

# Awaken Your Spirit With A Yoga Retreat at Utopia Village

Inquire about our great package prices, group discounts and custom weekly itineraries.

Utopia provides a serene, natural backdrop with beautiful accommodations and plenty of amenities and activities. Yoga Instructors or studios can plan a custom week of yoga classes featuring their own instructor and style.

Located on the island of Utila, the smallest of The Bay Islands of Honduras, Utopia Village is a remote natural hide away. Access to the resort is by boat only providing a peaceful, "off the beaten path" environment away from it all! The hotel is set on a quarter mile of beachfront with abundant reef and breathtaking views of the mountain range across on the mainland. Best of all, it is surrounded by jungle providing the intimate sounds of nature that will envelope your mind, body and spirit during yoga classes and meditation periods.

Accommodations include 16 casually elegant rooms including handmade rustic furniture, high quality comfortable beds and linens, private bathrooms, AC, ceiling fans, and spacious balcony's. Amenities include Dulce Vida, the on site restaurant, a majestic three story screened in area for yoga classes with panoramic views of the Caribbean ocean and lush green jungle, sunset rooftop deck, full service spa, full service dive shop and library lounge.

Dulce Vida's chef features a wellness menu that will delight the senses three times a day! Special requests and dietary needs are welcome. All menu items are prepared with the freshest ingredients including organic fruits and vegetables served tableside.

## Package Includes:

- 7 nights/ 8 days, King or double full accommodations
- Transfers to and from Utila airport
- Welcome beverage
- 3 meals daily prepared by a 4 star chef (Includes filtered water, coffee, and herbal tea. Fresh juices served with breakfast.)

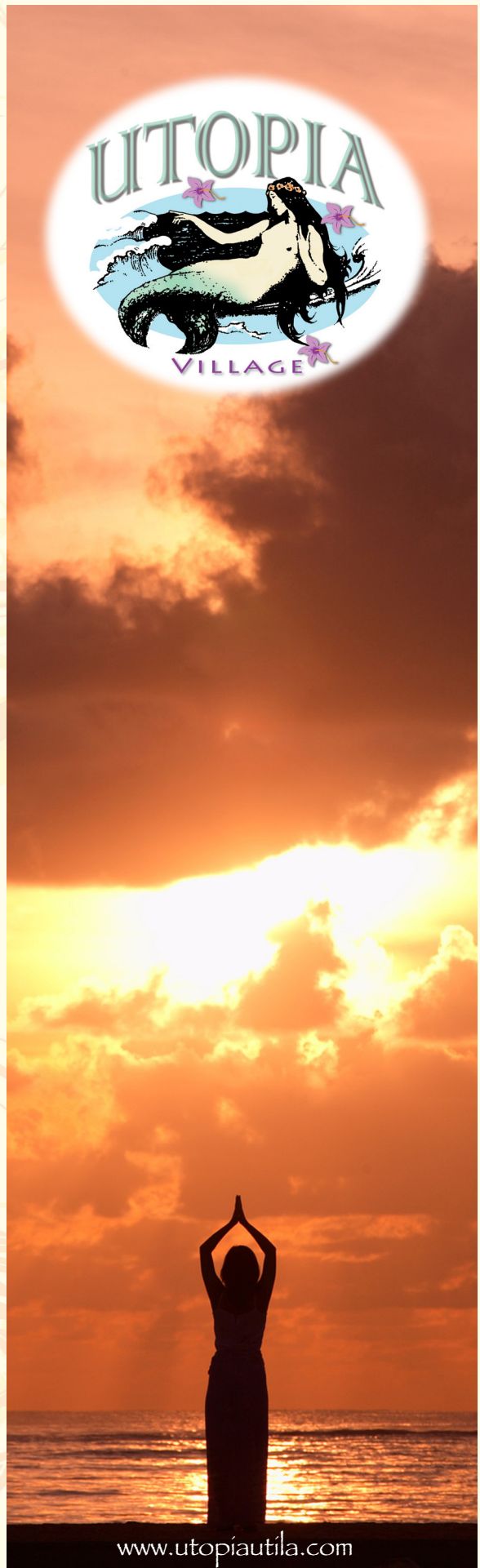
## Activities Included In Package:

- Yoga sessions daily as outlined by the visiting instructor
- Snorkeling - Utopia house reef
- Sea Kayaking at Utopia
- Volleyball
- Horseshoes
- Billiards
- Book, DVD and game selections

## Suggested Activities To Customize Package:

- Nutrition presentations
- Scuba diving
- Whale shark & dolphin excursions
- Boat trip to Water cay, a tiny island with white sandy beaches
- U Spa treatments
- Natural hot springs
- Cayos Cochinos Eco Tour

*\*Custom Retreats: Build your own combination for the weeks events, custom activities and pricing available.*



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

Utopia Village "Combining the Healing Power of Yoga and Nature"