



Tropical Escapes

real retreats, authentic adventures



**Genie Zeiger & Jeanie Erlbaum
present**

Yoga and Writing: A Caribbean Retreat for Women

February 26 - March 5, 2010



Explore Jamaica

Sweet fragrances, shimmering sunsets, spicy flavours and a rich cultural heritage, Jamaica's motto "Out of Many, One People" reflects the island's diversity.

A place of intense natural beauty and vibrant tropical blooms, the third-largest island in the Caribbean, it is also one of the most colourful.

From the high peaks of the Blue Mountains, to the dramatic waterfalls, and pristine white sand beaches, there is no place on earth like Jamaica!



Welcome to Bromley

Perched high in the rolling green hills of St. Ann, above the town of Ocho Rios, commanding sweeping views of the mountains of the interior, come experience rural Jamaica few get to see.

Here you will taste authentic country life and feel the vibrant pulse and rhythms of this unique island.

Bromley's large living area and extensive grounds make it an ideal retreat destination so take time out from a busy life to be inspired and rejuvenated by the beauty of Bromley's lush surroundings.

Yoga

Jean Erlbaum has been studying yoga and meditation since 1967. She is a certified teacher of both Integral and Atma Yoga, as a Phoenix Rising Yoga Therapist and is trained in Mindfulness-Based Stress Reduction. Each class will be individualized, offering gentle stretches, deep breathing and a long relaxation. The yoga is designed to invite connection to your body, allowing for deeper access to creativity. Experienced yoginis and beginners are welcome.

Writing

Genie Zeiger has been leading writing workshops for the past 20 years. Her daily writing workshops are designed to create a safe and affirming place for each writer to find and nurture her own creative voice. Genie is the author of three books of poetry and two memoirs. Her work has been featured on NPR and in dozens of literary magazines.

Adventures and Activities

During your stay at Bromley you will be hosted by the villa's owners with a unique knowledge of the area. A shuttle to the incredibly beautiful and secluded Reggae Beach will be provided on four afternoons. A trip to Ocho Rios' Island Village for shopping, beach time and entertainment will be enjoyed. A volunteer opportunity at the local pre-school followed by a visit to the neighboring estate and artist residence has also been arranged so you'll have the opportunity to give back before enjoying a traditional Jamaican afternoon tea and a cool dip right at the source of the stunning White River.

For more information visit www.TropicalEscapes.biz today!

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