

JUNGLE + OCEAN WELLNESS RETREAT



Belize

MAY 2 - 9, 2025

BOOK NOW

www.twisteddogyoga.com

ACCOMMODATION



We'll begin our yoga and wellness adventure in the Belizean rainforest. The birds are in abundance and you'll hear nature's songs as the sun rises, peaking through the ancient hardwood trees.

You'll be staying in a thatched-roof jungle hut, an immersive and sustainable experience, where modern comforts harmonize with the awe-inspiring natural surroundings.

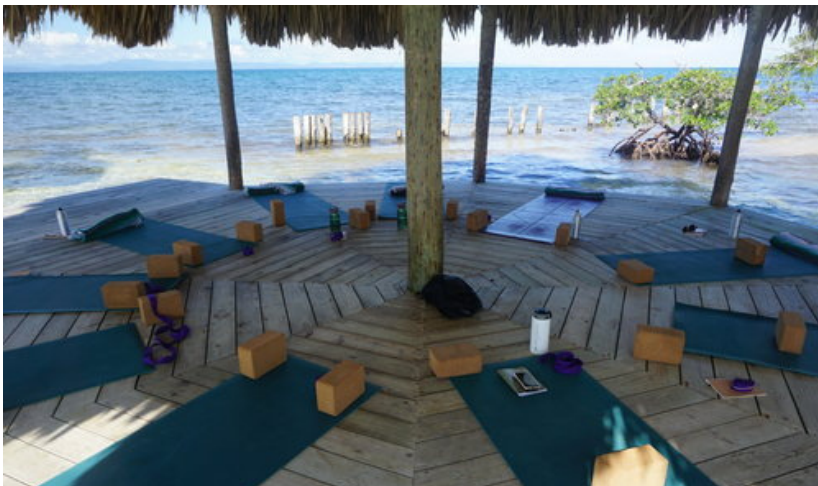
Jade Jungle Resort is built on a 300-acre private nature preserve that borders an additional 7,000 protected acres. The interiors exude a rustic charm, with wooden furnishings hand-crafted by local artisans.

As an eco lodge, sustainability and conservation are at the core of everything they do. Your stay is designed to minimize impact on the environment, and includes ceiling fans to keep you cool as you sleep. Every detail in their operations has been carefully considered to ensure that your stay aligns with principles of responsible tourism.

Dining will be a farm-to-table experience; homecooked Mayan inspired meals communally shared with the ambiance of lamplight, conversation and new friends.



ACCOMMODATION



After a magical jungle experience, we'll travel together to meet our boat shuttle and be whisked away to Thatch Caye, an all-inclusive private island resort with overwater bungalows and island cabanas. The ultimate barefoot casual environment!

Thatch Caye is a fully sustainable luxury eco-resort, recently renovated using reclaimed materials from the island.

You'll fully disconnect and recharge, with WiFi available only in common areas. Not to worry, there's plenty to keep you busy; sunbathe on a hammock, swim in the natural saltwater pool, receive an optional seaside massage, or enjoy many of the complimentary water toys. There are plenty of optional sea-side excursions to choose from, as well. A/C is available, however you'll probably never need it with the gentle sea breezes keeping you cool.

Local chefs will serve a wide variety of Belizean and international meals; all homemade, fresh and seasonal.

DETAILS



Fly into Philip S.W. Goldson International Airport (BZE)



Airport transfer to Jade Jungle Resort
Jade Jungle Resort to Dangriga | RT Boat Shuttle to Thatch Caye
Air transfer from Dangriga to BZE



Included activities and excursions

Jungle

- Daily yoga
- 4 guided on-site jungle tours
- TKO Farm Tour (world's largest Soursop farm)
- Maya Ceremony
- Actún Tunichil Muknal (ATM) Cave Tour
- Endless birdwatching
- Access to miles of hiking trails and swimming holes

Ocean

- Daily yoga
- Use of bikes, kayaks, paddle boards, snorkel gear, fishing poles and other non-motorized toys

Other optional excursions to choose from include: hiking, birdwatching, horse riding, Mayan city tours, canoeing, cave tubing, snorkeling, diving, fishing, massages.



ITINERARY

*included activities may vary by day



Day 1

Arrive and get settled in. Our first nightly 4-course meal will be enjoyed as we get to know one another. After dining, we will immerse ourselves in the local culture and participate in a Maya Ceremony. Our evening will end with a gentle yoga session.



