



# YOGA RETREATS 2024 & 2025

*Jamaica's prettiest beach - Condé Nast Traveler*



FRENCHMAN'S COVE  
JAMAICA

## *Paradise Yoga Retreats at Frenchman's Cove*

*Host your next retreat on a world-famous Caribbean beach.*

*Be yourself and practise yoga anywhere throughout our 48 acres of landscaped gardens and authentic Jamaican nature.*

*An immersive experience at an iconic Jamaican resort with original rustic 1950's architecture.*

*Experience our jungles, cliffside views and the shala by the serene river, running down to the golden sand beach.*

*Cherry pick accommodation from our selection of villas with a view and hotel rooms in the Great House.*



## WHAT'S INCLUDED IN RETREAT PACKAGES?

- Accommodation for guests and facilitators
- Free use of our yoga shala, beach, lawns, gardens, jungle, clifftops, and buildings for your gatherings and sessions.
- Support with arranging custom catering, transport, golf buggies and excursions.
- Email promotion of your event to the Frenchman's Cove mailing list and social media collaboration on our channels.



# ABOUT FRENCHMAN'S COVE

Frenchman's Cove is a 48-acre private estate in an unspoilt part of the north-east coast of Jamaica and has been privately owned since 1958. The iconic and historical cove is framed by breathtaking cliffs and bordered by lush tropical vegetation and landscaped grounds. The most famous section of the property is the white sand beach and the freshwater river which runs through the property into the ocean.

Located around the site are 16 spacious and secluded villas, plus ensuite double rooms in the Great House.

Frenchman's Cove is not a resort in the sense that most people would understand the term. There are no televisions, radios, telephones in the rooms as the owners promote the reconnection with nature. There is no 'room service', no minibars and no swimming pool. Instead it has stunning natural beauty and one of the best beaches in the Caribbean. There is plenty of wildlife, including hummingbirds and fireflies, and some nights baby turtles climb out of the sand and head for the sea! Frenchman's Cove prides itself on its custom-built wooden yoga pavilion and many hidden spots on the property for total peace of mind. Keep reading to discover all the many places on our property where you can host retreat gatherings.



## SHALA

Our open-air yoga pavilion sits parallel to the freshwater river. In front of the shala is a grass lawn, that you are also welcome to use for sessions.

- 20ft X 30ft
- Designed to host 20 persons per session
- Wooden Floor
- bolsters, blocks and mats available
- For sound we have a portable speaker which can be used with blue tooth or a flash drive.







## THE BEACH

Frenchman's Cove beach is a hidden treasure; picture-perfect with soft, golden sands and sapphire water, shaded by a canopy of emerald trees. The ocean and fresh water lazy river combine to create a tropical paradise. Read more about what Condé Nast describes as Jamaica's most beautiful beach on our [website](#).

As guests staying at the resort, your retreat party will have exclusive use of the beach outside of public opening hours of 9am to 5pm.

We recommend a sunrise session on the beach, followed by a swim when our lifeguards arrive for the day.



The beach is in the centre of the property with accommodations to the east and west.

It is an easy to walk from anywhere on the property. The furthest accommodation would be a 7-minute leisurely walk.

The beach is accessible to guests staying on the property 24 hours a day.

Lifeguards are usually on duty from 8:30am – 6pm, during which time you can swim in our blue waters. If your retreat would like to swim outside of these hours, this can be arranged.





## CLIFF TOPS & GARDENS

Across our 48 acres you will find cliffside views, woodlands and gardens to gather your guests in.

A sunset meditation on the Old Tennis Courts is highly recommended. This west facing, sea-side aspect of the property overlooks Cocoa Walk beach and has a jungle backdrop.





## GENUINE JUNGLE WILDERNESS

Frenchman's Cove is managed on sustainable principles. Specimen trees, planted in the 1950's and 1960's abound and the carefully landscaped grounds present the blend of manicured lawns and natural jungle. Planting is deliberately native Jamaican species.

Enjoy getting lost in our woodlands.





## OTHER ACTIVITIES AND DAY TRIPS

We would be happy to recommend and help you organise additional activities and excursions

Attractions in the area include coral reef underwater experiences and snorkelling, surfing, waterfalls, river rafting, home of the famous jerk foods, bird watching tours and bicycle tours.

