ZUMBA®

R·E·T·R·E·A·T

24 - 28 Feb 2027



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!



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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.

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:

Individual / Double room / Triple room/

Meals:

Breakfast included

Lunch included

Dinner 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?





Catamarán 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.







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Master classes

Enjoy the greatest Zumba Master classes with our international Zumba Presenters



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







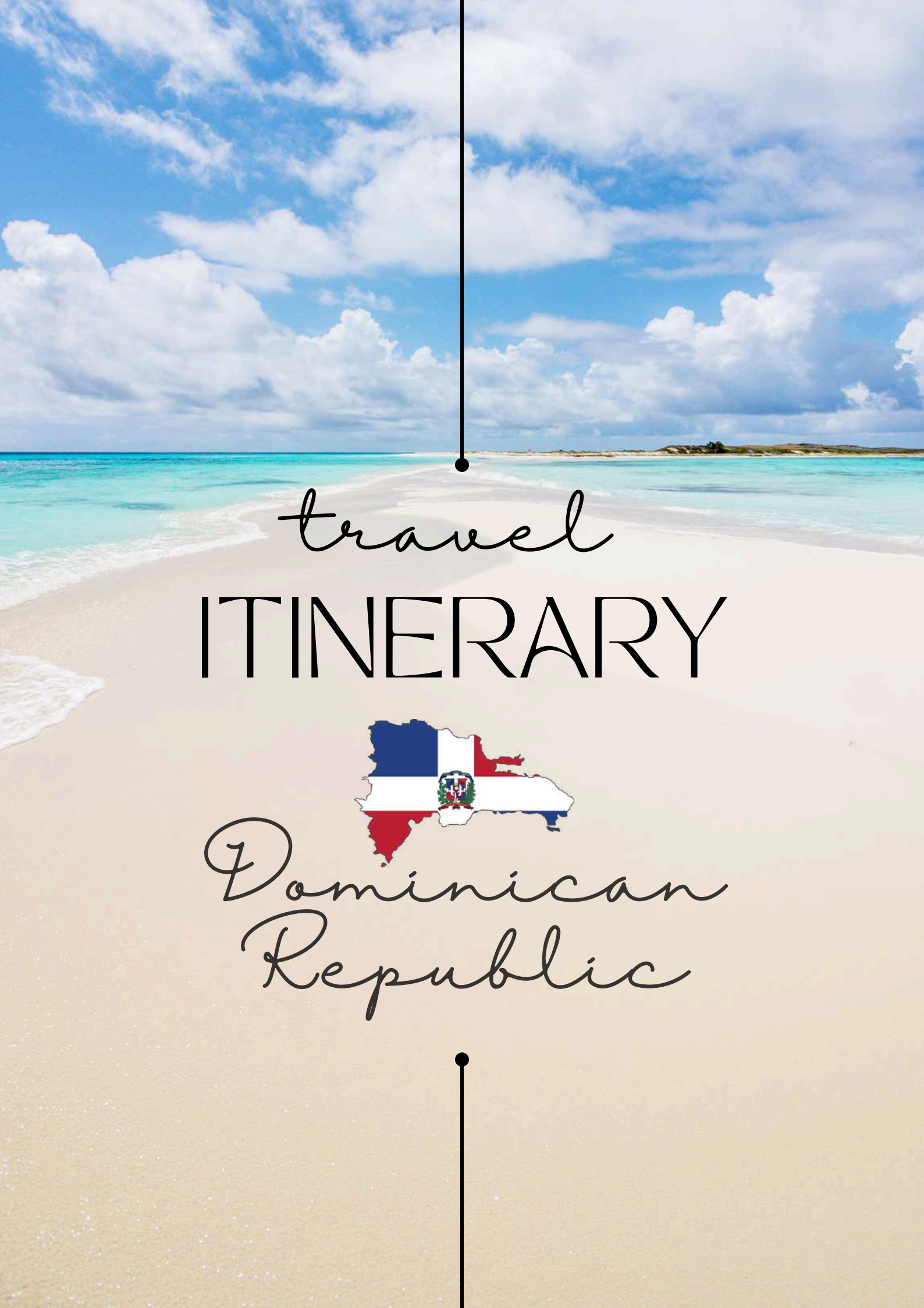
Transformation, growth, mindfulness and body awareness.
Our retreat also gives you the space to relax and reconnect with your body and mind through classes of yoga, meditation, and sound healing.

