



# LaOua

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*Belize Retreat*  
*2017*



**EXPLORE JUNGLES,  
WATERFALLS  
AND THE  
CARIBBEAN SEA**



### Wednesday February 15

- Arrival to Belize
- Transportation via rental vehicle or 14 minute flight
- Check Into Resort
- Dinner on the beach at *Pelican Resort* in Dangriga



### Thursday February 16



- Breakfast at LaQua Plantations 7 - 11am
- Massages available from 7 - 11am
- Hike the creek and explore the Teak Plantation 11 - 12pm
- Meet and greet at the recreation area
- Lunch served at the plantation
- 10 minute waterfall hike with cliff diving and tubing
- Stop for a fresh fruit smoothie
- Return to resort and relax
- Dinner at *Jaguar Reef Resort* in Hopkins

## World Tree Healing Arts Offering Massages On LaQua Plantations

Miriamah Saba created World Tree Healing Arts as a culmination of over 25 years in natural health and wellness. Integrating her background in holistic healthcare and massage therapy with a strong foundation of global awareness, World Tree seeks to provide a range of inspired services.

### Services Offered:

- Deep Tissue Massage
- Swedish Massage
- Ashiatsu (Barefoot Massage)
- Phai Yoga Massage

Most recently, Miriamah has trained in Belize to become a practitioner of the Arvigo Techniques of Maya Abdominal Therapy, a modality which incorporates ancient healing techniques with modern scientific knowledge of the body.





### Friday February 17

- Breakfast at resort
- Massages offered at LaQua Plantations 7 - 12pm
- Tour of LaQua Plantations 1, 2 and 3 from 7 - 12pm
- Lunch in Pomona Valley
- Ziplining and optional hiking at Bocawina
- Drive through other teak plantations
- Pool and beach time at *The Placencia*
- Dinner at *Rumfish*
- Drinks and dancing at *Tipsy Tuna*



### Saturday February 18

- Breakfast at resort
- Check out of resort
- Tour of Mayan ruins
- Cave tubing
- Flight or water taxi to island (San Pedro)
- Check into Hotel/Resort
- Dinner at *Ramons*
- Drinks and dancing at *Fido's*



### Monday February 20

- Optional activities : sailing, scuba diving, parasailing, skydiving, jetskiing and visit nearby islands
- Return to Belize City via water taxi or flight
- Begin to plan your next visit to Belize!

### Sunday February 19

- Breakfast on the beach at *Estel's*
- Snorkeling
- Pick up golf carts
- Tour the island
- Enjoy the sunset on the rooftop at *Grand Caribe*
- Dinner at *Coco Beach Resort*





# *Belize Retreat 2017*



**ENJOY THE JOURNEY!**