We recommend the Blue Mountain coffee tour in this UNESCO World Heritage Site and Jamaica's first and only National Park.

Throughout your retreat you are welcome to invite other local facilitators, such as holistic therapies and massage. Please include their names and details on your itinerary so that our staff can anticipate their arrival.

Frenchman's Cove also has a 5k running track throughout the gardens for guests to enjoy.

## OUR TEAM

During your retreat, our Frenchman's Cove staff will stay in close communication regarding your itinerary, needs and inevitable last min changes.

We will arrange our staff and housekeeping activities around you where possible.

The Frenchman's Cove staff are proud local Jamaicans, courteous and diligent, good humoured and helpful. Many have worked at Frenchman's for decades and their knowledge is extensive.



## MARKETING / PHOTOGRAPHY

Included in your package, Frenchman's Cove will deliver 2 x emails promoting your event to our customer mailing list. We would love to discuss collaborating with you on social media content and sharing on our channels.

Ordinarily there are restrictions around recording and photography at the resort and on our famous beach.

*As a retreat provider you have the unique opportunity to gain permission to shoot promotional material on our site at no extra charge.*

Please discuss your ideas with our team and let them know of any recording or photography you have planned.

Frenchman's Cove reserves the right to take images for marketing use etc.



# OUR VILLAS AND ROOMS

## *Villas*

The most spectacular views are from the villas. Villas consist of 1 - 3 bedroom units with ensuite bathrooms, dining area, living area and kitchenettes. Among our Villa types we have a special two-bedroom unit which hosts a full kitchen and is a perfect base for retreats. All villas are equipped with both ceiling fans and air conditioning units and have private gardens/outdoor areas.





## *Rooms at The Great House*

All our standard rooms have twin beds and en-suite bathrooms and are housed on the upper floor of the two-storey building. The lower floor of The Great House hosts two suites, both with living areas.

## *A Heritage Resort*

Frenchman's Cove is a piece of Jamaican, arguably global, history. Over the decades, the owners have lovingly kept its original 1950's modernist architecture and unique interior design. The properties retain many of the original features and fittings which, due to their age, do show some decorative wear and tear.

Frenchman's Cove is proud of the resort's authenticity; many of our guests are history and architecture lovers. Walking through the grounds and buildings guests can enjoy stepping back to a gentler epoch, where the style and glamour of the time was the essence of this extraordinary place.

# RATES

Our standard retreat package is a flat fee of **USD \$4,300\***.

This includes:

- Shared accommodations for 12 participants
- Six (6) nights and seven (7) days,
- Two complimentary standard rooms for two retreat facilitators.
- Unlimited access and use to yoga shala, beach, gardens, jungles, public spaces and buildings.
- Email marketing and social media collaboration.

We would be happy to curate a package quote to match your requirements. Contact [frenchmancoversort@gmail.com](mailto:frenchmancoversort@gmail.com) to discuss.

\*please note this does not include meals as meal arrangements are costed separately.



# ADDITIONAL NIGHTS

Participants may wish to extend their visit to Frenchman's Cove. Additional night's cost per person as follows.

Great House Room	\$100.00
Great House Suite	\$125.00
One Bedroom Villa	\$150.00
Two Bedroom Villa	\$180.00
Special Two Bedroom Villa	\$250.00
Three Bedroom Villa	\$200.00

Additional nights can be added on before or after the retreat dates for a maximum of 7 nights, at this rate.



# YOUR TEAM STAYS FOR FREE

Per 12 participants we will provide

- 1 FREE Standard Room in the Great House) for 1 x co-Ordinator
- 1 FREE Standard Room in the Great House) for 1 x instructor

Please note that the 2 free rooms are for 2 individuals only. If either of your team would like to bring a plus1 please speak with us to discuss charge for additional people.

Feel free to let us know if you would like to discuss upgrading staff accommodation for your stay.

## ADD-ONS FOR YOU AND YOUR GUESTS

Safe Deposit Box	\$3.00
Smart TV Rental	\$30.00
Two-Seater Golf Cart	\$35.00
Four-Seater Golf Cart	\$45.00



# MEALS

Enjoy high vibe, locally sourced nourishing food cooked by our recommended local chefs. They will curate menus to match your retreat, including vegan/vegetarian cuisine, and any other dietary needs.

