



Welcome!

We are happy to have you join us for our 25<sup>th</sup> year of unique learning vacations on St. John in the U.S. Virgin Islands. This letter provides information about travel arrangements, what to bring, the facilities at Maho Bay, and the program schedule.

### Travel

There is no airport on St. John; you will need to fly to St. Thomas. Ideally, plan to arrive at the St. Thomas airport before 2:00 p.m. on the first Saturday of your program. You will depart after 3:00 p.m. the following Saturday.

**We suggest you arrive at the airport 2 hours before your scheduled departure time** Due to recent security initiatives in the US the state Department is looking at changes in travel document requirements to and from the Caribbean. Please check with your local travel agent for the most recent requirements to and from the US Virgin Islands.

### Arrivals

#### Group Transportation

Omega arranges for one group shuttle to Maho Bay from St. Thomas. The Omega shuttle leaves at 2:15 p.m. on arrival Saturdays from the St. Thomas airport; the Omega representative will be easy to find. This shuttle is not covered in your workshop fees and costs approximately \$35 (one way), which will be collected at the time the service is used. **There is no pre-registration for this pick up.** Your flight must arrive at the St. Thomas airport before 2:00 p.m. to allow sufficient time to make the shuttle.

#### Individual Transportation

If you are unable to take the 2:15 p.m. Omega shuttle, or prefer to travel to Maho Bay on your own, transportation is readily available and costs approximately \$35 one way.

1. Take a taxi or shuttle van from the St. Thomas airport to Red Hook landing (20–45 minutes).
2. Take a ferry from Red Hook landing to Cruz Bay on St. John. Ferries leave at 6:30 a.m. and 7:30 a.m., then hourly from 8:00 a.m. – 11:00 p.m.
3. From the Cruz Bay dock, you can take the island shuttle bus or a taxi to Maho Bay (approximately 30 minutes). Be aware that part of the ride is on a bumpy dirt road.

### Departures

An Omega group shuttle from Maho Bay to the St. Thomas airport will arrive at the airport at approximately 1:00 p.m. on Saturdays. If your flight leaves St. Thomas earlier than 3:00 p.m., you will need to travel to St. Thomas on your own.

#### Individual Transportation

The Cruz Bay Ferry runs hourly commuter ferries to St. Thomas from 6:00 a.m. to midnight. (Check times upon arrival on St. John.)

## **What to Bring**

It is best to pack light, as there is no porter service. Plan to hand-carry essentials with you in case your luggage is delayed in transit. In addition to your clothing (dress is very casual), beach gear (including a beach towel), and toiletries, the following items are highly important to bring:

- Hiking shoes or a sturdy pair of sneakers
- Flashlight (for getting around at night)
- Insect repellent and antibiotics, antihistamines, or sting kits if you have allergies.
- Sunglasses, sunscreen, and a sun hat.

## **Other items you may wish to bring:**

- Yoga mat
- Musical instruments
- Film (it is expensive to purchase on the island)
- Earphones (required if you are bringing a radio)

## **Money**

Credit cards are accepted at Maho Bay, though some places on the island do not accept them.

**There is no ATM at Maho Bay.** Plan to bring either cash or traveler's checks. There is an ATM at the Chase Bank in Cruz Bay, on St. John (a 30-minute ride from Maho Bay).

## **Accommodations**

The tent-cottages at Maho Bay Camps are very roomy and can comfortably accommodate two people. If you have not specified a roommate with your double-occupancy registration and wish to do so, please let us know. Otherwise, we will assign you a roommate of the same gender, unless you have selected the single occupancy option. Your housing assignment will be made upon arrival.

The accommodations are divided into three areas. There is a primary sleeping area separated by curtains from a living room/dining area that can be converted into a second sleeping area, and an open-air porch.

Each canvas tent-cottage is equipped with two comfortable single beds, and a couch that easily converts into a bed. The following are also provided: electric lamps, 110 volt outlets, a table and chairs, a cooler, bed linens, blankets, bath towels, and a chest that can be locked (you must bring your own lock). While meals are included in the week, each tent-cottage also has a 2-burner propane stove, pots and pans, and cups; bring some of your favorite teas and treats if you like.

