

## Jamaica's yoga retreats and experiences revitalise the body, mind, and soul

Wellness tourism is increasingly popular as consumers seek to enhance their overall quality of life.

According to The Global Wellness Institute, wellness tourism revenues grew 14 per cent from 2013 to 2015 &mdash; more than twice as fast as overall tourism expenditures (6.9 per cent). Jamaica has been ahead of the curve with its plethora of wellness tourism offerings - from hotel and resort amenities, farm-to-table dining experiences, digital detox retreats, holistic spa treatments, yoga centres, to alternative healing - that are sure to revitalize the body, mind and soul.

With National Yoga Month being celebrated in the month of September, the island is gearing up to offer travellers a meaningful getaway as consumers think about their wellness goals and vacation ideas. Below is a sampling of the island's yoga retreats and experiences that will have visitors and locals feeling rejuvenated, healthy and energised.

**Retreats**

**Mana Power Yoga Fitness Vacation (November 2 - 7)** Mana Power Yoga Fitness Vacation at Jakes Hotel provides a complete yoga and fitness vacation, where participants can relax and rejuvenate their body and mind. The retreat includes sunrise meditation sessions; daily power yoga and fitness classes; picnic on the beach; boat excursion to the Pelican Bar; daily breakfast and dinner; 20 per cent discount on spa services; five nights accommodation; and airport transfers.

**Yoga & Meditation at Round Hill (2018)** Escape to the beautiful private oasis of Round Hill, with beautifully designed rooms by Ralph Lauren, where guests are guided to refresh their life and create their goals. This yoga and meditation vacation includes daily yoga and meditation, three meals a day, including farm-to-table, beach barbeques, international and local fare; a trip to Mayfield Waterfalls; full use of pool, beach, tennis courts, nature paths and gardens; airport transfer (from Sangster International Airport, MBJ); and most importantly, time to relax!

**EXPERIENCES**

**Yoga Brunch at STUSH in the Bush** STUSH Yoga Brunch is held at STUSH in the Bush, an organic sustainable farm that offers intimate farm-to-table dining experience in the hills of St Ann. Resident yoga instructor Kayla Hanson leads themed yoga classes for all levels, followed by a gourmet-meets-rustic vegetarian brunch.

**Jackie's on the Reef** Located in the West End of Negril, Jackie's on the Reef is a hidden oasis providing morning yoga and meditation classes, spa treatments, workshops, and retreats on an open veranda with the beach as the backdrop.