

A woman with her arms raised, holding a large, vibrant orange and yellow patterned scarf aloft. She is wearing a black one-piece swimsuit and sunglasses. She stands on a sandy beach with the ocean waves crashing behind her. The sky is clear and blue.

# *Caribbean*

*November 14-21 or November 12-26, 2010*

*Nia, Tai Ji, Qi Gong retreat*

*With Nia Instructors Myrta Schorer – myrtadeNia  
and Laura Comparey*



In Playa Bonita, a spectacular beach shore located on the Samana Peninsula in the Dominican Republic, 3km West of the fishing village and beach town of Las Terrenas.

This European flavoured resort offers bright sun, turquoise waters, whispering palm trees, excellent restaurants, friendly faces and plenty of Salsa, Merengue and Bachata!

You will stay in Hotel Bahia Las Ballenas, Playa Bonita, Las Terrenas, Dominican Republic, [www.bahiaballenas.net](http://www.bahiaballenas.net)

### **COST:**

USD \$400 for 20 hours of instruction at casa myrta deNia

USD \$50-62 pp/per night including breakfast.

(stay as long as you wish before or after the retreat)

### **HOW TO GET THERE:**

The closest airport is Samana El Catey (AZS), just a short taxi ride away. You may also fly into Puerto Plata or Santo Domingo and transfer to a commuter flight to El Portillo Airport which is a 40 minute taxi ride to Playa Bonita. Ground transportation from Puerto Plata and Santo Domingo is

### **For further information, reservations and details please contact:**

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