

# ZUMBA<sup>®</sup>

R · E · T · R · E · A · T

31 Jan - 04 Feb  
2024





# What is ZUMBA Retreat?



An event created for the apassionates of ZUMBA, who love nature, adventures and also interested in personal development. People who want to disconnect in paradise, and reconnect with their true essence through dancing, yoga, meditation, and sound healing.



## *Dance*

Zumba all day n night in one of the most beautiful island of the Caribbean. We will take you to the heart of the Dominican Republic, where Bachata and Dembow was born. Master classes and Zumba parties with incredible instructors and Dominican animation team



## *Discover*

The excursions will take you to spectacular places, virgin beaches and natural pools. Party on Catamaran, jungle, fresh coconut water from the palm trees. The beauty of Samana is breathtaking and it's time for you to discover it!



## *Reconnect*

The unique energy of the valley made this precious palce a popular location for yoga and spiritual retreats. We would like to incorporate this essence of El Valle by including activities such as yoga, meditation and sound healing to our trip.

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# Accomodation

Welcome to El Valle! The place, where the ZUMBA Retreat was born, in the heart of the Dominican jungle.



You will be hosted in beautiful bungalows and Eco Hotels surrounded with the tropical jungle. A place which is completely integrated into nature only 5 minutes away from the virgin beach of [El Valle](#)

## **Accomodation options:**

Double room / Triple room/ Quadruple

## **Meals:**

Breakfast included

Lunch included

# Excursions

## Playa Ermitano

Excursion to a virgin beach, a sanctuary of peace and relaxation, with no one but us, and our music surrounded by mountains, coconut trees and coral reefs. Perfect for snorkeling. Are you ready for a Zumba Party in paradise?



## Catamaran trip to Cayo Levantado

The excursion that you cannot miss! We will sail through the Caribbean Sea on a private Catamaran with local entertainers, and dancers to the paradisiacal island of Cayo Levantado. We take over the island with our bachata, dembow, salsa until sun goes down.



# ZUMBA®



## *Master classes*

Enjoy the greatest Zumba Master classes with our international instructors and Kass Martin



## *Dominican explosion*

Did you know that Bachata is originally from the Dominican Republic? We will learn from our local instructors Dominican footwork, Dominican bachata and what is hitting the most in the Dominican Republic: Dembow



# Wellness



*Transformation, growth, mindfulness and body awareness. Our retreat also gives you the space to relax and reconnect with your body and mind through classes of yoga, meditation, and sound healing.*

## *Sound Healing*

Music and sound therapy. The practice of using different sounds to improve your physical health and emotional wellbeing. Through sounds and vibrations the session helps to calibrate our internal frequencies to release blockages and emotions.

## *Yoga*

Yoga is an ancient system of physical, mental and spiritual practices that includes breathing techniques, postures, relaxation, chanting, and other meditation methods. Its aim is to create a union of the body, mind, soul, and universal consciousness.

*travel*  
ITINERARY



*Dominican  
Republic*

# Travel itinerary

## Pre-event activities

 **LAS TERRENAS, DOMINICAN REPUBLIC**

29. JANUARY

**20.00 – 00.00: PRE-PARTY IN AFREEKA**

A real dominican party with full of merengue, salsa, bachata, reggeaton and dembow.

Let's warm up for this incredible week ahead of us.



30. JANUARY

**20.00 – 00.00: OFFICIAL ZUMBA PRE-PARTY IN MOSQUITO BEACH CLUB**

Get ready for the hottest caribbean rythms, and dance all night long in the best beach club of Las Terrenas. Zumba with the famous dominican animation crew. A night you will always remember.

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*Day 1*

31. JANUARY

**12.00: BUS LEAVES FROM LAS TERRENAS TO EL VALLE**

Transportation for people who arrived earlier for the pre-event activities

**12.00 – 16.00 ARRIVAL TO SANTO DOMINGO (SDQ) LAS AMERICAS AIRPORT AND TRANSFER TO EL VALLE (SAMANA) BY BUSES**

The official bus that takes you to El Valle is leaving at **4pm** from the airport.

