



Caribee Calm in Dominica

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6 nights / 7 days

Reconnect with nature and spirit on a transformative yoga retreat to Dominica, the Nature Island of the Caribbean. Each day blends grounding yoga and meditation practices with the island's raw beauty—waterfall hikes through lush rainforest, rejuvenating dips in natural sulfur springs, and awe-inspiring whale watching in pristine waters. Immerse yourself in Kalinago culture, learning from the island's first people through meaningful cultural experiences that honor tradition, land, and spirit. This retreat is an invitation to slow down, reconnect, and be deeply nourished by nature, movement, and soulful exploration.

🏠 Rosalie Bay resort

8J5C+M76, Roseau, Dominica

Day 1 Arrival & Connect

7 Night 8 Day Retreat

Welcome to Dominica! Today will begin your week journey on this incredible island. After airport transfer, relax and unwind before your restorative practice and group Welcome Dinner. Feel free to walk the short rum distillery hike right from the property. Your journey awaits.

Day 2 The Wonder of Waterfalls

Emerald Pool - Spanny Falls - Jacko Falls

After your morning practice and a breakfast of sun-ripened local fruits, we set off to discover the island's liquid soul. Spend your day chasing the magic of Emerald Pool, Spanny Falls, and Jacko Falls. Whether you're trekking through the vibrant rainforest canopy, taking a refreshing dip in the crystal-clear basins, or simply meditating to the rhythm of the cascading water, these three hidden gems offer the ultimate space to reconnect and recharge.

Day 3 Authentic Kalinago Experience

After your morning practice and breakfast, the group will immerse themselves in this authentic cultural exchange. Meet with tribe elders, prepare local foods, learn dances and join in traditional ceremonies of the Kalinago people. This is truly a magical experience focusing on connection & love.

Day 4 (Sunday) Snorkel, Beach Time & Whale Watching

Enjoy and early stretch and breakfast before departing the hotel at 8:30. You will head to a beach area to experience a snorkel adventure and see the marine life up close. Relax by the shore, as you hear the sound of the waves. After some free time, and lunch on own, the driver will collect you at 12 PM to take you to the harbor where you will climb about a boat for whale and dolphin watching! Celebrate with rum punch as you scan the seas for this delightful marine life. Return to the hotel, where there will be an optional stretch and restorative practice before dinner and relaxation under the stars.



Day 5 Water Wonders

Trafalgar Falls - Fresh Water Lake - Sulfur Springs

After a delicious breakfast and practice, experience the best of Dominica's "Water Wonders" with a journey that balances adventure and relaxation. Start with the iconic Trafalgar Falls, where you can marvel at the twin "Father" and "Mother" falls crashing into the rainforest. Afterward, ascend to the tranquil Freshwater Lake, the island's largest, for a misty, high-altitude walk or paddle. Finally, soothe your muscles in the natural Sulfur Springs, where mineral-rich volcanic waters provide a rejuvenating end to your day in the wild. Finish with a stop at the Kalinago village and shop authentic goods and tastes the foods before returning to the hotel for a gentle stretch and dinner.

Day 6 Relaxation Rosalia Bay Resort

Workshops and Conservation

Begin your day with a deep connection to your practice and a healthy breakfast. Today the group will enjoy various ceremonies and workshops right on the property. Discover the wonders of herbs in a tea ceremony, join a DIY botanical body scrub class, there will be an "eat-well" consultation while cooking on a wooden stone. Next learn about the indigenous turtles and the work Rosalia Bay does in conservation.

📷 Turtle Sanctuary Clean UP

Day 7 Departure

Gratitude and Farewell

This final morning of the retreat is one of gratitude for the people, culture and natural beauty of Dominica. We wish you a safe return home and hope that your heart is full of love for this magical island and that you feel a deeper connection with yourself, your practice and the world around you. Namaste.

What's included, what's not

What's included

- ✓ Accommodations
- ✓ Transfers
- ✓ Guides/Drivers
- ✓ Excursions
- ✓ Daily Practice
- ✓ Daily breakfast & dinners
- ✓ Snacks & hydration Station
- ✓ Mats and yoga equipment
- ✓ Staff tipping

What's not included

- ✗ Airfare
- ✗ Alcohol



✕ Trip Insurance

✕ Personal Spending

Ocean Front Premier Suites

Total of 4

This packages is right ocean front, better view, larger rooms, jacuzzi tub. Total of 4 rooms. Two have a king bed, two have 2 queen beds. Can be booked for single or double occupancy. There is an add-on fee for this choice.

Riverside Premier Suite

Total of 2

There are 2 of these suites. Has separation between sleeping and living areas. One has a king bed one has 2 queen beds. Can be booked for single or double occupancy. There is an add on fee for this choice.

Ocean View Junior Suites

Total of 5

These rooms all have a king bed with a twin day bed. Can be booked for single or double occupancy. There is an add on fee for this choice.