

ASHTANGA
 X
 SCUBA

ISLAS DEL
 ROSARIO
 CARTAGENA,
 COLOMBIA
 DECEMBER 1 - 7,
 2024



HEATHER
 SERNA
 SYC
 AUTHORIZED
 L2 TEACHER



ISABEL
 CARATTINI
 PADI
 INSTRUCTOR &
 ASHTANGI



WHAT'S INCLUDED...

- Group transportation between Cartagena and Las Islas del Rosario on the first and last day of the retreat
- 6 nights/7 days accommodation and 3 meals a day in a beautiful private island home immersed in nature
- Six daily Ashtanga practice sessions with authorized teacher (5 Mysore style class & 1 led class with conference)
- Meditation and breath work sessions
- Intro to scuba diving class in the pool and 2 open water ocean dives *no experience necessary
- Walks in nature, watch sunrise/sunset, swim, see bioluminescent plankton, etc...
- Option for massage, additional dives, boat for hire, and other activities at additional cost

We will meet in Cartagena at a designated meeting point at 3 pm on December 1st and take a 1.5-hour journey by land to Baru island and then a 20-minute boat crossing to Las Islas del Rosario. Mornings will be spent practicing ashtanga yoga and some afternoons will be free to explore and relax while others are for scuba diving activities. We will depart from the island on the morning of the 7th at 11 am, via a one-hour boat ride back directly to the city of Cartagena.



Sample Schedule:

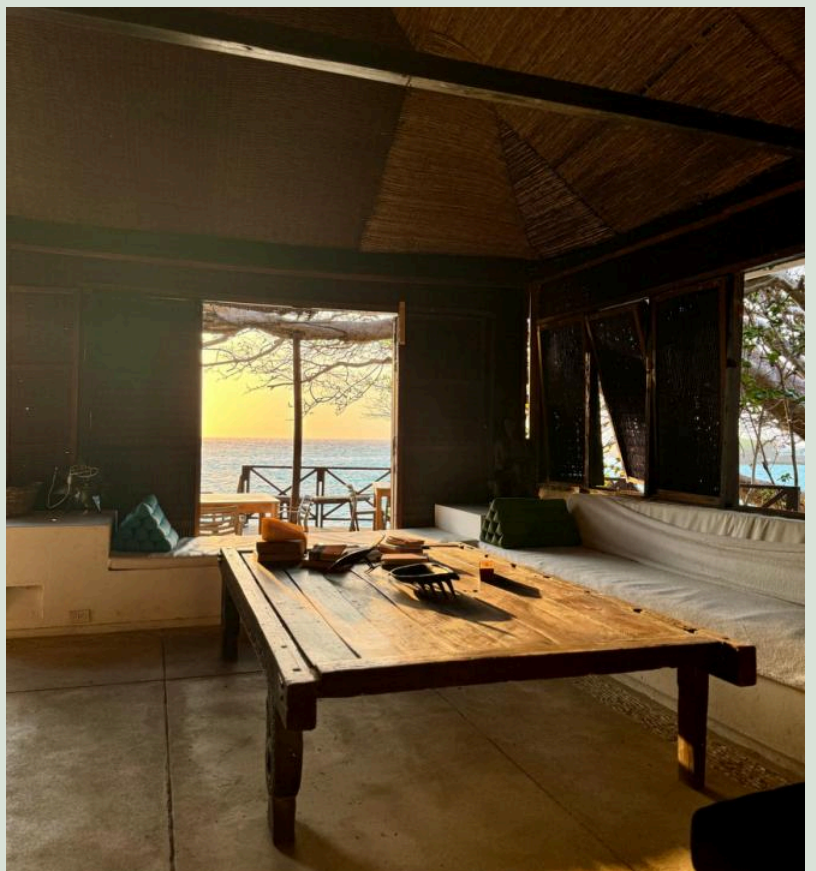
- 7 - 9 AM: Mysore style yoga
- 9 AM: breakfast
- Free morning: massage, snorkel, swim, visit aquarium...
- 1 PM: lunch
- 3 - 5 PM: Intro to scuba diving pool session with emphasis on breath work and stilling the mind
- 7 PM: Dinner



Housing & Meals...

