



Man Flow Yoga Retreat

Club Natale Venture Resorts

Roatan, Honduras

August 9th - August 16th, 2014

Contacts

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Overview

The Inaugural Man Flow Yoga 7-day retreat will be hosted at the Club Natale Bay Villas Resort in Roatan, Honduras. This will be the most physically productive vacation that you will ever attend! This is an opportunity for you to practice yoga, enjoy the activities of an all-inclusive seaside resort, and de-stress with your favorite online yoga instructor.

This intimate retreat will foster the development of your physical practice of yoga alongside Founder and CEO of Man Flow Yoga, Dean Pohlman, who will lead you through two 2-hour long sessions daily, first thing in the morning, and then in the evening. Each session will be like a workshop, and delve in detail into the breath and movement required to help you reach a new level in yoga.

We will also be filming multiple Man Flow Yoga sessions to be published on YouTube and/or sold as digital copies. If you attend the retreat you will have the opportunity to be featured in these videos, participate in interviews, and more!

The retreat begins on Saturday, August 9th, and guests will depart the following Saturday, August 16th. Be sure to sign up by May 30th (deposit submitted by May 30th) to take advantage of the early bird special, which is \$1000. This cost will be increased to \$1200 in June. A \$500 deposit is required to save your spot, as space is extremely limited. Cost includes: room and board at the all-inclusive resort, transportation to and from the airport, a day trip to a private island, and two daily Man Flow Yoga sessions. This price does NOT include the cost of airfare. Finding and purchasing the flight to Roatan is the responsibility of the participant. (But we will help you if you ask!)

Club Natale Bay Villas Resort is a private executive resort located less than 10 minutes away from the airport. This secluded, seaside haven provides a relaxing escape away from the hustle and noise of city life. Enjoy the many fitness-oriented amenities that the resort has to offer, including snorkeling, boating, fishing, or land activities like volleyball and basketball. For a more detailed description of Club Natale Bay Villas, please visit their website at <http://www.clubnatalebayvillas.com/>.

Schedule

This is your vacation, so why should we tell you when and where to be? Expect to have a lot of free time to relax, go swimming, snorkeling, play volleyball, and, of course, do yoga! You don't have to attend anything you don't want to, and there are plenty of options for activities; you will never have to do the same thing twice if you don't want to. You will also have ample free time, allowing you to venture to and explore other beaches. Below is the schedule for a typical day, as well as the schedule for the day-trip to Pigeon Key, a private island located just a one and a half hour boat ride from Club Natale.

Typical Day		
7:00 AM	Light breakfast, coffee	
7:30 AM - 9:30 AM	Man Flow Yoga Session #1	
9:30 AM - 10:30 AM	Brunch	
10:30 AM - 4:00 PM	Free time	
4:00 PM - 6:00 PM	Man Flow Yoga Session #2	
7:00 PM - 9:00 PM	Dinner	

Day-trip to Pigeon Key		
6:00 AM	Breakfast	
7:00 AM	Departure for Pigeon Key	
9:00 AM - 11:00 AM	Man Flow Yoga Session #1	
11:00 AM - 12:00 PM	Brunch	
12:00 PM - 3:00 PM	Free time on Pigeon Key	
4:00 PM	Arrival to Club Natale	
4:30 PM - 6:30 PM	Man Flow Yoga Session #2	
7:00 PM - 9:00 PM	Dinner	

Club Natale Bay Villas

Club Natale Bay Villas is a beautiful seaside haven, but don't just take our word for it!

(Screenshots from 4/16/14)

Club Natale Bay Villas

All 44 Roatan accommodations

★★★★☆ Villa | 10 Brick Bay, 31101, Honduras ✓ Hotel amenities



Professional photos



37 traveler photos

Enter dates for best prices

Check In Check Out

mm/dd/yyyy mm/dd/yyyy

Show Prices

97% 

Ranked #5 of 44 Specialty lodging in Roatan

 44 Reviews

 Certificate of Excellence 2013

A recent review

 "a home away from home, only better"
 reviewed 3 weeks ago
bilinghurst, Saint Thomas, Canada

Save

44 people have reviewed this hotel

Write a Review

Traveler rating



See reviews for

	Families	15
	Couples	12
	Solo	1
	Business	1

Rating summary

Sleep Quality	
Location	
Rooms	
Service	
Value	
Cleanliness	



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Payment Information

If you submit your \$500 deposit before the May 30th early bird deadline, the total cost of the trip will be \$1000. After May 30th, the total cost of the trip increases to \$1200. If you are ready to make your deposit, please send an email to dean@manflowyoga.com stating your intention to participate in the retreat and that you you are ready to make your deposit, and you will be sent a PayPal invoice for the amount of \$514.80 (cost of retreat plus PayPal fees). Or, if you would like to send via check, please send a check in the amount of \$500.00 made out to "Man Flow Yoga" to:

Man Flow Yoga
8888 Tallwood Dr
Unit 3302
Austin, TX 78759

Frequently asked questions:

What does the cost of the trip include?

The cost of the trip includes six nights of lodging at Club Natale Bay Villas in one of three 3-bedroom condos, meals (breakfast, brunch, lunch, and dinner), transportation to and from the airport, and all group transportation.

What does the cost of the trip NOT include?

The cost of the trip does NOT include airfare, a \$40 exit fee, spending money, food outside of the resort, or non-group transportation.

Which airport should we fly into?

You will fly into the Juan Manuel Galvez International Airport (RTB).

How do we get from the airport to Club Natale?

Club Natale will be providing shuttle service to and from the airport, which is located just 10 minutes away from the hotel. We'll pick you up no matter when your arrival time is.

What about customs?

You will need a passport to enter the country, but Honduras does not require a visa for Americans. However, you will have to pay a \$40 exit fee as you exit the country.

Where will we be staying?

You will be staying in one of three condos at the Club Natale Bay Villas. Each condo has 3 bedrooms. You will share your room with one other single guest or with your significant other. We can arrange your bedding situation according to your preference (single/double). There IS Wi-Fi.

What is the cancellation policy? Are there refunds?

Should you wish to cancel your reservation, you will be refunded the cost of the retreat minus the \$500 deposit.

Do we really have to do 4 hours of yoga daily?

Although there are two 2-hour Man Flow Yoga sessions daily, these classes will be more like workshops in that there will be time to pause and break down mechanics of movement and breath. There will be multiple breaks during the 2-hour sessions, so don't worry - you will not burn out on the first day. The evening classes will be more mellow and have a restorative focus so that you will be fresh and ready to do more yoga the next day.

What if I need more flexible travel dates?

We prefer that everybody arrives and departs on the same days, but we understand that some people might not be able to stay the full week. If you can't stay the full week, a total of \$75 will be deducted from the total cost for every day that you do not attend.

For any other questions, please do not hesitate to contact Dean Pohlman of Man Flow Yoga or Joseph Natale of Club Natale Venture Resorts. Dean can be reached by email at dean@manflowyoga.com, and Joseph Natale at josephnataleventures@gmail.com.

See you in August!