**20.00 – 21.30 WELCOME DINNER & CEREMONY**

**22.00 – 23.00 SOUND HEALING**





# Travel itinerary

## Day 2

01. FEBRUARY

**07.45 – 08.30 VINYASA FLOW YOGA**

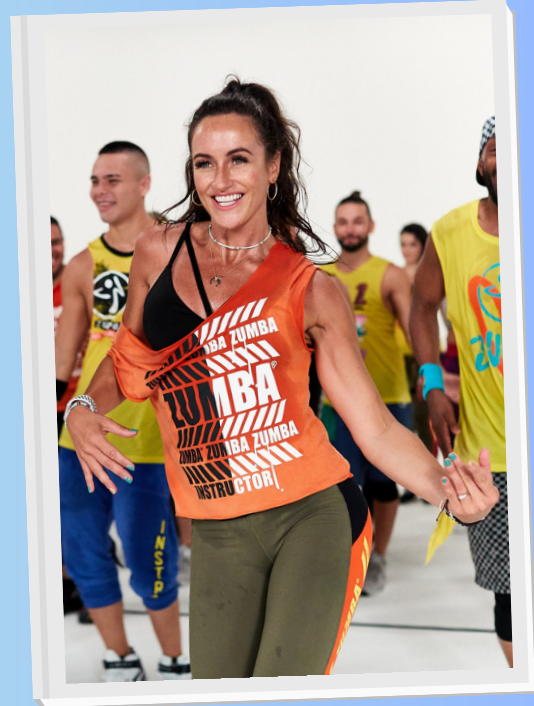
**08.00 – 10.00 BREAKFAST**

**11.00 – 12.00 ZUMBA MASTER CLASSES**

**13.00 – 14.00 LUNCH**

**16:00 – 17.30 ZUMBA MASTER CLASS  
DOMINICAN EXPLOSION**

**20:30 – 21.30 MOTIVATIONAL TALK**



## Day 3

02. FEBRUARY

**07.45 – 08.30 HATHA YOGA**

**08.00 – 10.00 BREAKFAST**

**10.30 – 15.30 PLAYA ERMITAÑO**

After a short boat trip, we arrive to the virgin beach of Ermitaño, a sanctuary of peace and relaxation, with no one but us, and our MUSIC, which probably means...FIESTA!

**LUNCH AT THE BEACH**

**17.30 – 18:00 BACHATA**

**18.00 – 20.00 ZUMBA MASTER CLASSES**

**22.00 – 02.00 PARTY IN CHINOLA**





# Travel itinerary

## Day 4

03. FEBRUARY

**08.00 – 10.00 BREAKFAST**

**10.00 – 18.00 CATAMARAN PARTY**

The excursion that you cannot miss!  
We will sail through the Caribbean Sea on a private Catamaran with entertainers and our artists to the paradisiacal island of Cayo Levantado. We take over the island with our bachata, until sun goes down.

**LUNCH AT CAYO LEVANTADO**

**21.00 – 04.00: FAREWELL JUNGLE ZUMBA PARTY**

Let's celebrate life, dance and enjoy our last night together as one big family!

Dress code: white



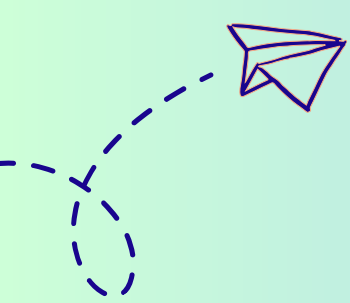
## Day 5

04. FEBRUARY

**08.00 – 10.00 BREAKFAST**

**11.00 CHECK OUT FROM HOTELS**

**11.30 BUS LEAVES TO SANTO DOMINGO AIRPORT**



# Price

RESERVE  
NOW  
500\$

## Includes:

- TRANSFERS FROM SANTO DOMINGO AIRPORT TO EL VALLE
- 4 NIGHTS AT ONE OF THE JUNGLE BOUTIQUE HOTELS
- ALL BREAKFAST AND LUNCH
- WELCOME DINNER
- ALL ZUMBA MASTER CLASSES
- BACHATA WORKSHOP
- ALL ZUMBA PARTIES
- EXCURSION TO PLAYA ERMITAÑO WITH FOOD AND PARTY INCLUDED
- EXCURSION WITH A CATAMARÁN TO CAYO LEVANTADO WITH FOOD INCLUDED
- GUIDES AND ANIMATORS IN ALL ACTIVITIES
- ALL YOGA CLASSES
- SOUND HEALING SESSION
- FAREWELL ZUMBA PARTY
- ASSISTANCE FROM THE ORGANIZATION 24HOURS DURING THE EVENT
- TRANSPORTATION BACK TO THE AIRPORT

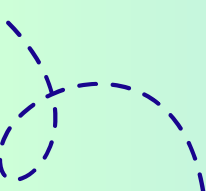
~~\$1700~~

from  
1350\$<sub>pp</sub>

Early Bird Price

valid until 15/11/2023

LIMITED OFFER. PLACES SUBJECT TO AVAILABILITY AT THE TIME OF BOOKING. VALID DOCUMENTATION IS REQUIRED FOR THE TRIP. PRICE DOES NOT INCLUDE ANY SERVICE NOT SPECIFIED IN THE PRICE INCLUDED PART, HEALTH INSURANCE, AIRPORT TAXES, FLIGHT TICKETS. THE ORGANIZATION CAN CHANGE OR ADJUST ANY OF THE ACTIVITIES DURING THE EVENT WITH THE INTENTION TO BRING THE BEST EXPERIENCE FOR THE DANCERS OR BECAUSE OF THE WEATHER. NO MEALS ARE INCLUDED APART FROM THE ONES THAT APPEAR IN THE ITINERARY. IF FOR EXAMPLE YOU DON'T PARTICIPATE IN AN EXCURSION YOUR LUNCH AT THE HOTEL IS NOT INCLUDED



# Room types

## DOUBLE ROOM

King- size bed, private bathroom, access to swimming pool, wifi in lobby

**\$ 1550**



## TRIPLE

3 individual bed or 1 king-size & 1 individual bed, private bathroom, access to swimming pool, wifi in lobby

**\$ 1450**

## QUADRUPLE

1 king size bed & 2 individual beds, private bathroom, access to swimming pool, wifi in the room.

