

# **HOLISTIC HARMONY & HEALING RETREAT**

**TURKS & CAICOS  
GRACE BAY BEACH  
PROVIDENCIALES  
NOVEMBER 13-17, 2024**



# MEET YOUR HOSTS PAULA AND KATHY



**Paula, a native of Ireland, embodies her dedication of creating experiences to awaken a sense of wonder and unleash inner joy. She truly believes that everything in life happens for you *not* to you. We are all part of the collective and we already have what we need to live life to our highest potential. She feels her mission, is to bring the joy and gratitude of spiritual living to the minds and hearts of all those around her.**

**Paula has pivoted from a 20 year career as an executive on Wall Street, where she was a passionate advocate for women, eventually becoming a Columbia Teachers College trained Executive Coach, and a certified High Performance Coach with Brendan Bouchard. She is also certified in Kundalini yoga and meditation, energy and sound healing, Reiki, trauma informed yoga, and completed both Inner MBA and Becoming a Healing Presence with Sounds True programs.**

**Her formal education was at Trinity College in Dublin, where she earned a bachelor's and master's degree in economics.**

**Paula lives in beautiful Sea Cliff on the north shore of Long Island, New York, where she sees clients in her studio, The Spiral, and hosts retreats globally.**

**Visit Paula's website [www.paulajennings.com](http://www.paulajennings.com) to learn more.**



**Meet Kathy, a certified Nutrition Health coach from world renowned IIN (Institute for Integrative Nutrition), and also an Ayurveda Specialist. She earned her MBA in international finance; but eventually pivoted to her field of passion, Health&Wellness.**

**She loves to connect with people on a global scale resulting in the opportunity to serve as a facilitator at the World Happiness Summit in London; and has helped run conferences with the international wellness organization, Wellbeing at Work. Kathy has a gift for making everyone feel welcomed and comfortable. Her focus is to ensure health on a holistic level: physically, mentally, spiritually, and emotionally. She also speaks four languages, including English, Farsi, French and Spanish.**

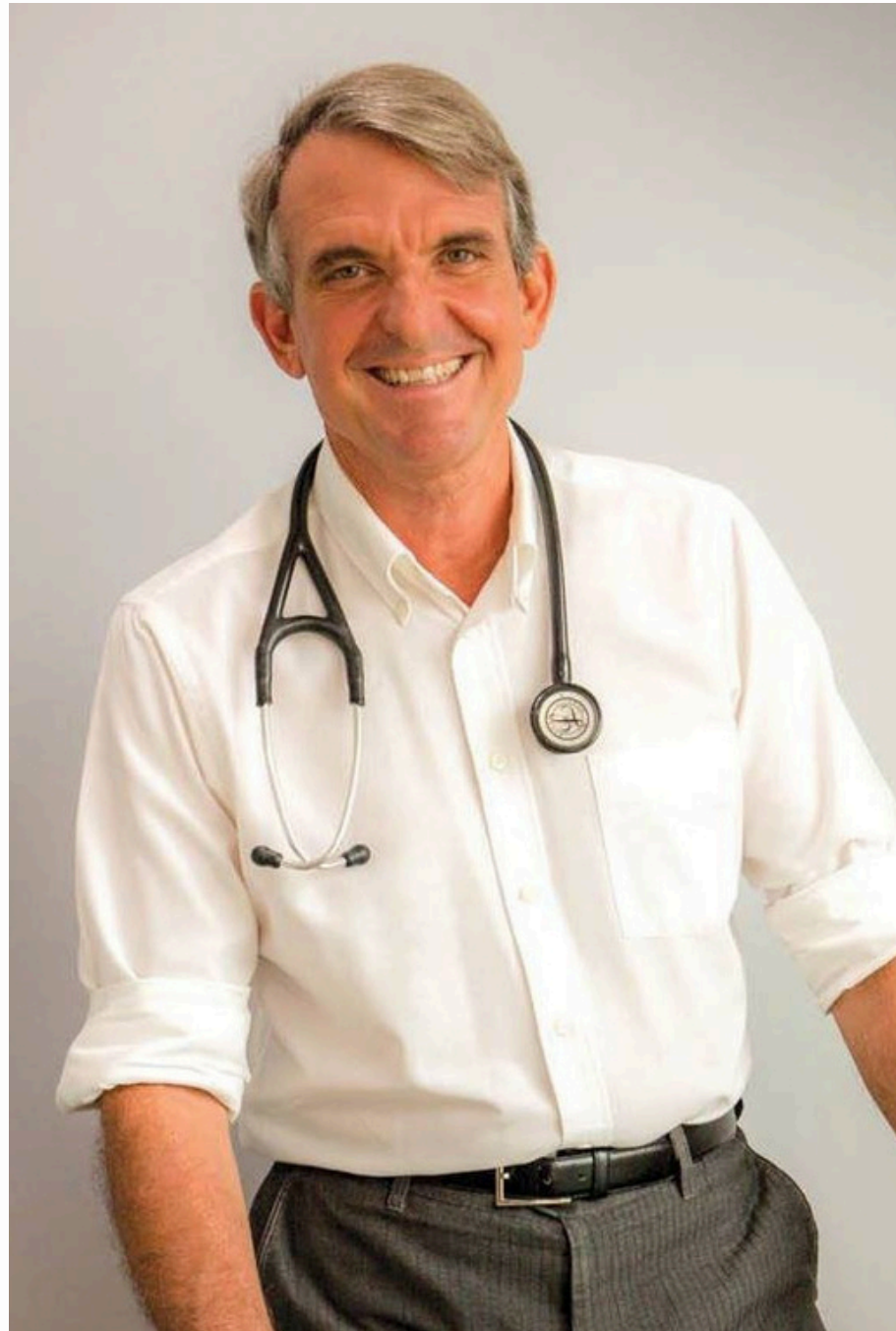
**Kathy enjoys planning exciting global retreats from the coastal town of Rye, New York, where she calls home. She has three grown sons who have ventured out on their own, but still enjoys her furry kid, 10-year-old Brady.**