We have a wonderful local independent chef that has worked with our recent yoga retreats. Guests were delighted with their menu, purchasing additional food from them outside of the scheduled meals.

Costs for this service (current as of April 2024) are:

Breakfast - \$20 per person

Lunch - \$35 per person

Dinner - \$45 per person

Also, on our beach, is the Frenchman's Cove Beach Bar and Grill - Le Pirate's Cafe, open from 9am - 6pm. They also provide private catering upon request. Please see our website for more info about the [beach restaurant menu and local restaurants](#).

# GETTING TO AND FROM THE RESORT

Frenchman's Cove are happy to assist with arranging transportation on your behalf. We work with highly recommended drivers that are licensed and certified by the Jamaican Tourist Board.

The nearest airport is Ian Fleming International which is approximately 1hr 15min from the property. Kingston's Norman Manley International Airport is 2hr 30min away.

The cost for transportation is dependent on mode of vehicle and number of persons

Current rates:

Car - 2-3 persons - US\$200.00 per way

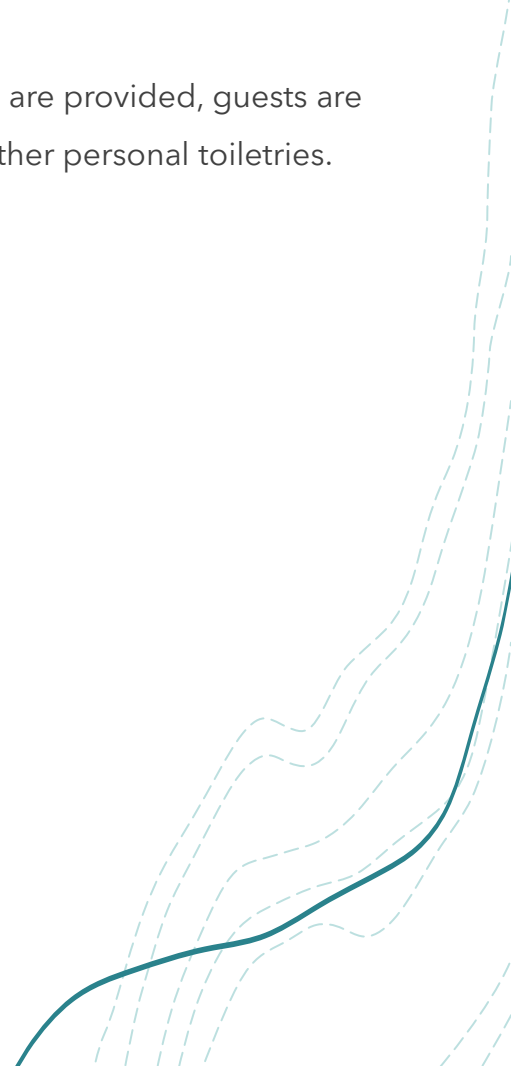
Minivan - 9 person with one piece luggage each - US\$600.00

Coaster van - 15 persons with one piece of luggage - US\$900.00



## PLEASE NOTE

- Due to the natural cliffs and valleys of our landscape, disability access is unfortunately limited.
- Whilst our hotel guests have unlimited access to our stunning beach, swimming is not allowed without a lifeguard present.
- We are a non-smoking / non-vaping property
- No pets or service animals allowed at the resort.
- Towels and soap are provided, guests are asked to bring other personal toiletries.



# TIMELINE OF RETREAT COORDINATION

## **Contract signing:**

- Reservation made with FMC onsite team
- 50% payment

## **1 month** prior to event:

- Remaining 50% payment
- Your insurance details provided to FMC
- Support with arranging for transport, catering and excursions.

## **1 week** prior to event:

- Names and contact numbers for all facilitators and assistants. FMC create a Retreat Coordination WhatsApp group.
- Room allocations for guests and your team
- Finalize your itinerary

## **On Arrival:**

- Arrival meeting with your team and FMC team

## **On Departure:**

- Departure meeting with your team and FMC team
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# CONTACT

[frenchmanscoveresort@gmail.com](mailto:frenchmanscoveresort@gmail.com)



FRENCHMAN'S COVE  
JAMAICA





SHALA AND THE RIVER