**\$ 1350**



**Book Now for ONLY**

**500\$**



# How to arrive

## FROM SANTO DOMINGO AIRPORT

We'll provide a bus from Santo Domingo airport at 16:00 to El Valle. If you need another option during the morning you can also get a bus from the Airport to Samana at 8, at 10 and 2:30 with Caribe Tours. Estimated time: 2 hours. Any question don't hesitate to contact us.



## FROM PUNTA CANA AIRPORT

Punta Cana it's quite far from Samana but you have 2 options to get here:

- 1- Get a bus to Santo Domingo and then another one to Samana. Estimated time: 5 hours.
- 2- Get a taxi or Uber to Sabana de la Mar and then you get a ferry to Samana. Estimated time: 3 hours.

## FROM OTHER AIRPORTS

If you need help to find a way to get here from another place don't doubt to contact us and we'll help you to find the best solution.



## Where is El Valle?


El Valle is located in the Samana Penninsula, 20 minutes drive from Samana village. On Google maps you can check it [here](#)

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## Where are the pre-event activities located?

Las Terrenas will be the home to our pre-event activities and pre-parties. The Zumba Retreat only starts on the **31st of January** but if you would like to make your Caribbean dream vacation longer, we suggest you to arrive earlier and join our pre-parties in Las Terrenas.

Las Terrenas is located 1 hour from Samana village. On Google maps you can check it [here](#)



# Important information



## CURRENCY

Dominican Republic's official currency it's the Dominican Peso. Nevertheless, American dollar is also accepted in most establishments. The best places to exchange currency are: local exchangers in El Valle and in Samana.



## COVID INFORMATION

Dominican Republic has been one of the most flexible countries in terms of covid restrictions. Nowadays (2023) there are no restrictions for tourists. If this situation changes before the event the organization will update all the participants but in no case is it responsible of any drawback this could trigger in the future.



## ELECTRICITY

When you come to paradise probably you'd love to make videos with your smartphone. It's important for you to know that in DR they use the American plug of 2 pins, the type A. In case you visit us from Europe you'll need an adaptor.



## WEATHER

Local temperature goes around 26°C (78 °F). During the day it's like summer all year. During night temperatures go a little bit lower but it's enough wearing a thin jacket sometimes. What you really need to bring here a part from summer clothes and comfy shoes to walk through the jungle and anti-mosquito spray.



# FAQs

## CAN I TRAVEL ALONE?

Yes, as any other dance festivals & Zumba events you can travel alone and you'll share room/bungalow with someone who is also coming alone (same gender).

## I DON'T SPEAK SPANISH... IS IT NECESSARY?

Absolutely not, all the organizers speak fluid english and all the information will be provided in english and spanish. Dancing it's an international language! :)

## WHAT ABOUT FOOD AND MEALS?

Most of the meals are included, you can see exactly which of them in the travel itinerary and the price description. If you want to eat something apart from what's included you will find different restaurants in El Valle, and you can calculate with an average 10\$/meal.

Most of the meals that are included are based on the dominican cuisine so you can really experience the flavours of the country. We'll always offer a vegetarian option as well.

## HOW IS THE HOTEL WHERE WE WILL BE STAYING?

We will stay in beautiful Eco-Hotels, and bungalows. They are very spacious and comfortable fully integrated with nature, which makes you feel more connected with mother earth.

We have the following room options: double rooms or bungalows for 2 person, triple rooms for 3 person, or quadruple for 4 person. Every option comes with spacious private bathroom and private terrace. If you have any preferences please contact us by email or WhatsApp





# How to book my ticket?

AT OUR WEBSITE :  
[HTTPS://ZUMBARETREAT.COM/TICKETS/](https://zumbaretreat.com/tickets/)

In collaboration with

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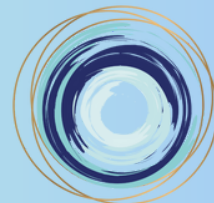
LAMACA  
travel 

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SUSTAINABLE LIVING  
  
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SAMANA YACHT CHARTERS  
Samana, Dominican Republic

go & dance



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SalsaBaile  
BAILE, EVENTOS, ENTRADAS & MUCHO+



# ZUMBA®

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## EARLY BIRD PRICE

valid until 15/11/2023

~~\$1700~~

from **\$1350**  
5 DAYS 4 NIGHTS

IN THE DOMINICAN PARADISE



EL VALLE, SAMANA,  
DOMINICAN REPUBLIC



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