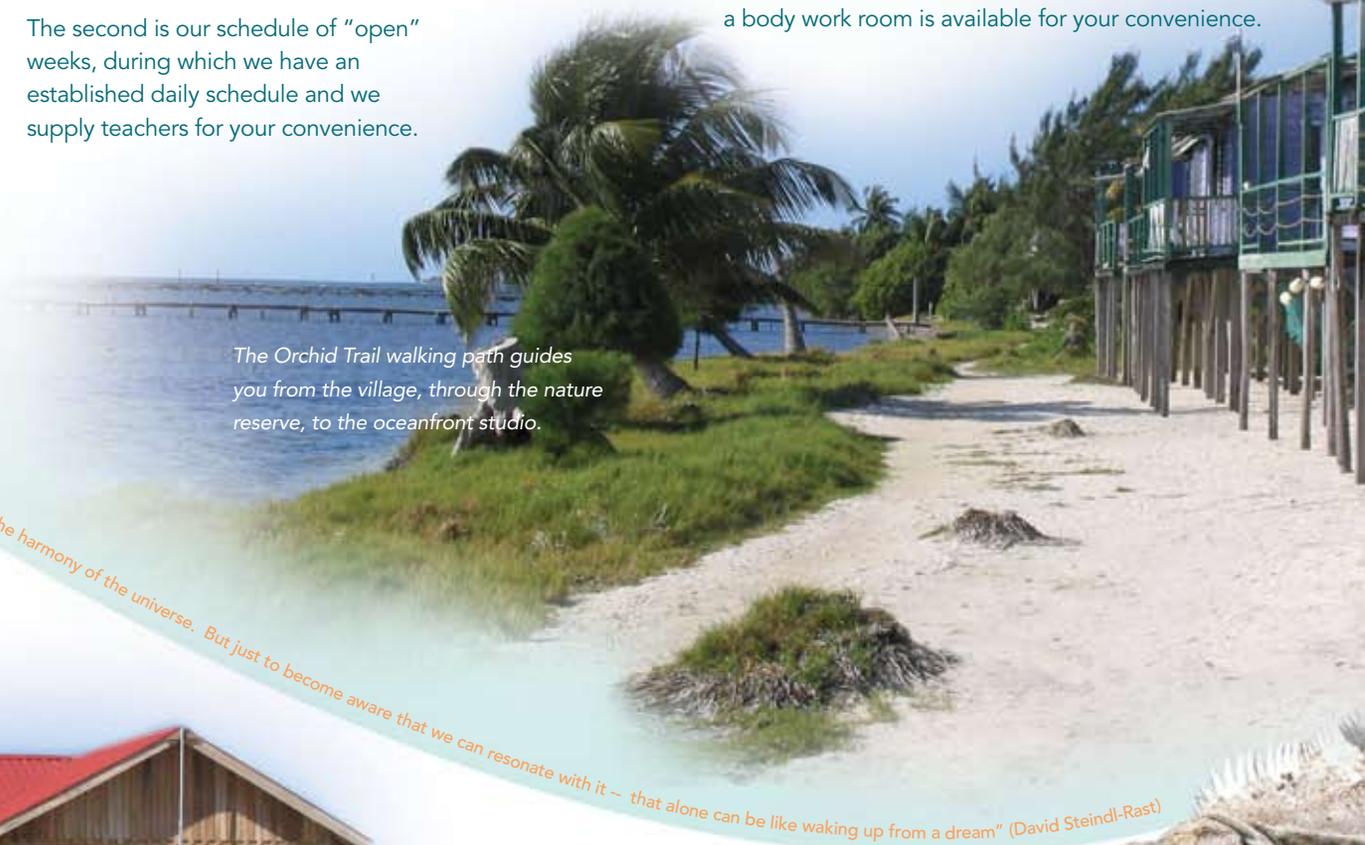
## Belize Sessions

There are two ways to enjoy our island yoga facility. The first is designed for teachers to bring their own students for an exclusive use of the facility. The teacher designs and implements the daily practice schedule. Our facilities can support Martial Arts, dance, drumming, and other groups in addition to yoga.

The second is our schedule of "open" weeks, during which we have an established daily schedule and we supply teachers for your convenience.

## Features

Experience the breeze and the energy of the sea, but remain protected from the elements! The yoga studio consists of a 20' x 28' covered, wooden floored platform overlooking the water where eagle rays, bonefish, and other tropical marine life thrive. The platform can accommodate 20 yoga students comfortably. Also, a body work room is available for your convenience.



The Orchid Trail walking path guides you from the village, through the nature reserve, to the oceanfront studio.

body  
spirit mind

"A lifetime may not be long enough to attune ourselves fully to the harmony of the universe. But just to become aware that we can resonate with it -- that alone can be like waking up from a dream" (David Steindl-Rast)



Great Island Yoga Studio located on Southwest Point.



You can bring your own bodyworker or we can arrange appointments with local massage therapists.

We supply mats and props (blocks, cushions, straps) during your stay. We have enough available for all practitioners, but feel free to bring your personal props if you prefer.