



claire liddle yoga

Yoga Vacation with Claire in Jamaica - 2024 Trip Information **Saturday, February 24th – Saturday, March 2, 2024**

We're so excited about the 2024 Jamaica Yoga Vacation! The vacation begins Saturday, February 24th. Upon arrival, you'll have a little time to see your room and explore the resort. We'll meet at the bar around 6:30 pm for drinks and there will be a welcome dinner Saturday night at 7:00 pm by the water.

The following trip information is provided to help you prepare for a fun and relaxing week.

Schedule:

Yoga begins Sunday morning, February 25th and runs twice daily through Friday, except for Wednesday and Thursday afternoon (February 28 and 29). On Wednesday you have the full day for exploring the island, either on your own or through optional trips arranged by Natasha Wallace, or just relaxing by the sea. A sunset cruise will be offered for those interested on Thursday afternoon.

Class times:

Class times are 8:00-10:30 am and 4:30-6:00 pm. No classes will be held on Wednesday. Classes will include pranayama and meditation, exploration of yoga philosophy, as well as alignment-based, vinyasa, Yin and Restorative practices, and Yoga Nidra.

Wednesday - TRIP DAY:

Natasha Wallace will meet with us to review the optional trips to explore the area. The cost ranges from approximately \$120.00 to \$180.000 (US \$). Weather permitting, a sunset cruise is planned for Thursday afternoon/evening. This is an additional expense payable by cash to Natasha. The Coral Seas Cliff Resort will also provide assistance in scheduling excursions. Another option is to book a massage at the resort or to visit *Jackie's on the Reef*, a spa within a serene, oceanfront setting. We've had treatments, enjoyed the gardens and quiet relaxation, and eaten a wonderful lunch at Jackie's (<http://www.jackiesonthereef.com>). A nice outing for a group of six or less is the Hummingbird Garden (<https://www.barneyshummingbirdgardenjamaica.com>) or to dine at Just Natural Restaurant with an outdoor garden setting.

Between Yoga Classes:

There is time between yoga classes and in the evenings to explore the area. There is a pool at the Resort, areas on the cliff to relax and swim, and another Coral Seas Beach Resort close by where we can go to the beach, enjoy local foods, and shop at local businesses. Transport to the beach arranged through the Resort or by taxi is approximately \$10.00 each way, per person.

Meals:

There will be a light breakfast at 7:00 or 7:15 am before class each day and a substantial brunch following class at 10:45 am. We will have two group dinners; the first on arrival night, Saturday, February 24, and the second for our closing evening, Friday, March 1. Except for the two group dinners, dinner is on your own the rest of the time. Many of the restaurants are within walking distance or a short cab-ride away. Some restaurants provide transportation between their location and the resort.

Restaurants:

Here are some of the restaurants we have enjoyed in the past.

- Push Cart

- Just Natural
- Catch a Falling Star
- Murphy's West End Restaurant
- Sips and Bites
- Bourbon Beach for jerk chicken (on the beach)
- And many others....

Getting There and Going Home:

You'll be flying in and out of, the Donald Sangster International Airport in Montego Bay (MBJ). There will be lines and waiting to clear through customs. After getting your luggage and the final check-in point, make your way to outside and look for someone holding a "Claire's Yoga Group" sign. From the airport, it's about an hour and a half ride to Negril.

Airport transport cost is approximately \$50-\$120 per person, each way. I arrange airport transport through Natasha Wallace. She is very familiar with the drivers. Fees will be paid in CASH to Natasha Wallace or her staff upon arrival. Cost is dependent on the number of riders. I will let you know when I have the exact cost. Please let me know if you are NOT going to use airport transport that I arrange through Natasha. **Should you run into any last-minute difficulties that affect your travel plans on your day of arrival, please call Natasha directly. Her contact number is 1-876-536-0198. You can also text me at 301-633-1921.**

Items to bring to Jamaica:

- Passport - CHECK expiration date! Entry requirements for Jamaica include: The passport or other travel document must be valid for at least six (6) months from the intended date of travel.
In other words, if you are planning to fly into Jamaica on February 24th and to leave March 2nd, your passport can't expire before September 2nd, even if you plan to leave the country well before that date. Different countries have different reasons for enforcing the six month rule, but the primary reason is most likely that it helps prevent travelers from entering a country with a soon-to-expire passport, then running into trouble when their trip is extended or runs longer than planned.
- Picture ID for cashing travelers checks or exchanging currency
- Airport tax money: Check with your airline or travel agent. If the tax is not included in your airline ticket, you will be required to pay upon your departure from Jamaica
- The resort does NOT have mats, blocks nor blankets. The floor is tile. You will have to bring your own mat, blocks (2), and blankets (2).
- Hat or sun visor
- Mosquito repellent – It will be winter in Jamaica, however, depending on weather and other conditions, you will want to use mosquito repellent to avoid being bitten. Mosquitos in the Caribbean may carry a virus, *Chikungunya*, which causes flu-like symptoms.
- Sunscreen - The sun is very intense there!
- Lightweight long sleeve shirt and sweater/sweatshirt along with long pants for cool mornings and evenings
- Water sandals, like Tevas (optional)
- Walking shoes for walking on edge of the road (limited sidewalks)
- Flashlight for walking at night
- Rain gear or get wet!
- Snorkeling equipment (Optional)

Money:

U.S. currency is good almost everywhere, though it's easy to exchange for Jamaican dollars, or "Js". Most major restaurants and shops take major credit cards, though you will still need cash for small

purchases. There is a bank in the town of Negril with an ATM if you need cash or want to exchange your currency (US\$ or "Js"). You may want to let your bank and credit card company know your dates of travel to Negril. I have found this allows for easier transactions.

Tipping:

Suggestion: Bring \$1.00 bills (approximately \$30-\$50) for tips to bag carriers at airport and drivers. You have already paid a gratuity fee for the staff at the resort as part of the trip cost. This will cover general and routine services provided during your stay at the Coral Seas Cliff Resort. We will give this tip to staff on our last night. The resort staff then divides and shares with everyone, including kitchen and room staff. You may want to consider additional tipping when requesting a special service.

Negril:

The town of Negril is a 10-minute cab ride from the resort. Besides the bank, there is a pharmacy and a Hi-Lo grocery store in town for necessities. On the corner from the Coral Seas Cliff Resort there is a small market to buy water, soda, and other food items.

Beach and Water Safety:

You can swim off the cliffs at the Resort. It is not a good idea to go in if you see white caps. Otherwise, it's usually fine if you're a decent swimmer. You may snorkel and dive right off the cliffs and there is a Scuba Center at the Resort.

Internet and other services:

Although this is a perfect week to unplug from all the emails, we understand if you don't. The resort has WI-FI is available at the office, bar and poolside areas. You will NOT need electrical appliance adapters; regular plugs work in Negril. Bring your own hair dryer or air dry.

No Problem, Mon:

The pace of island life is amazing. *No worries...It's all right.* Our Resort is unique for sure, which is why we love it. It is not one of the posh, all-inclusive resorts. If we run a little short on hot water or other minor things, no worry... you will have it again "soon." The proprietors and their dedicated staff go overboard to make sure you have everything you need to be comfortable.

For specific information and details about the resort, please visit their website:

<http://www.coralseashotels.com/locations/coral-seas-cliff.html>. Other information regarding the resort is:

Coral Seas Cliff Resort
West End Road
Negril, Westmoreland
Jamaica, W.I.
1(876)-957-0785
booking@coralseashotels.com

If you have further questions, please let me know. I want to do everything possible to help make this a wonderful experience for you!

Palms together,

Claire