

JUNGLE YOGA RETREAT

with Charlotte Fox



19th-24th January 2025
Frenchman's Cove,
Jamaica

**JAMAICA,
A BEAUTIFUL
ISLAND FOR
BEAUTIFUL
PEOPLE.**



Including...

Accommodation for 5 nights

Daily morning breath work, meditation, and yoga practice led by Charlotte Fox, plus evening sessions

3 Shape/ Tone/ Definition workouts

One writing workshop or guided writing practice per day led by Charlotte Fox

Beach intro to House of VOGA style workshop

Locally sourced, daily seasonal Brunch and Dinner prepared with love by our Chef Vanessa

Private beach access until 9:30am

Access to communal villa areas

Teas and Coffee - Protein snacks

Optional morning / evening yoga flows and workouts

Access to all images taken

Sharing Circle on the clifftop with cacao and nibbles

Flower Garland / head dressing design afternoon

Personalised welcome good vibes gift pack

Not included: airfare, travel insurance, meals & drinks not listed above, excursions and activities not listed above, tips/gratuities, personal spending money





Frenchman's Cove

Frenchman's Cove is named after an old folk tale that describes an explosive battle with cannon fire and swashbucklers between the British and the French near the Cove. It is said that the British defeated the French and wounded soldiers sought refuge in the cove, hence its historical name, Frenchman's Cove! Set above the gentle swells of the Caribbean sea amidst expansive parkland and lush tropical growth, Frenchman's Cove has been an exclusive getaway for over 50 years. The private villas and The Great House have welcomed royalty to rock 'n' roll legends.

It was the first all-inclusive resort in the Caribbean and quite possibly the world. Frenchman's Cove has played host to many distinguished guests including HM Queen Elizabeth II, Elizabeth Taylor, and her then-husband, Richard Burton, Marlon Brando, The Beatles, Ian Fleming, and Errol Flynn. Ian Fleming wrote his first James Bond novel here. Popular among Hollywood stars who revel in its sheltered bay, golden sand, warm ocean, freshwater stream and luxurious vegetation. 'Lord of the Flies' was also filmed here. American poet Ella Wheeler Wilcox described Port Antonio as 'the most exquisite port on earth'.

Frenchman's Cove is a 48-acre resort that combines history, natural beauty and serenity. The resort is a collection of 18 unique and individual villas, and 10 double rooms in the Great House, all shrouded by discreet shrubbery and scattered over the headlands on both sides of the river, beach, and bay. There are over 70 different species of trees, amongst other plants with a high level of biodiversity.



Accommodation

PRIVATE VILLA SUITES

The villas at Frenchman's Cove offer guests a slice of tranquility to call their own. Situated in the lush grounds of the estate, the villas enjoy their own seclusion, each with its own unique charm and spectacular ocean or garden views.

Villas have air-conditioning, lounge and kitchen space and a patio/balcony. Each villa has 2 or 3 bedrooms, each with the option of double or twin beds.

THE GREAT HOUSE

The Great House is at the centre of the Frenchman's Cove Resort, just a five-minute stroll from the beach. There is also a communal lounge.

All rooms are spacious with private bathrooms, air-conditioning, and balconies overlooking the gardens.

Guests may choose to have their own private room for a supplement, or book on a shared basis, either sharing with a friend or another retreat guest.



The programme

Specifically tailored to meet your exacting needs. Feel relaxed, restored, and rejuvenated, ready for 2025. Renew your awareness, clarity, focus and direction. Find a lighter sense of being, having discarded limiting beliefs and outmoded behaviours. This is a specifically curated retreat, filled with generosity and all the good vibes. You will have the very best on offer, including detox, dynamic yoga, philosophy, breath work, meditation practices, healing modalities, and beautifully prepared, locally sourced, seasonal food.

1. BREATHWORK & MEDITATION

Pranayama is the ancient practice of controlling your breath. You control the timing, duration, and frequency of every breath and hold. The goal of pranayama is to connect your body and mind. The practice supplies your body with oxygen while removing toxins. We will also work through Kriya, purification practices, and daily meditations, advancing our practice as the retreat progresses.

2. HATHA YOGA & VINYASA

Yoga styles to detoxify your body.

Hatha Yoga, Vinyasa, Yin Yoga, Embodied movement and mobility, Specific focus on the elements and chakra system.

3. EXAMPLE SCHEDULE

8:00am - Rise and shine - coffee/tea

8:15am - Workout/beach swim/walk in nature

9:30am - Detox yoga practice into deep relaxation with assisted props

11:00am - Silent meditation and reflection

12:00pm - Brunch

1:00pm - Free time

6:00pm - Yin yoga/deep restorative

7:30pm - Dinner time, community social, cacao circle ceremony on the cliff top

Everything is optional.



Meals

Served with the highest level of good vibes and comfort with our exquisite cuisine. Our private Chef Vanessa will delight you with her dishes, especially the shrimp in coconut sauce or her famous grilled lobster cooked to perfection. Food will be seasonal and locally sourced, served at Vanessa's Inn, opposite Frenchman's Cove.

During this retreat, you will be served daily brunch and dinner. All meals shared on this retreat will be designed to give your body and mind a boost, focusing on vegetarian, feel-good foods that are vibrant, nutritionally balanced, and without refined sugars - while still tasting wholesomely indulgent. Charlotte believes it is vital to nourish your body with goodness and to eat mindfully with intention. This is what they call soul food.

