



Jakes offers eight amazing weeks of yoga on the Driftwood Spa Yoga Deck

The new yoga deck at Driftwood Spa offers spectacular 180 degree views of the Caribbean and Treasure Beach coastline. Imagine meditating to the sound of rolling waves. Practicing a vigorous sequence with a refreshing sea breeze to keep you cool. Striking a balance pose while pelicans dance overhead and the morning sun crests the horizon.

This September and October, Jakes Hotel, the home of yoga on Jamaica's south coast, will run eight amazing weeks of yoga. Eight different acclaimed teachers will practice a range of disciplines, including tantric health, holistic fitness, hoop yoga, Ayurvedic, Vinyasa – even martial arts. The retreats offer twice daily practice, meditation, farm to table fresh meals, spa treatments, and plenty of beach time.

Eight Weeks of Yoga

The Art of Being, with Adena Rose August 30th – September 7th, 2013

Island Time Yoga, with Melanie Buffett, September 7th – 14th

Inner Spin, Outer Dance, with Jocelyn Gordon, September 14th – 21st

Magic and Miracles, September 21st – 28th, with Catherine Ashton

Let it Flow To Glow, September 28th – October 5th, with Krista

LuvMat Week of Luv and Empowerment, October 5th – 12th, with Scott Roberts

Wake Up with the Sun, October 12th – 19th, with Jovinna Chan

Tantra to Love, October 19th – November 2nd, with Prana Regina Barrett and John
Rene Berard

Notes to editors

Guests and locals mingle cheerfully at Jakes with its 30 secluded rooms, cottages set on six acres of land and an additional 3 two-bedroom cottages and 3 4 bedroom villas within a short walking distance. Set in the small seaside fishing village of Treasure Beach on Jamaica's south coast and renowned for its laid back atmosphere, this boutique resort offers excellent Caribbean fare from Jack Sprats Restaurant, legendary rum cocktails from Dougie's Bar and sumptuous treatments at the Driftwood Spa, all the while exuding an inimitable personality and charisma. Owned and run by the Henzell family, responsible for Jimmy Cliff's The Harder They Come, the hippest Jamaican film of all time, the bohemian atmosphere comes as no surprise.

For bookings call 876-965-3000 or visit www.jakeshotel.com.

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