



# Enjoy Life Changing Experiences

Essential Women's Journey 2011

## Experiences and Activities

Along with the chance to relax and recharge we're offering participants the chance to indulge the body and mind at every level from the spiritual, to the intellectual and the physical.

As part of the retreat we are also offering the chance for you to be actively involved in activities to assist the local people. You may choose to spend time in the local school or even donate books to the new school library. The choice is entirely yours.

Activities included as part of your Essential Women's Journey

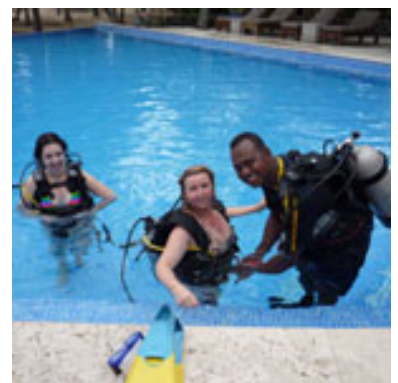
- *Themed breakfasts*
- *The chance to volunteer at the Boukama Village School*
- *You own Personal Coaching Session*
- *A Village Cultural Walk*
- *Coral Reef Snorkelling Safari*
- *Blue Lagoon Snorkelling*
- *Your own night of Lovo - traditional feast preparation and indulgence followed by a Meke – the local dance ceremony*
- *Journal Writing*
- *Mindful meditation on the beach*
- *Fijian cooking & coconut preparation demonstrations*
- *Kayaking*
- *Fishing*
- *Windsurfing and catamaraning*
- *Beach picnics*



Meet the locals



Enjoy the beauty



Do something different

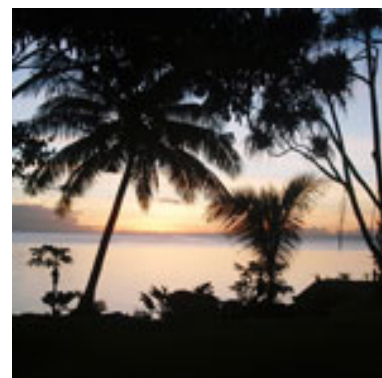
And those are just the activities that we've already thought of. There are countless other experiences on offer at the Yasawa Island Resort and Spa ... these activities you can do at any time during your stay.

- *Marvel at breathtaking sunsets*
- *Enjoy rich conversations*
- *The chance to make lasting friendships*
- *Have some fun and laughter*
- *Take time for yourself*
- *Enjoy the bliss of relaxing in a hammock*
- *Spend time in your luxurious bure*
- *Read that book you've been meaning to read*
- *Go dolphin and whale spotting*
- *See starry skies like you've never seen before*
- *Enjoy the breathtaking sights of tropical Fiji*
- *Experience genuine Fijian hospitality*
- *Indulge in the resorts deliciously healthy food including lobster*

Then there are the optional extras

- *Scuba diving (for the experienced)*
- *Island trip; snorkelling and picnic*
- *Personal Coaching Program*
- *Garden of the Sleeping Giant, Nadi*
- *Shopping in Nadi town or Denarau*

In conclusion, there's no shortage of things to do but if you prefer to just relax with a cocktail or two and laze by the poolside bar, that's an option we would highly recommend too.



Watch the sun set



Meet the locals



Read that book