**Get ready to explore Turks & Caicos under Kathy's fun, care-free and positive guidance!**

**Visit [whiteorchidswellness](https://www.instagram.com/whiteorchidswellness) on Instagram to learn more about Kathy.**

# Meet Dr. Sam

## Integrative Physician



**Dr. Sam Slattery is a highly respected and trusted physician with over forty years of experience on the front line of medical care. A practical and pragmatic physician, he is recognized for translating his extensive knowledge into a caring and empathetic approach to helping individuals achieve their best health.**

**Are you tired of being treated like just another number in an expensive conveyor-belt, healthcare industry where you struggle with less than ideal health? Are you frustrated with the endless onslaught of contradictory health, information advice, and fad fixes?**

**Having personally experienced that pain as a patient, Dr. Sam Slattery set out to discover a better path to health. What he found is one simple truth that would change everything. “The human body,” he writes, “is an ecosystem. And successful ecosystems, like successful societies and businesses, are based on cooperation and cooperative behavior.”**

***The Body Cooperative*, written by Dr. Slattery, provides a compassionate, honest, common sense approach to understanding how your body really works and how to be well again. The book is based in part on the author’s own life story and supported by experience gained from over 130,000 patient interactions and thousands of hours of research, this unique book explains the true how and why of creating a better life.**

**As the founder of Grace Bay Medical Centre, the Caribbean's first truly integrative healthcare facility, he advises some of the world's most famous individuals and the people who take care of them. Learn more at [thebodycooperative.org](http://thebodycooperative.org)**



# ABOUT THE SPACE



**Imagine an upscale oceanfront resort property in an intimate resort setting -- invigorating the senses and inviting guests to take part in its harmonious scene of holistic healing; where every detail has been carefully and lovingly crafted to allow you to relax, let go and enjoy.**

**Come and experience one of the most beautiful beaches on Earth. Grace Bay Beach features 12 miles of powder-white sand and amazing, crystal-clear waters. Peaceful and quiet, these beaches enable guests to lounge in total relaxation.**



- **Several villa layouts accommodate up to 2 guests comfortably, or single rooms if preferred**
- **First-rate amenities featuring Spa Tropique, non-motorized water sports, two pools for relaxation, tennis/pickle ball courts, and the best sunsets on the island**
- **Classic Caribbean dining experience at Cabana Bar & Grille Restaurant on Grace Bay Beach**
- **Ocean Club East and Ocean Club West are just a mile apart and within a fifteen minute walk along the beach. Guests can enjoy all facilities, amenities and dining delights of both resorts**
- **Fitness center with state of the art fitness equipment**



**Each morning we will begin the day overlooking the cereulean blues of Grace Bay. The morning practices will pull from various yoga modalities, meditation and inspiration setting the scene for the days activities.**





# DINING

**From world-class dining to convenient poolside snacks at a resort cafe or beachfront restaurant, there are many choices on Grace Bay beach.**

