



A 5-Day, 4-Night Detox, Meditation & Yoga Beach Retreat
October 2–6, 2019 ~ Stuart, Florida

RESTORE YOU IN XANADU

Xanadu is a five-star luxury oceanfront home that has an island look and feel and is nestled between the Indian River and the Atlantic Ocean. Meditate and practice yoga on the beach while the sun rises over the ocean. Enjoy the peace of a sunset from the balcony overlooking the River. Take a breath and unplug on the "Treasure Coast".

REPLENISH YOU

Replenish your resources and reconnect with contentment, health and harmony. Join us for this multi dimensional, spiritual 5-day beach retreat to give yourself a restorative mini vacation that nourishes you in mind, body and spirit. Explore the underpinnings of yoga through self-study, meditation; pranayama; Hatha based yoga; joy, self-care & self-love practices; and energy clearing/balancing meditations. Begin the process of releasing unwelcome blockages to find your inherent bliss in a safe, comfortable, and sacred space. *This retreat is about taking time to Love Yourself Fiercely!*

EXPERIENCE YOU

You will have the flexibility to choose your desired experience with options that include daily yoga (Nidra, Yin, Raja, Restorative, Gentle, Kripalu and Vinyasa), daily meditation, and specialty healing modalities like Reiki, Massage Therapy, Phoenix Rising Therapy, Thai Massage & Acupuncture. You can immerse yourself in the quiet; participate in all the scheduled activities, take a walk on the beach, paddleboard, kayak, chat with your retreat mates, or journal on the front porch while overlooking the Atlantic ocean. *The choice is yours!*

NOURISH YOU

We will be noshing on delicious and nutritious VEGAN fare prepared by Chef Angelique. Included will be three nutrition-based workshops with a focus on detoxification, a plant based diet, kitchen tips & tricks and an Ayurveda cooking class. *Plus so much more...*



A 5-Day, 4-Night Detox, Meditation & Yoga Beach Retreat

October 2–6, 2019 ~ Stuart, Florida

RETREAT INCLUDES *

- Communal 5 star accommodations in an ocean-to-river front 4-story home appropriately named Xanadu
- Daily yoga
- Daily meditation
- **Vegan** Meals: 4 breakfasts, 3 lunches, 4 dinners, coffee/tea/juice/smoothies, healthy snacks
- Kitchen Kapers: Tricks/Tips & Skills Workshop
- Nutrition/Detox Workshop
- Ayurveda Cooking Lesson
- Mantra/Meditation Workshop
- Sound Healings
- Wine Tasting & Live Music
- Goody Bag
- Restore Your Inner Glow Yoga Tank
- Kayaks, paddleboards, bicycles, snorkeling equipment & more
- Transportation to/from the airport
- A **FREE DEMO** of all healing modalities on 2nd day of retreat

FREE TIME TO BOOK [HEALING MODALITIES](#) INCLUDING:

Prices will be discounted with online early bird registration

- Massage
- Reiki
- Acupuncture
- Phoenix Rising Therapy Session
- Thai Yoga Session
- Private Yoga
- Private Nutritional Consult
- Private Ayurveda Consult

**A detailed calendar of events will be provided at the beginning of the retreat. Some events may be subject to change. See sample schedule on web page submenu.*

*** All modalities are at an additional cost and must be prescheduled. See [SCHEDULE](#) button on retreat webpage submenu.*

RETREAT DOES NOT INCLUDE:

- Flight
- Gratuities
- Alcohol* (BYOB)
- Transportation while at Xanadu (transportation may be limited) if we cannot accommodate your transport we recommend UBER.

**Welcome dinner will include wine & there will be a farewell wine tasting*

DEPOSIT, PAYMENT & CANCELLATION

- A \$350 **NONREFUNDABLE** deposit is required to hold your space. SPACE IS LIMITED, PLEASE BOOK EARLY
- BALANCE IS DUE BY SEPTEMBER 11, 2019
- EARLY BIRD PRICING ENDS ON AUGUST 22, 2019
- CANCELLATION SCHEDULE:
 - FULL REFUND minus DEPOSIT UP TO & INCLUDING SEPTEMBER 1
 - 50% REFUND minus DEPOSIT UP TO & INCLUDING SEPTEMBER 14
 - **NO REFUND** BEYOND SEPTEMBER 14, 2019 BUT MONIES CAN BE APPLIED TO A FUTURE RETREAT.
- We recommend buying [travel insurance](#).

