



**FOR IMMEDIATE RELEASE**

## **JAMAICA'S YOGA RETREATS AND EXPERIENCES REVITALIZE THE BODY, MIND AND SOUL**

**KINGSTON, JAMAICA – August 14, 2017** – 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% from 2013 to 2015 -- more than twice as fast as overall tourism expenditures (6.9%). 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 centers, 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 travelers a meaningful getaway as consumers think about their wellness goals and vacation ideas. Below is a sampling of Jamaica's yoga retreats and experiences that will have visitors returning home feeling rejuvenated, healthy, and energized.

### **RETREATS**

#### **Mana Power Yoga Fitness Vacation (November 2 – 7, 2017)**

[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 White Sand beach with lunch; boat excursion to the Pelican Bar; daily breakfasts and dinners; 20% discount on spa services; five nights accommodation; and airport transfers. Prices start at \$2,100 per person.

#### **Yoga & Meditation at Round Hill (2018)**

Escape to the beautiful private oasis of Round Hill, with beautifully designed rooms by Ralph Lauren, where travelers will be fully nurtured and guided to refresh their life and create their goals. This [Yoga & 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! Pricing starts at \$2,350 for double occupancy.

## 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, overlooking the Caribbean Sea. Resident yoga instructor Kayla Hanson leads themed yoga classes for all levels, followed by a gourmet meets rustic vegetarian brunch. \$50 per person.

### 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 facing the Caribbean Sea.

For more information on how to “find yourself” in Jamaica, please visit [www.visitjamaica.com](http://www.visitjamaica.com) or contact your local Jamaica Travel Specialist.

### About Jamaica Tourist Board

The Jamaica Tourist Board (JTB), founded in 1955, is Jamaica's national tourism agency based in the capital city of Kingston. TripAdvisor® ranked Jamaica #12 Best Destination in the World in 2017 and top three island in the world in 2016. The JTB was declared the Caribbean's Leading Tourist Board by the World Travel Awards (WTA) from 2006 to 2016. In 2016, Jamaica earned the WTA's vote for the Caribbean's Leading Destination and the Caribbean's Leading Cruise Destination for the tenth consecutive year. Additionally, Ocho Rios was named the Caribbean's Leading Cruise Port; Sangster International Airport was voted the Caribbean's Leading Airport; Club Mobay was named the Caribbean's Leading Airport Lounge; Dolphin Cove was voted the Caribbean's Leading Adventure Tourist Attraction; the Montego Bay Convention Center was named the Caribbean's Leading Meeting & Conventions Center; and GO! Jamaica Travel was named the Caribbean's Leading Tour Operator.

JTB offices are located in Kingston, Montego Bay, Miami, Toronto and London. Representative offices are located in Berlin, Barcelona, Rome, Amsterdam, Mumbai and Tokyo.

For details on upcoming special events, attractions and accommodations in Jamaica go to the JTB's Web site at [www.visitjamaica.com](http://www.visitjamaica.com) or call the Jamaica Tourist Board at 1-800-JAMAICA (1-800-526-2422). Follow the JTB on [Facebook](#), [Twitter](#), [Instagram](#), [Pinterest](#) and [YouTube](#). View the JTB blog at [www.islandbuzzjamaica.com](http://www.islandbuzzjamaica.com).

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Contact:

Michaela Barnes / Natalia Lopez Finn Partners 212-715-1600

[Michaela.barnes@finnpartners.com](mailto:Michaela.barnes@finnpartners.com) / [Natalia.Lopez@finnpartners.com](mailto:Natalia.Lopez@finnpartners.com)