

Authentic Jamaican Wellness Retreat at Hammerstein Highland House



Who we are

One Love Learning Foundation is a non-profit organization helping to implement self-sustaining schoolyard gardens, and educating children on healthy nutrition in schools in Jamaica and South Africa. In collaboration with Hammerstein Highland House we bring you a truly, authentic Jamaican experience that you will never forget.

This is perfect retreat for anyone that wants to spend quality time with a group of friends, while nourishing your body and soul. This trip will be like no other, you will truly experience the real Jamaica in a unique setting: on a hilltop, surrounded by 17 lush acres, eating from our 5 acre organic farm and catered to by our dedicated 5 person staff.

Itinerary for 5-10 people

Day One

Afternoon:

- Airport Transfers from Montego Bay Airport to your villa in an air-conditioned bus
- A lite lunch and refreshments will be available upon your arrival at the villa
- Get acquainted with your surroundings, unpack, relax
- Tour of our Organic Farm, pick Aloe Vera and Herbs
- Learn to make Aloe Vera Tonic Water in our kitchen, along with other Herbs picked at the farm

Evening:

- Dinner
- Drummers perform on the terrace. You may join in, we have lots of extra drums
- Drummers on first night ?, people Are usually winding down from travel day
- I would suggest saving this for a farewell party

Day Two

Morning:

- Sunrise Yoga, including meditation (optional) in our beautiful Yoga Pavilion
- Breakfast
- Clean Eating Workshop – a workshop designed to inform participants how to recreate this healthy detox/weight loss menu at home. It includes recipes, and meal preparation changed your language a tad
- Leisure Time

Afternoon:

- Lunch
- Sunset Yoga Session

Evening:

- Dinner at an outdoor, Jamaican Restaurant where you can pick your own fresh fish
- Keep in mind Sky Beach very expensive these days and service very slow

Day Three

Morning:

- Sunrise Yoga, including meditation (optional) in our beautiful Yoga Pavilion
- Breakfast
- Trip to Negril known for its 7 mile white sand beach and cliffsides for relaxation or whatever you desire changed up a tad

Afternoon:

- Lunch
- Leisure time
- Sunset Yoga Session

Evening:

- Dinner

Day Four

Morning:

- Sunrise Yoga, including meditation (optional) in our beautiful Yoga Pavilion
- Breakfast
- Massages onsite, using local herbal oils, will need two massues, right? Cassanie might recommend someone.

Afternoon:

- Lunch
- Tarot Card Readings – The main purpose of the Tarot is to open up the 6th sense and provoke the subconscious

Evening:

- Dinner

Day Five

Morning:

- Breakfast
- Depart for Mayfield Falls

Afternoon:

- Spend the day hiking up a gorgeous, natural waterfall where you can swim in the Mineral water pools and swing from vines. These pools have healing properties The hike up the falls ends with a walk down a hill, thru cow, pastures, bamboo forests, A guide will accompany you and point out al the medicinal wild herbs ,simply beautiful day, full of adventure. **Changed up a tad**
- Lunch at Mayfield Falls Jamaica Restaurant

Evening:

- Dinner

Day Six

Morning:

- Brunch
- Departures for airport