PAYMENT OPTIONS:

- Check made out to Rose Bruce Yoga
- Cash
- PayPal (Invoiced via email)



CHECK IN & CHECKOUT

Check In: 5:00pm

Check Out: 11:00am

GETTING TO THE RETREAT OCTOBER 2

FLYING IN OR LOCAL PARTICIPANTS

LUXURY VAN PICKUP TIMES

A van will transport participants to retreat location whether local or flying in. (3 stops)

Please plan flights and transport to van accordingly as this is the only transport included in cost of retreat.

1. The pickup time for **Fort Lauderdale International Airport** is at **2:00pm**
2. The pickup time for **Boynton Beach (location TBD)** is at **3:00pm**
3. The pickup time for **Palm Beach International Airport** is at **4:00pm**

DRIVING IN*

For those driving their own cars or renting, the address is:

[871 SE MacArthur Blvd, Stuart, FL 34996](#) *Parking is limited

AIRPORTS

Palm Beach International (CLOSEST)

Fort Lauderdale International

LEAVING RETREAT OCTOBER 6

FLYING OUT OR LOCAL PARTICIPANTS

LUXURY VAN PICKUP at 11:00AM

A van will transport participants to airports and Boynton Beach (3 stops)

Please plan flights and transport to van accordingly as this is the only transport included in cost of retreat.

1. The drop-off time for **Palm Beach International Airport** is at **12:15pm**
2. The drop-off time for **Boynton Beach (location TBD)** is at **1:15pm**
3. The drop-off time for **Fort Lauderdale International Airport** is at **2:15pm**

XANADU HAS GOT YOU COVERED

PROVIDED AMENITIES*

- Wifi Continuous access
- Cable TV (*although TV's are provided, use of them in public spaces will be prohibited*)
- Washer/Dryer
- Elevator
- Gym
- Free parking on premises
- Hot tub
- Towels, bed sheets, soap, and toilet paper
- Beach towels, umbrella, beach blanket, snorkeling gear
- Hair dryer
- Shampoo
- Hangers
- Bed linens
- Extra pillows and blankets
- Beach-comber metal-detectors

**Property amenities are as stated. Does not meet all accessibility requirements for physical limitations. Please review property [HERE](#).*

RULES OF RETREAT:

- A SIGNED WAIVER IS REQUIRED. Waivers will be provided the first night of the retreat.
- NO SMOKING ~ THIS IS A 100% SMOKE FREE ENVIRONMENT
- NO PETS ALLOWED

- PLEASE KEEP CELL PHONE USE TO A MINIMUM IN AND AROUND THE PUBLIC SPACES OF THE HOME ~ LET'S UNPLUG!
- TV USE OR USE OF OTHER ELECTRONICS IN THE PUBLIC AREAS OF THE HOME IS PROHIBITED ~ QUIET PLEASE!
- TV USE OR USE OF OTHER ELECTRONICS IN PRIVATE ROOMS ~ PLEASE KEEP VOLUME RESPECTFULLY LOW OR USE EARBUDS
- PLEASE RESPECT THE MEDITATION SESSIONS ~ if you aren't meditating please be respectful of these scheduled quiet times for sitting in silence.

RULES OF PROPERTY:

The waters in and around the beach house are among the most biologically rich and environmentally sensitive in the entire United States. The owners of the home have been substantial financial supporters of local environmental groups for 15+ years. Exhaustive measures have been taken to preserve the pristine areas surrounding the home in a no-impact, leave-no trace manner. Help preserve the natural beauty and sensitive ecosystem surrounding the home: Do not touch or approach dolphins, sea turtles and manatees. These are protected species. Florida Fish & Wildlife officers routinely patrol the area on foot and from their boats (they have powerful binoculars in the boats). They WILL arrest or ticket you if you are harming the environment) PLEASE DO NOT LITTER (this includes emptying alcohol or other drinks into the water)

Questions? Contact Rose at 615-587-1875

rose@rosebruceyoga.com

[Tour Xanadu](#)

[Restore Your Inner Glow Beach Retreat](#)