

Create Your Personal Tropical Yoga Retreat

www.cloudstocoral.com

All inclusive retreats starting at \$2500

Cdn/PP/week not including airfare.



Customized Yoga Retreats

The Catamaran Oh! will be cruising in the Bahamas during the winter of 2023 and there are multiple opportunities for guests to join Oh! to experience yoga in the Bahamas.

- Create a personalized Yoga Retreat
- Onboard and beach venues for yoga
- Space for up to 4 participants plus an instructor to practice simultaneously
- Professional instruction from Barbara Meyer or Susan Sheperd
- All inclusive retreats starting at \$2500
Cdn/PP/week not including airfare.



Meet Oh! – A 40' Leopard Catamaran

Oh! is fast, easy to sail, and agile. Fully equipped with satellite communications, water maker, Ocean rated 8 person Life Raft, AED, Custom cockpit cushions, custom shade canopy, Walker Bay sailing and rowing dingy, 4 Paddle boards, 2 inflatables with outboards, snorkeling equipment, BBQ, pressure hot and cold water system, 3 showers, fridge, freezer, computer and video equipment, new engines, sails and much more. Oh! is a perfect yacht for a couple, family of 4, or a group of 4 to experience the living aboard a cruising catamaran.

Enjoy several weeks of the cruising lifestyle for far less than conventional chartering.



Rod Morris, RYA Yacht Master – Offshore

Rod has sailed for over 40 years in the Pacific, Caribbean and Atlantic. His certifications include:

- Marine First Aid Certificate,
- ROC – MC, Maritime Commercial Radio
- MED – A2, Marine Emergency Duties
- SVOP, Canadian Small Vessel Operators Permit
- Advanced Sailing and Coastal Navigation
- Annapolis Cruisers University and School of Seamanship iNavigation Certificate

Rod has over 30,000 miles of ocean sailing experience. He has crossed the Atlantic 3 times (once solo), Hawaii to Tahiti, and 4 Eastern Caribbean circuits. The past 7 years were spent exploring the eastern Caribbean from Grenada to the Bahamas and a circuit of the Azores, Madeira, Canary and Cape Verde Islands. He is also a glider pilot, Professional Geologist as well as an avid outdoors adventurer who enjoys travelling and sharing the journey with friends and guests.

Contact: Rod by ph/text @ 1- 403-813-4701
or visit www.cloudstocoral.com



Barbara Meyer – www.SOULandSONG.ca



- RYT500 Level Teaching Certification
- Professional Musician and recording artist
- Specialty is *Activated Asana*
- *Skillful Movement Practice* maximizing safety Strength and Stability
- A long term goal of *High Performance Aging*
- Her Classes are slow and mindful suitable for all ages and levels of experience.

Susan Shepard

- 500 Hour Teaching Certificate
- Over 1000 hours of yoga instructing
- Yoga Instructor with Good Life Fitness