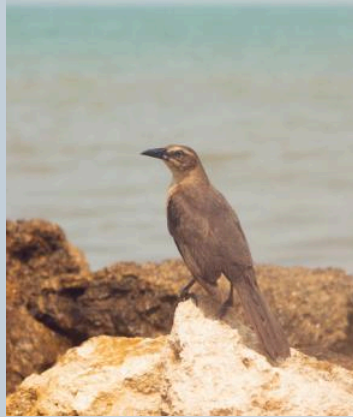
We will stay in a beautiful 8-bedroom home on Isla Grande, one of the 27 islands that make up Islas del Rosario. The home is situated on a quiet part of the island, with ocean views on either side. Our stay includes 3 nutritious meals a day, fresh fruit juice, drinking water, water sports equipment, WIFI, and 4 in-house staff. For meals, 2 options will be offered daily; pescatarian and vegetarian. Fresh fruits, coffee, and tea will be available all day.

*Please inform ahead of time of any dietary restrictions or allergies



📍 Islas del Rosario

The Islas del Rosario islands are part of a protected Coral National Natural Park, teeming with colorful Caribbean fish, dozens of healthy species of coral, and calm and clear water conditions, making it an ideal place to learn to dive. The islands are 1 hour away by boat from the colorful and bustling city of Cartagena, Colombia.



Connect with nature...

The island is tucked away off the Caribbean coast of Cartagena. There are no roads or sounds of the city. It is a perfect place to connect with ourselves and with nature through scuba diving, snorkeling, walking trails, bird watching, & more.

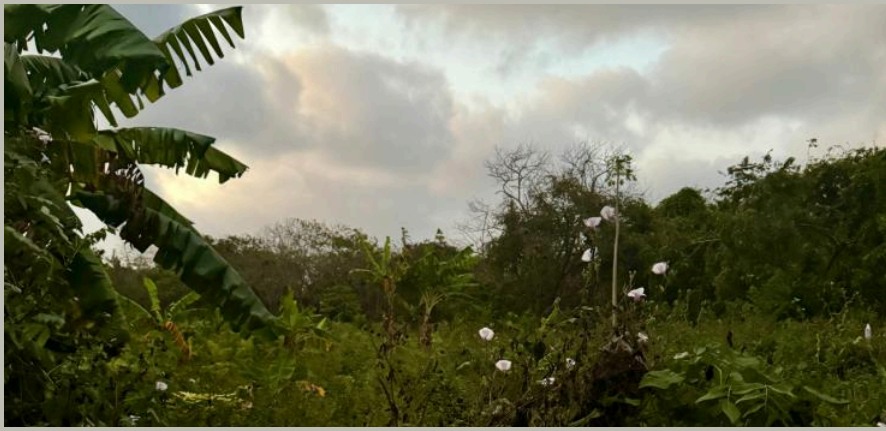




About Scuba Diving...

While on the island, you will have the chance to explore a new type of moving meditation through scuba diving. A key feature of scuba is its close ties to our yoga practice. It allows us to see, feel, and hear our breath, as well as use it as a means to control our bodies underwater. Something we cannot achieve on land. Scuba allows us to connect with nature, to our breath, and to our bodies in a new way. With the use of scuba equipment, we can explore our limited understanding of the sea, we can interact with aquatic life, and witness the vibrant colors that exist under the surface.

We will have the opportunity to learn to dive through an informative 30-minute class by the pool, including practice in the pool, and then two dives in the open ocean, up to 12 meters deep. All diving activities will have a heavy emphasis on breath work and meditation exercises. No diving experience is necessary, and both experienced and non-experienced divers are welcome. Those who are already certified have the option to go for an ocean dive instead of assisting the pool session. All diving activities will be led by Isabel Carattini, PADI instructor, and her friends at Diving Planet, the largest dive school in the area. All participants will have to fill out a liability waiver & medical questionnaire before diving.



