



# JAMAICA 2018

35<sup>th</sup> ANNUAL YOGA VACATION WITH BARBARA BENAGH & JOHN SCHUMACHER

course one: February 4-11



course two: February 11-18

**Negril** is a relaxed resort on the west coast of Jamaica, one of the Caribbean's most beautiful islands. A wonderful place to unwind and restore the soul. Negril is vibrant and brought alive by the people, their music, and a sultry climate that invites a leisurely way of life.

For 35 years Barbara Benagh and John Schumacher have welcomed students to join them for a week or two of yoga in Negril. The vacation they have created offers students the opportunity to explore in depth two distinctly different approaches to yoga. It is also an occasion for people who enjoy yoga and the exotic rhythm of Jamaica to get together and simply have a good time.

## HOW TO REGISTER

1- Email [info@yogastudio.org](mailto:info@yogastudio.org) to reserve your space.

2- Pay your deposit online at [www.yogastudio.org](http://www.yogastudio.org)

Or send your non-refundable deposit of \$300 (payable to The Yoga Studio) to:

Barbara Benagh's Yoga Studio  
1107 Oakland Ave.,  
Durham NC 27705

3- Include your name, address, preferred contact phone number, email address as well as which course and options you wish to reserve.

## CANCELLATION POLICY:

- Your deposit is non-refundable.
- The balance is refundable until 1/5/2018 if your space can be filled.
- After 1/5/2018 no refunds.

## EACH COURSE INCLUDES:

- 2 yoga classes daily (Mon.- Sat.)
- double occupancy hotel
- brunch

Single Room \$1,660.00  
Double/ Shared Room \$1,300.00

## ADDITIONAL OPTIONS (prices per week)

- Companions are welcome. Hotel & brunch only: \$800
- Limited "Class Only" spaces (no lodging, no brunch) \$775. Ask about availability.
- Ground transportation from the airport to Negril can be purchased for \$100 round trip.

## PLEASE NOTE:

- The Yoga Vacation in Jamaica is best suited for experienced Yoga students.
- Yoga class meets twice daily Monday - Saturday.
- Reservations are Sunday-Sunday with arrival and departure from Montego Bay Airport.

Lodging and classes are at Sunset on the Cliffs Hotel, a small, no-frills, cliff side hotel. Rooms are simply furnished and have ocean facing balconies. An abundance of water sports, tours, and restaurants are available to enjoy in your free time.

## THE TEACHERS

**John Schumacher**, cited by Yoga Journal as one of "25 Americans who are shaping yoga today", is a pupil of B.K.S. Iyengar and a certified advanced teacher in that method. He is the founder and director of Unity Woods Yoga Center in Bethesda, MD, the nation's largest Iyengar center. John teaches worldwide guiding students to experience the richness that is possible through the practice of yoga.

Described by Yoga Journal as "one of the most intelligent and insightful teachers around", **Barbara Benagh's** innovative and distinctive slow flow style has evolved from over 40 years of devoted practice. She teaches in the Boston area and travels extensively to lead master workshops. Author of numerous articles about yoga, Barbara is also featured on five DVDs produced by BodyWisdom ([bodywisdommedia.com](http://bodywisdommedia.com)) and live class recordings by Heart of the Moon Media ([heartofthemoon.com](http://heartofthemoon.com)).

## IF YOU HAVE FURTHER QUESTIONS:

617-803-0918

or email:  
[info@yogastudio.org](mailto:info@yogastudio.org)