COPY FOR TURKS AND CAICOS WEB PAGE-

USE THE RAINBOW PHOTO FOR THE MAIN PICTURE.

TURKS AND CAICOS YOGA ADVENTURE 2015 *(headline in left column)*

Escape the Deep Freeze of February*! (sub heading in bold)*

*Body Copy-*

Come join Judy and Carolyn and escape the deep freeze of February to the warm Islands of Turks and Caicos! We invite you to stay with us at a gorgeous beachfront compound on over 2 acres of wild natural jungle and pristine white sand. This is the perfect sanctuary for renewing your spirit while enjoying all that the sun and sea offers. Judy McClain, owner of Grace Yoga School, will lead us in classical yoga and meditation twice a day. Carolyn will lead a mid week day hike to Middle Caicos where we explore the historic Crossing Place Trail and see some of the most breathtaking views of the Turks and Caicos Islands.

The days in between can be spent at your leisure, whether snorkeling the turquoise waters, kiteboarding, kayaking or even horseback riding along Long Beach. The villa is equipped with complimentary SUP boards and ocean kayaks as well as a fitness center.

Limited to 12 people

**DATES**

February 21 – 28th 2015

**WHAT’S INCLUDED**

Round trip nonstop flight from Boston to Providenciales

Clean and beautiful beach-front Accommodations

Light breakfast each day

Two dinners

Daily yoga and meditation

Crossing Place Trail Hike

**PRICE - $2600.** Based on double occupancy.

To book your trip contact Carolyn at

[Carolyn@mettaliving.co](mailto:Carolyn@mettaliving.co)

Middle column-

**Providenciales-**

Voted Traveler’s Choice Winner for Islands, this Turks and Caicos Island is one of the world’s top beach destinations. The diving and snorkeling is as convenient as it is stunning, thanks to miles of coral reef that’s easily accessible from the shore. The cliffs and crags of Chalk Sound make a lovely backdrop for kayaking the bright turquoise waters. The Main Island of Providenciales is long and narrow. Long Bay sits on the south/east side of the island. This is mostly a undeveloped area with just a few houses. This is the “wild” and “rugged” side of the island, where the kiters kite and horse back riders come for their beach rides.

Though keeping that open and natural feeling, Long Bay is just 5 minutes from Grace Bay on the other side of the island. There you’ll find upscale shops and restaurants. It’s a great place to do your shopping, have a night on the town, and then escape back to Long Bay serenity.