Cabana Bar Grill Restaurant At Ocean Club  
Resorts in Turks & Caicos





# SAMPLE ITINERARY

## Morning

**7:30 AM**      **Yoga, Meditation & Morning Inspiration**

**9:00 AM**      **Breakfast**

**10:30 AM**      **Zumba**

**12:00 PM**      **Lunch**

## Afternoon

**1 PM**      **Workshop/Lecture**

**2 PM**      **Free time: pool, beach, massage, activities**

**4:30 PM**      **Private sessions with Kathy & Paula**

## Evening

**6:30-8:00 PM**  
**Dinner**

**9:00 PM**  
**Full Moon Therapeutic Sound Healing**





# WHAT'S INCLUDED

- Indulge in 4 nights of opulent accommodations
- Transfers to and from the airport; complimentary SHUTTLE between Ocean Club East and Ocean Club West
- Enjoy a warm welcome with reception drinks and appetizers at Cabana Bar & Grille
- Delicious Nourishing Breakfast (Thurs, Fri and Sat) at Cabana Bar & Grille
- Saturday night dinner at Opus Restaurant
- Awaken each morning with revitalizing yoga & meditation sessions
- Immerse yourself in 3 evenings of therapeutic sound healing featuring gongs and bowls
- Participate in a wellness workshop led by a local functional medicine doctor
- Explore holistic integrative nutrition in an enlightening workshop
- Receive personalized guidance with a 30-minute integrative health consultation
- Attend a local event for cuisine and culture (<https://www.visittei.com/fish-fry>)
- Enjoy a sunset cruise on a 50 ft. catamaran while the sun sets on beautiful Grace Bay - food/drinks included
- Take home a delightful gift bag filled with treats sponsored by Oculus Travel & Wellness
- \$2,500 value for all workshops

# WHAT'S NOT INCLUDED

- Please note that airfare is not included, so you can choose your preferred travel arrangements.
- We recommend securing travel insurance separately for your peace of mind.
- Enjoy your free time with the freedom to explore independently; however, transfers during this time are not provided.
- While many indulgent experiences are included, not all meals and drinks are part of the package, giving you the opportunity to savor local cuisine at your leisure.
- Paddle through the mangroves on a picturesque kayaking adventure; horse-back riding, watersports, zumba and other activities.





# ACCOMMODATION CHOICES





**STUDIO SUITE**

-  1 King Bed
-  1 Bathroom





**STUDIO DELUXE SUITE**

-  2 Double Beds
-  1 Bathroom




**JUNIOR SUITE**

-  1 King Bed
-  1 Bathroom



**ONE BEDROOM SUITE**

-  1 King Bed
-  \*1.5 Bathrooms

**\*\*Deluxe Kitchenettes included in all room types**



# TOTAL RETREAT PRICING PER ROOM TYPE

**Early bird discount - \$200 if booked by 8/15/2024**

## **Single Occupancy**

**Studio Suite:**  
**\$3,899**

## **Double Occupancy per person**

**Studio Deluxe Suite:**  
**\$3,399**

**Junior Suite:**  
**\$3,499**

**One Bedroom Suite:**  
**\$3,599**

**Payment Methods: Credit Card OR Zelle**

**BOOK NOW TO RESERVE YOUR PREFERRED ROOM**

**50% deposit due at time of booking**

**Balance due 09/30/2024**



# F A Q s

***Q: What airport do I fly into and how do I get to the resort?***

**A: Providenciales International Airport (PLS) and we will arrange for transportation.**

***Q: What is the focus of the retreat?***

**A: To relax and recharge the body and mind while you discover the healthiest version of yourself; Holistic Multi-dimensional Health: Physical, Spiritual, Emotional and Mental.**

***Q: Is the retreat co-ed?***

**A: Yes! Not just limited to women.**

***Q: I'm new to Yoga/Meditation. Will I be welcome?***

**A: Yes! All levels are welcome.**

***Q: Is there Wifi?***

**A: Yes, there's wifi throughout the resort.**

***Q: Can I customize my experience with additional activities and/or additional sessions?***

**A: Yes! you can take part in any activities of your choice during the free time provided and at your own expense.**

***Q: How many guests will be on the retreat?***

**A: We are expecting about 20-25 people you can connect with.**

***Q: Do I need a visa to enter Turks & Caicos?***

**A: Please refer to the requirements set by the island for your country:**

**<https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/TurksandCaicosIslands.html>**

***\*\*Please refer to the what's included and not included page for specifics***



# OPTIONAL ACTIVITIES



**Head to tennis courts with complimentary equipment for singles or doubles matches, featuring professional, lighted courts with new pickleball lines for added versatility.**



**Relax at Spa Tropic with expert estheticians and massage therapists offering on-site services at Ocean Club Resort or in-room treatments. Experience wellness for both body and mind.**



**Golf at the Royal Turks and Caicos, a top Caribbean course for 2022, offers excellent amenities and discounted rates for guests.**



**You can arrange activities through the hotel's concierge or front desk, who can help book experiences with preferred vendors. Charges can be added to your room bill for payment during checkout.**



# WHAT'S NEXT?

- **Check your passport's validity and if you have any visa requirements.**
- **Get ready for a fun life-changing experience.**
- **Contact Paula and Kathy directly to sign up, discuss payment options or if you have any additional questions**

**[paula@paulajennings.com](mailto:paula@paulajennings.com)**  
**[kathyyavari@gmail.com](mailto:kathyyavari@gmail.com)**

