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Friday, June 2, 2006

**What a pleasure it is to be starting the second year in operation!!** I am so thrilled that so many students who started last year are still regular happy smiling faces at [Bikram Yoga Hampden](#).

As promised I am finally delivering the itinerary and cost of this **wonderful** Yoga retreat. I am sure you have seen from the posters that we have **three dates** lined up and will do all three trips with a minimum of 6 people per trip. We will need to consolidate the trips to fulfill that quota and have a maximum setting at 22 people.

I don't need to remind you how much I love this yoga practice and enjoy teaching it here in Baltimore every day. However for those of you new to Bikram Yoga Hampden I must express that this island in the **British West Indies** and this guest house in particular is my *favorite* place in the world. So I share with you a long-hatched plan to combine my favorite worlds all into one wonderful adventure, and I hope you will consider joining me.

Namaste.

### **About the Hermitage**

This plantation inn is a **charming collection of historic Caribbean cottages** circling an old Great House, the social center of the plantation furnished with antiques and a library. Dining at the renowned Hermitage restaurant is *truly* an event, with most creations prepared using **fresh local products** and classic international recipes. Most dishes feature *exceptional quality*

## **The Nevis Yoga Adventure Itinerary**

### **Day One**

Afternoon arrival at Nevis Island. We'll settle into our cottages amid the quaint stone terraces at The Hermitage, and enjoy cocktails and a welcome dinner prepared by the skilled chefs at this exceptional island restaurant. You'll have the evening free to get to know your fellow Adventurers!

### **Day Two**

Wake up your body and mind with our early morning yoga class from 7:30 – 9:00 a.m. Class locations will vary: beach, verandah, poolside, etc. We'll enjoy a Hermitage specialty, the Full Planters Breakfast (think

*ingredients produced on the plantation*, including home-grown pork, lamb, fruit and herbs. Local fishermen supply the fresh fish, conch and lobster.

The private cottages at The Hermitage offer a variety of sleeping accommodations, from twin beds to king beds, and are complemented by a crystal- clear freshwater pool, sun terrace and landscaped gardens.

To learn more about the Hermitage, click [here](#).

### Cost

**Price, per person:** \$2485 - \$2,975, depending on type of accommodations desired (twin beds, king beds, single or double occupancy, etc.)

While most of activities are included in the overall trip fee, please note that certain items such as free time recreational activities and beverages constitute an additional expense (Please pick up a complete itinerary at the front desk).

For more information on our Nevis Yoga Adventure or to make reservations, click on [Island Experiences](#) or contact Gwen Trucco, Trip Director at 847-924-0131 or [gwen@islandexperiences.net](mailto:gwen@islandexperiences.net)

### Who is Sarah Ittmann?

Sarah is the founder and director of Bikram Yoga Hampden Wellness Center. She discovered this style of Yoga in Key West, Florida in 1996. She studied with Bikram Choudhury in Los Angeles and became a certified instructor in 1999. After teaching in Key West for 2 years, she traveled and taught Bikram Yoga throughout the United States, Canada, England, and Ireland. Sarah has finally found the right place to roll out her yoga mat.

fresh fruit, home-made yogurt, omelets, breakfast breads, and more), then take a three-hour hike through Nevis's legendary rain forest. Gourmet lunch is at a lovely sugar plantation in the hills. Spend the afternoon as you like, but be sure to rejoin your fellow yoga devotees for class at 5:30 p.m. Cocktails and dinner will be at The Hermitage.

### Day Three

We'll start the day with yoga, wind down with breakfast on the verandah, then gear up for off-road mountain biking. After exploring remote ruins, villages and vistas not accessible by car, we'll be ready for a relaxing lunch at a beachside restaurant. Enjoy free time until yoga class at 5:30 p.m., then dine on native cuisine at one of our favorite local beach bars.

### Day Four

After our usual early morning yoga class and breakfast, prepare to relax for the remainder of the day as we embark on a leisurely cultural tour of some of the island's historic villages, estates and plantations. An afternoon cocktail cruise to a bay off St. Kitts includes snorkeling and sailing. There's no afternoon yoga class today – but we'll gather for another great dinner from our chefs at The Hermitage.

### Day Five

Here's your opportunity to create the perfect "Day on Nevis" for yourself! We

begin with yoga and breakfast, then we'll help you schedule whatever activity piques your interest: a windsurfing or sailing lesson, a visit to Nevis's renowned Botanical Gardens, a massage, a trip into town. After unwinding at our afternoon yoga class at 5:30, we'll dine at The Hermitage.

### ***Day Six***

Ready to saddle up? After yoga and breakfast, we'll horseback ride through unspoiled, remote country that affords beautiful vistas of Nevis and beyond. We'll have a gourmet lunch at a plantation inn, then enjoy some unscheduled time until our 5:00 p.m. yoga class. Dinner will be at a top Nevis eatery known for its fresh fish, salads and native dishes.

### ***Day Seven***

Your last full day in paradise begins with a final yoga class and the usual Full Planters Breakfast, followed by a few hours of relaxation. You might need the downtime . . . because we're capping off the week with a three-hour trek up spectacular Nevis Peak! We'll bypass afternoon yoga to pack for home, leaving the evening free for our farewell Grand Finale dinner.

### ***Day Eight***

We bid our fellow Adventurers good-bye as we depart for home...with a suitcase full of great memories!

## Go Surfing...

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