



# GRATEFUL HEART YOGA RETREATS 2026 IN BARBADOS

NOVEMBER 1 - 8

NOVEMBER 22 - 29

Please join me for an unforgettable 8 day / 7 night yoga retreat on the tranquil, sunny shores of beautiful Barbados! I invite you to indulge in the experience of daily yoga sessions, meditation, and breathwork at the luxurious O2 Beach Club & Spa on the south coast of the island.

We will set our focus on gratitude, abundance, and blessings to guide our body, mind, and heart through this transformative week. Stepping away from the busy-ness of life and returning to ourselves, this retreat is bound to leave you feeling relaxed, rejuvenated, and grateful!

**\*\* SPOTS ARE LIMITED ~ SIGN UP SOON! \*\***

Gratitude.  
Abundance.  
Blessings.

---

Yoga.  
Meditation.  
Breathwork.

---

All-inclusive.  
Ocean front.  
Relaxation &  
adventure.

What is included:  
Daily yoga classes, all  
meals & drinks at the  
hotel, \$75 USD spa  
credit, sunset cruise  
on Silver Moon

What is not included:  
airfare, airport  
transfer, spa  
treatments, any  
extracurricular  
activities



## MY JOURNEY TO YOGA & BARBADOS!

I first started practicing yoga in 2011 while living in California. I moved to Barbados a few years later and soon discovered that there was not much yoga on the island. From there I decided to get my 200-hour certification, start my own small business, and I have now been teaching yoga for over 12 years! I look forward to guiding you through a gratitude-centered week, recalibrating body, heart, mind, and spirit through yoga, meditation, and more on this amazing island I am blessed to call home.

Meet your  
grateful guide:  
Jen Coco

---

500-hour  
certified yoga  
instructor.

---

Yoga Medicine  
Therapeutic  
Specialist.

YOGA SAMUDRA

St Lawrence Gap  
Christ Church  
Barbados  
(246) 838-2185

[www.yogasamudra.com](http://www.yogasamudra.com)



## ROOM OPTIONS & PRICING NOVEMBER 1 – 8 OR 22 – 29, 2026

A non-refundable \$500.00 USD deposit is due before July 1<sup>st</sup> and full payment is due by August 31<sup>st</sup>

**\*\* Sign up by May 1<sup>st</sup> to receive a \$100 discount \*\***

Ocean View Junior Suite:

Single occupancy: \$4,900.00 USD per person

Double occupancy: \$3,650.00 USD per person

Ocean Front Suite:

Single occupancy: \$5,450.00 USD per person

Double occupancy rate: \$3,900.00 USD per person

What is included:  
+ 7 nights at O2 Beach Club & Spa  
+ All meals and drinks at the hotel  
+ Daily yoga classes  
+ Sunset cruise on Silver Moon  
+ Spa credit at O2's beautiful Acqua Spa \$75 USD value

Optional add-ons:  
+ SUP yoga session \$40 USD  
+ East coast hike \$35 USD

Payments options: Zelle, PayPal, or bank transfer. Some of these may incur additional fees.

O2 offers a discounted room rate for 3 pre-or-post retreat nights if you want to make your stay a little longer!



## BEAUTIFUL BEACHES, WARM WEATHER, SLOW PACE

### Helpful things to know:

- ♥ Flying into Barbados's Grantley Adams International Airport (BGI) is easy from the US, Canada, Europe, and South or Central America
- ♥ You can get a taxi from the airport to the O2 Beach Club. It is approximately 15 minutes away
- ♥ There is a 1-2 exchange rate of USD to Barbados Dollars (e.g. \$30 US = \$60 BBD) and both are widely accepted around the island, as are most major credit cards
- ♥ The water is safe to drink right from the tap
- ♥ The average temperature in Barbados in November is 30°C/86°F so pack light!

Welcome to  
Barbados!

---

Leave your  
stress & worries  
behind.

---

Nature.  
Peace.  
Tranquility.

Be transformed by  
this time of inner  
connection, community  
with like-minded  
people, and time away  
from the busy-ness of  
daily life.