

Being away, resting from your normal routine, and being outdoors while practicing yoga and meditation can all help you give yourself a fresh perspective on, and increased awareness of, your life.

South Water Caye is a beautiful, peaceful, and natural location, full of spirit and charm. Music for your retreat will come from the waves breaking gently on the reef offshore and the wind in the coconut fronds. Meals are healthy and planned to meet your preferences.

Facilities and amenities include:

- Shaded open areas for practice
- Vegen, vegetarian and wholesome meals
- 30' x 40' outdoor covered Yoga platform (December 2014)

Pelican Beach-South Water Caye's 100% eco-friendly power, flourescent lighting and waste disposal in keeping with this pristine habitat make this is a phenomenal location for your next yoga retreat.