



EQUANIMITY YOGA RETREAT NOVEMBER 2-8, 2025

Whisk yourself away to the tranquil shores of Barbados for a week of yoga, meditation, and breathwork. The world around us moves fast and can sometimes feel chaotic. During this retreat, we will tap into our inner state of calm amidst the challenges we face in our modern daily lives.

Treat yourself to 7 days and 6 nights at the luxurious O2 Beach Club on Barbados' beautiful south coast. Focus your heart, mind, and soul on re-aligning with peace, mindfulness, and equanimity.

Rejuvenate.
Restore.
Reconnect.

Yoga.
Meditation.
Adventure.

All-inclusive.
Ocean front.

What's included:
2-3 daily yoga
classes, all meals &
drinks at the hotel,
sunset catamaran
cruise on Silver Moon,
and a SUP yoga class

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



WE ALL HAVE A PATH, WE'RE ALL ON A JOURNEY

Hi, I'm Jen!

My personal yoga practice began in California in 2011. When I moved to Barbados a few years later, I discovered that there was not much yoga on the island. I trained to get my 200-hour certification, started my business, and I have now been teaching yoga for over 11 years, both in Barbados and L.A. I look forward to guiding you through a peaceful week of recalibrating through meditation and yoga in my island home.

Meet your
guide:

Jen Coco

500 Hour YTT.

Yoga Medicine
Therapeutic
Specialist.

YOGA SAMUDRA

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

www.yogasamudra.com



BEAUTIFUL BEACHES, WARM WEATHER, AND A RELAXED PACE OF LIFE

Helpful things to know:

- Flying into Grantley Adams International Airport (BGI) in Barbados from the US, Canada, Europe, and South or Central America is easy!
- You can get a taxi at the airport to the O2 Beach Club. It is a 15-minute drive, and the cost is approx. \$30 USD.
- There is a 1-2 exchange rate of US to Barbados Dollars (e.g. \$30 US = \$60 BBD).
- US dollars are accepted everywhere you go, as are most major credit cards.
- The average temperature in Barbados in November is 30°C/86°F so pack light!

Welcome
to
Barbados

Release your
stress & worries.

Natural beauty.
Peace.
Tranquility.

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