Please inform me of any dietary requirements and I will make sure you are looked after. Fish and meat served on final day after the detox.

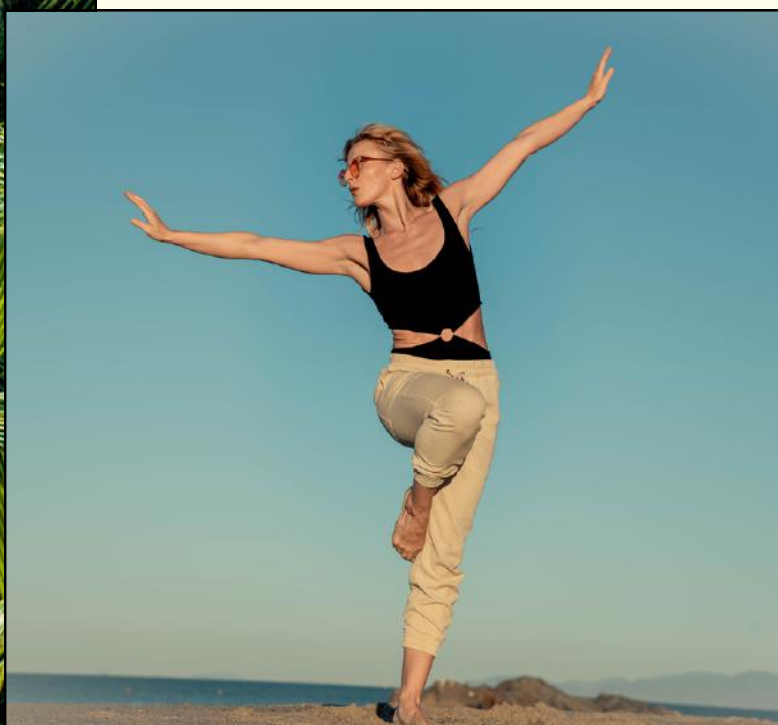
Your host & instructor

Charlotte Fox

As a practitioner of yoga for over 14 years Charlotte has gained over 500hrs of teaching and taught thousands of students internationally. She trained at Yoga Union in Bali and has a versatile training background in artistic performance. Her teaching style includes a balanced mix of strength, grace and flow.

She uses a creative mix of dynamic flows guaranteed to have you glowing from the inside out. Expect hands on physical adjustments that will invite you to go deeper and refine your practice. She encourages lightness, playfulness and curiosity and has experience working with a range of bodies from beginners to advanced.

Through a vibrant blend of ancient and modern healing practices, we will ground in nature, energetically uplift and reconnect with our most divine selves. This unique retreat experience will leave you positively buzzing, blissed out with a new lust for life!



Charlotte has hosted successful sold out retreats in Ibiza, Mexico and the Caribbean.

EXPECT
transformational and
feel good vibes daily.

Start 2025 with a reset
in a Jamaican Jungle
Paradise.

Testimonials

“What a perfect retreat, equilibrium, nature and fun ! ”

The Charlotte Fox retreat is a very unique one.

First because of our dear teacher who is the perfect balance between discipline and fun. She always takes care about the feelings and needs of each of us but allows also a lot of freedom by letting people listening to their hearts. She not only gives perfect yoga posture flow but also pushes you to go deep in your inner self with guided meditation and thoughts. So many activities beyond yoga (sound healing, reiki circle, danse, Voga) made this retreat unique, spiritual, fun and intense. We all entered into a deep connexion and we arrived as strangers and went out as family. - Olga, France

The retreat was a short walk from the iconic but still unique cala Benerris. The accommodation was a wonderful experience, beautiful views and had a spiritual feel that made you feel grounded and relaxed. The yoga was tailored made to what we all needed individually. It was paced so that we had a peak class as the end of the week. We experienced different types of pranayama and mediation, practices and a sound bath. We had lots of fun on this retreat too, I'd really Recommend! - Laura, UK

It was a really great experience! The connection with all the people was so powerful and Charlotte has an amazing vibe and energy! The mix of fun and relaxing had a good balance and I enjoyed all the new beautiful experiences :) it's a great present to yourself and I still feel the magic of that really nice place! Cannot say more than: WOW!! - Loes, Netherlands

A Healing and Rejuvenating Experience! Attending this yoga retreat was truly a lifesaver for me, especially in terms of healing my back. I arrived at the yoga retreat with a terrible back pain that was torturing me for a couple of months and I was a bit hesitant to go full in with the yoga practice but Charlotte was great and encouraged me to continue. Throughout the retreat, I felt my back gradually improving, and by the end, I was almost back to my old self. I am really grateful to Charlotte for helping me heal. But not only did I heal, Charlotte organised a full array of activities which were amazing: hikes, morning runs, sound healing, breathwork, drumming at the beach, trips to festivals and amazing hotels. We had really loads of fun! I highly recommend this retreat to anyone looking for a meaningful and restorative experience!
- Elizabeta, Germany





Book now! Limited spaces

<https://www.thepsychedelicfox.com>

Email Charlotte for more info:
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In conjunction with marketing partner,
Evolution Adventures Limited



*Charlotte looks
forward to
welcoming you
to Jamaica!*