

# Scuba Diving and Yoga Adventure 2009, at Jungle Bay in Dominica

Presented by 8th Element Diving and 8th Element Yoga

	Saturday, March 7	Sunday, March 8	Monday, March 9	Tuesday, March 10
		↓ Water ↓      ↓ Earth ↓		↓ Water ↓      ↓ Earth ↓
6:00 AM			Wake-up yoga	
7:00 AM		Wake-up yoga	Breakfast at Jungle Bay	Wake-up yoga
			Leave for dives / snorkel	
8:00 AM		Breakfast at Jungle Bay		Breakfast at Jungle Bay
			Rent dive / snorkel gear	
9:00 AM		Leave for dives	1st dive (easy-int) / snorkel	Grand Soufriere
				Trail hike to
10:00 AM		Rent dive gear (if needed)	Hike along the scenic White River	overlook Scotts Head (includes lunch at
			to Victoria Falls	Chez Wen)
11:00 AM		Yoga & diving talk	Beach yoga in Soufriere	followed by
		1st dive (easy)	Lunch in Soufriere, packed by Jungle Bay	snorkeling at
12:00 PM			2nd dive (easy) / snorkel at Champagne Beach	Scotts Head
				Pre-dive yoga
1:00 PM		Lunch in Soufriere packed by Jungle Bay	Lunch at Jungle Bay	
			Transport to Heritage Tour	
2:00 PM	Transport from airport & Check-in at Jungle Bay	2nd dive (easy)	Dominica Heritage Tour (with a visit to Nick's bar to sample some local rum)	Lunch at Jungle Bay
				Leave for dives
3:00 PM		Marine preserve talk		Rent dive gear
4:00 PM		Back to Jungle Bay	Back to Jungle Bay	1st dive (easy-int)      Clean up after hike
				Post-hike yoga
5:00 PM		Wind-down yoga	Caribbean Cooking classes at Jungle Bay	Surface interval
				(with snacks)
6:00 PM	Wind-down yoga	Project AWARE discussion & certifications	Dinner at Jungle Bay	Night dive (easy-int)
7:00 PM	Welcome dinner at Jungle Bay	Dinner at Jungle Bay		
8:00 PM				Travel to Jungle Bay
9:00 PM				Dinner at Jungle Bay
10:00 PM				

KEY:   = free time to relax by the pool, peruse the grounds, and enjoy your spa treatment.   = costs not included in package price.

	Wednesday, March 11	Thursday, March 12	Friday, March 13	Saturday, March 14
	↓ Water ↓      ↓ Earth ↓	↓ Water ↓      ↓ Earth ↓		
6:00 AM		Wake-up yoga		
7:00 AM	Wake-up yoga	Breakfast at Jungle Bay	Wake-up yoga	Wake-up yoga
8:00 AM	Breakfast at Jungle Bay	Nature walk to White River, with swimming in its pools	Hike through the Valley of Desolation to Boiling Lake (includes lunch)	Breakfast at Jungle Bay
9:00 AM			Breakfast at Jungle Bay	Check-out & Transport to airport
			Travel to Roseau for sight-seeing & shopping	
10:00 AM	Leave for dives			
11:00 AM	Rent dive gear			
	1st dive (intermediate)			
12:00 PM		Lunch at Jungle Bay	Lunch in Roseau	
1:00 PM	Lunch in Soufriere packed by Jungle Bay	Lunch at Jungle Bay	Ocean kayaking and snorkeling in Grande Bay	Whale watch tour (both humpback whales and sperm whales are often seen)
2:00 PM	2nd dive (intermediate)	Glasse Trail hike to volcanic craters on the shore of the Atlantic Ocean		
3:00 PM				
	Back to Jungle Bay			
4:00 PM				
	Wind-down yoga			
5:00 PM				
	Dominica healing herbs presentation		Clean up after hike	
6:00 PM		Wind-down yoga	Dinner in Roseau	
	Talk on Jungle Bay's ecology			
7:00 PM	Dinner at Jungle Bay	Dinner at Jungle Bay	Back to Jungle Bay	
8:00 PM			Wind-down yoga	
			Dominica "Jing Ping" heritage music	
9:00 PM			and	
			Good-byes	
10:00 PM				

Itinerary subject to change – but it will always be an adventure!