



YOGA WITH CLEM

@CLEMASANA

Clem has spent most of her life traveling. Native French, she has lived in several countries around the globe and is a real passionate about it. While studying for her Master Degree in Tourism, she has discovered a new passion for yoga. Since her very first class, she has been inspired from different yoga styles such as Hatha, Yin and Vinyasa. After 2 teacher certification courses in India, she wants to share this inspiration with her students, while promoting the approachable aspect of yoga. Yoga is for everybody (and every bodies), no matter the gender, age or religion.



CABARETE ECOLODGE

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YOGA CLASS

CABARETE ECOLODGE



ABOUT YOGA

Yoga is a physical, mental and spiritual practice that originated in ancient India. The word yoga is derived from the Sanskrit root yuj, meaning "to yoke," or "to unite". The practice aims to create union between body, mind and spirit, as well as between the individual self and universal consciousness. Such a union tends to neutralize ego-driven thoughts and behaviours, creating a sense of spiritual awakening. Although each school of yoga has its own emphasis and practices, most focus on bringing together body, mind and breath as a means of altering energy or shifting consciousness.

YOGA CLASSES

HATHA YOGA

Derived from the Sanskrit ha, meaning "sun," and tha, meaning "moon," Hatha practices are designed to unite and balance these two energies.

FLOW YOGA

In flow yoga, each movement into or out of a posture is timed with an inhalation or an exhalation in a choreographed sequence. The practitioner moves dynamically from one posture immediately into another, following the breath.

YIN YOGA

Slower-paced, more meditative version of the popular physical and spiritual discipline of yoga. In Yin yoga, the poses are held for a long period of time to target the connective tissues rather than focusing on the muscles. As a result, the asanas are more passive holds, with little muscular engagement.

SCHEDULE

CLASS SIGN-UP

Sign up for the morning group class. Or request for a personalized private session in the afternoon. No matter whether you are a first-timer or a yoga practitioner, all are welcome!

GROUP CLASS PRICES

from 7am to 8am
Residentes: RD 500
Visitors: USD 10

PRIVATE YOGA CLASSES

On request, from 5pm to 6pm: USD 40
Residentes: 8 classes RD 3700
12 classes RD 5000





OUR ROOMS

We have selected your ideal eco-friendly haven from a diverse range of options at Cabarete Ecolodge. Whether it is the grandeur of a sprawling penthouse, the cozy comfort of a family bungalow, or the intimacy of a private double or quad room, we have the perfect accommodation to suit your needs.

Explore our website to see for yourself the variety of room types we offer, complete with detailed descriptions and captivating images, ensuring you find the perfect eco-friendly space to enhance your stay with us.

WWW.CABARETECOLODGEBEACH.COM



OUR RESTAURANT

At Cabarete Ecolodge, the culinary experience is a delightful celebration of fresh, locally sourced ingredients and a commitment to sustainable, eco-friendly practices. The on-site restaurant crafts a menu that reflects the rich flavors of the Dominican Republic while embracing a global influence, creating a diverse and satisfying dining experience.





YOGA RETREAT

INCLUSIONS

- 29 nights shared
- Up to 15 guests in shared rooms
- Full board at our restaurant
- Complimentary drinking water. Additional beverages at an extra cost.
- Yoga Gear (Yoga Mats, blocks)
- Daily morning yoga classes

ADD-ON

- Full body massage \$25 USD 1/2 hour, \$50 USD 1 hour
- Elevate your experience with an extra person for \$1900 USD and a third person for \$1480 USD, \$1380 each extra person sharing the same room

BOOKING

**1 MONTH FULL PENSION
\$2950 USD / PERSON
INCLUDING \$420 USD
YOGA PACKAGE**

**PLEASE NOTE THAT CERTAIN BLACKOUT DATES
APPLY, INCLUDING CHRISTMAS, EASTER AND
SELECTED DATES**

**Please book your spot in
advance at**

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