## **Laundry**

There is a laundromat located at Maho Bay.

## **Community Bathhouses**

Bathhouses are located throughout the grounds. While there is no hot water, it is warm enough outside to make the air temperature showers refreshing. Maho Bay's only water supply comes from rain and the purchase of desalinated water and everyone is asked to contribute to water conservation. For hot showers, some guests bring a plastic portable shower bag; it is kept outdoors and uses solar heat to warm the water.

### **The Maho Bay Store**

The store carries a variety of foods, breads, dairy products, vegetables, canned foods, juices, sodas, beers, wines, and additional items. No hard alcohol is sold.

### **Massage**

A variety of bodywork services provided by qualified Omega therapists available during your stay. If you wish to make an appointment, you may do so upon your arrival. A schedule will be posted on the bulletin board near the buffet tables. The approximate cost is \$75 per session.

### **Program**

The program schedule will generally be as follows. This schedule may vary depending on the workshops for your specific week. Days begin with an optional yoga or movement class that is offered from 7:00–8:00 a.m.

	10:00 a.m.–noon	2:00–4:00 p.m.	Evenings
Saturday	Arrival	Arrival	Welcome, settle in, opening talks
Sunday	Workshops	Workshops	Community Gathering
Monday	Workshops	Workshops	Workshops
Tuesday	Workshops	Workshops	To be announced
Wednesday	Free Time	Free Time	To be announced
Thursday	Workshops	Workshops	To be announced
Friday	Workshops	Workshops	Concert
Saturday	Departure		

Other evening programs are organized by Maho Bay and/or the National Parks Service; information for these will be provided on site. For the benefit of all, quiet hours begin at 10:00 p.m.

### **Meals**

Meals are prepared by Maho Bay staff, based on menus from Omega’s Rhinebeck, New York campus, and are primarily vegetarian, although there may be some chicken and fish entrees. Breakfast is served from 8:00–9:30 a.m., lunch from noon–1:00 p.m., and dinner from 6:00–7:30 p.m. There will be no dinner served on Wednesday evening. People may eat in town or purchase a meal directly from Maho Bay Camps.

### **Exploring**

Maho Bay is situated on a hillside with three beautiful bays below and has rental equipment available for snorkeling, sailing, wind surfing, and sunfish sailing. Arrangements can also be made for scuba diving and additional activities. Most of St. John belongs to the Virgin Islands National Park and the Park Service also schedules daily events. You can hike or shuttle to most places on the island, or rent a car or jeep for approximately \$60–\$70 per day. There is an on-site activities desk at Maho Bay with information about boat trips, hikes, and other events and activities.

### **Cancellation and Refund Policies**

A full refund, less a \$100 processing fee, will be offered for cancellations made on or before the close of business 45 days before the beginning of your program. No refunds will be offered for cancellations made with less than 45 days’ notice, if you do not show up, or if you leave early.

**Cancellation Deadlines:**

Week 1 (January 10-17, 2009) November 26, 2008

Week 2 (January 17-24, 2009) December 3, 2008

Week 3 (January 24-31, 2009) December 10, 2008

Travel insurance is recommended to cover your nonrefundable air and land transportation costs in the event that you need to cancel or change your travel plans. Ask the travel agent when you make your flight reservations.

**Contact Information on St. John**

Maho Bay Camps

Box 310, Cruz Bay

St. John, U.S. Virgin Islands 00831

Telephone Messages: 340.715.0501

Fax: 340.776.6504

Before you know it, you will be heading for the Caribbean! If you have any questions that were not answered here, please call Omega Registration\* at 800.944.1001 or email us at [registration@eomega.org](mailto:registration@eomega.org). We look forward to meeting you and sharing a great time on this lovely island.

Warm wishes,

Stephan Rechtschaffen

Chairman/Cofounder, Omega Institute

**\*Registration Hours**

Monday–Thursday from 9:00 a.m.– 5:00 p.m., Friday 10:00 a.m.– 5:00 p.m. EST