Recommendations...

Tourism is relatively new on the islands, and there is still a lot to be developed. The simplicity and remoteness are part of what makes this tropical paradise so special. It is an ideal place to disconnect from the world and relax deeply in nature.

- The home is equipped with Wifi, but in general cell service and Wifi is spotty
- There is no electrical grid yet on the island, most homes are powered by a mix of generators and solar panels
- Plumbing is not the same as we are used to, nothing is to go in the toilet that is not organic matter
- We are an hour away from the mainland by boat, so bring snacks or items you think you will need or crave
- There will be minimal mosquitos in December but there will be “no-see-ums” at dawn and dusk, Bring repellent if you wish
- December is the start of the windy/dry season, an excellent time to be on the island due to reduced heat and humidity
- The sun is strong- bring sun protection in the form of hats, long sleeves, and sunscreen (preferably reef-safe such as Stream-to-Sea)
- Travel insurance is not included but always a good idea

OPTIONS...

Space is limited to 7 rooms

- 6 private rooms available 1 shared room available
- Option of private or double occupancy
 - 1 king size bed
 - private bathroom
 - Fan
 - 2 full sized beds
 - Private bathroom
 - Fan

...AND INVESTMENTS

~Prices are per person~

Private room
(single occupancy)
\$2,900 USD

Private room
(double occupancy)
\$2,100 USD

Shared room
(double occupancy)
\$1,900 USD

*Option available for those wishing to bring someone. Please ask for more info on partner price.

**Please note that flights are not included in the above prices

EARLY BIRD DISCOUNT...

Put down a \$750 deposit by **June 22** and take \$100 off. Starting June 23, prices return to normal pricing.



Reserve today

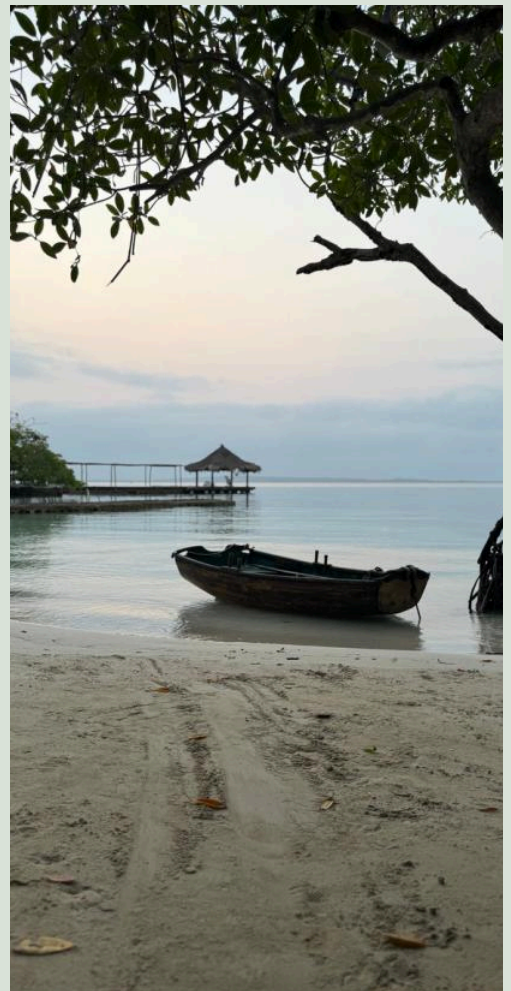
A \$750 deposit will secure your spot.

After a deposit is placed, the remaining balance will be due in equal monthly installments starting the month after the deposit, through November 2024. Please note that the deposit is per person. All payment is due by November 20.

The option to pay in full is also present.

Cancellations and Refunds

Refunds can be returned until September 1 (not including the \$750 deposit). No refunds are available after September 1, 2024. In the event of cancellation, you may transfer your deposit or reservation to another person, if we are notified in advance. Due to arrangements already set in place with hosts and tour organizers, there can be no exception to this policy.



Contact Isabel for any questions or comments and to secure your spot today

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