Day 2

Daily yoga (am or pm)
Gourmet breakfast, lunch and dinner
Guided morning hike
Optional excursion | guided afternoon hike | massage | leisure time



Day 3

Daily yoga (am or pm)
Gourmet breakfast, lunch and dinner
Guided morning hike
Actún Tunichíl Muknal (ATM) Cave Tour



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ITINERARY



Day 4

Daily yoga (am or pm)
Gourmet breakfast, lunch and dinner
Guided morning hike + TKO Farm Tour
Optional excursion | massage | leisure time



Day 5

Daily yoga (am or pm)
Gourmet breakfast
Drive + boat shuttle to Thatch Caye Resort
Gourmet lunch and dinner
Afternoon and evening at your leisure



Day 6

Daily yoga (am or pm)
Gourmet breakfast, lunch and dinner
Optional snorkel excursion | massage | leisure time



Day 7

Daily yoga (am or pm)
Gourmet breakfast, lunch and dinner
Optional excursion | massage | leisure time



Day 8

Morning yoga
Gourmet breakfast at the resort
Departure via boat shuttle + air transfer to BZE

*optional add-on nights available



Excursion Add-ons (price does not include 12.5% tax)

Xunantunich Mayan Temples + Barton Creek Cave (full day) | \$150

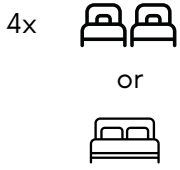
Cave Tubing + Zip Lining (full day) | \$150

Snorkel Adventure | \$ TBD

Massage | price varies

ROOMS + PRICING

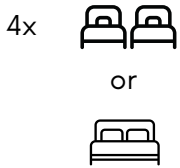
*assignment on first come, first serve basis



\$3,395 | Hillside + Oceanfront Cabana

Per person, based on double occupancy (shared or own bed). Perfect for couples, solo travelers or friends traveling together (shared room); 1 King or 2 Twins, en-suite bathroom, patio or deck.

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\$3,695 | Premium Cabana + Overwater Bungalow

Per person, based on double occupancy (shared or own bed). Perfect for couples, solo travelers or friends traveling together (shared room); 1 King or 2 Twins, en-suite bathroom, patio or deck.

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\$4,195 | \$4,495 ** only 2 single rooms available

Per person, based on single occupancy (private room). For those who prefer a private room; King bed, en-suite bathroom, patio or deck. Choose Premium + Oceanfront Cabana OR Premium + Overwater Bungalow



Prices listed are per person, based on double or single occupancy.



INCLUSIONS

What's included:

- 4-night Luxury Jungle + 3-night Luxury Ocean Accommodations
- Shared transfers (via shuttle, boat + small plane)
- Daily gourmet homemade meals (breakfast, lunch + dinner)
- Non-alcoholic/local alcoholic beverages (Thatch Caye only)
- Excursions listed in itinerary
- Taxes, fees and marine fees
- Resort gratuities
- Workshops + daily yoga classes



What's NOT included:

- International airfare
- Trip insurance
- Private airport transfer (if you arrive outside of shared transfer times)
- Extra add-on excursions/massages
- Local transport not included with tours
- Off-resort gratuities
- Non-alcoholic/alcoholic beverages at Jade Jungle (honor system bar available)
- Premium drinks at Thatch Caye
- Optional 1 or 2 night add-on at Thatch Caye (prices will vary)

**For questions, please contact Tracy at
860-603-2387
twisteddogyoga@gmail.com**



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PAYMENTS, CANCELLATION POLICY + TRIP INSURANCE

Payments

A non-refundable reservation deposit of \$500 is due upon booking. The remaining amount will be due in two installments, 50% due December 1, 2024 and 50% due February 1, 2025.

Schedule:

Upon booking: \$500 non-refundable reservation deposit

December 1, 2024: 50%

February 1, 2025: 50%

Alternatively, a payment plan may also be applied with the following schedule:

Upon booking: \$500 non-refundable reservation deposit

Monthly payments starting the first of the month after booking, divided equally with final payment due February 1, 2025.

To confirm your reservation, you must submit your completed and signed Retreat Agreement and Liability Release.

Cancellation Policy

All payments are non-refundable. If you need to leave the retreat early there are no refunds or pro-rating of days. We understand there are things in life beyond our control, therefore Trip/Travel Insurance is compulsory.

Trip/Travel Insurance

Trip/Travel Insurance is required to participate in our Retreat. Should something unexpected happen, this will provide you with the confidence that your trip will be covered.

You must send proof of your Trip/Travel Insurance within 14 days after booking your reservation. We highly recommend "Cancel for Any Reason" provision be added to your policy.

To help in your selection of Trip/Travel Insurance, you will receive details on available trip insurance that can be added or you may find insurance on your own.





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WELLNESS THROUGH MOVEMENT

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