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



Day 1
24 February

2:00PM: BUS LEAVES FROM SANTO DOMINGO (SDQ) AIRPORT TO EL VALLE

5:00PM: CHECK IN

8:00PM: WELCOME DINNER & CEREMONY

9:30PM: WELCOME PARTY



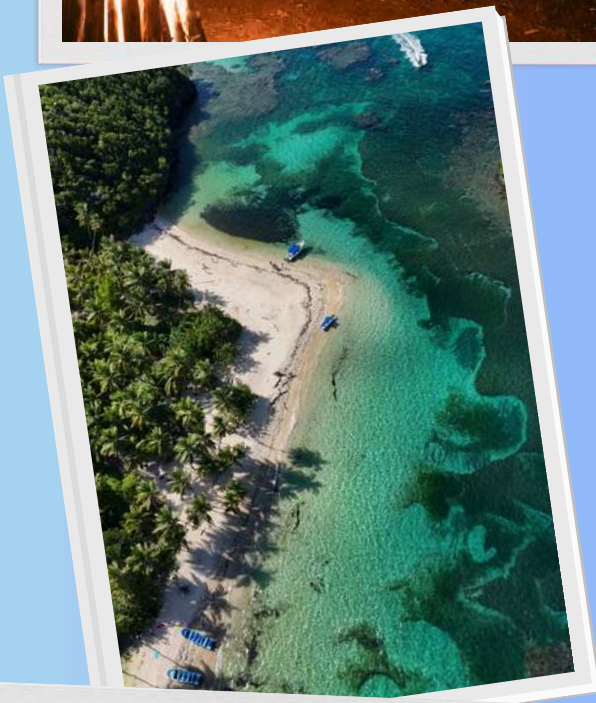
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Day 2
25 february

08:00AM: VINNYASA YOGA CLASS

10:00AM: ZUMBA MASTER CLASS

12:30PM-4:00PM: EXCURSION TO 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!



8:00PM: DINNER

9:00PM: SOUND HEALING EXPERIENCE



Travel itinerary

Day 3
26 February

08:00AM: YOGA & MEDITATION

10:30AM: ZUMBA MASTER CLASS

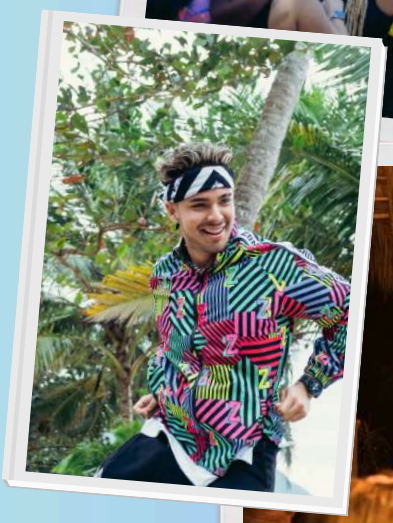
2:00PM: LUNCH AT THE BEACH

4:00PM: ZUMBA MASTERCLASS

8:00PM: DINNER

9:00PM: MOTIVATIONAL SPEECH







Day 4
27 February

8:00AM: BREATHWORK & ICE BATH

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 Zumba International Presentaers to the paradisiacal island of Cayo Levantado.



LUNCH AT CAYO LEVANTADO

8:00PM: DINNER

9:00PM: FAREWELL JUNGLE ZUMBA PARTY

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

Dress code: white



Travel itinerary



Day 5

28 February

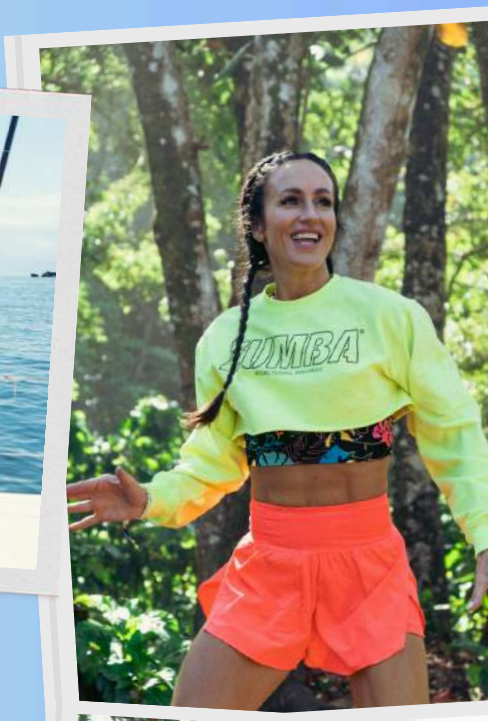
08.00 – 10.00 BREAKFAST

CHECK OUT FROM HOTELS

10:00 BUS LEAVES TO SANTO DOMINGO AIRPORT







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FULL PACKAGE

Includes:

- TRANSFERS FROM SANTO DOMINGO AIRPORT TO EL VALLE WITH THE OFFICAL SHUTTLE BUS, DEPARTS AT 2PM FROM SDQ
- 4 NIGHTS AT ONE OF THE JUNGLE BOUTIQUE HOTELS
- ALL BREAKFAST , LUNCH AND DINNER
- ALL ZUMBA MASTER CLASSES
- ALL ZUMBA PARTIES
- EXCURSION TO PLAYA ERMITAÑO VIRGIN BEACH
- EXCURSION WITH A CATAMARÁN TO CAYO LEVANTADO ISLAND
- GUIDES AND ANIMATORS
- YOGA CLASSES
- ICE BATH SESSION
- SOUND HEALING
- INSPIRATIONAL TALK WITH KASS MARTIN & STEVE BOEDT
- BIG ZUMBA CLOSING PARTY
- ASSISTANCE FROM THE ORGANIZATION 24HOURS DURING THE EVENT
- TRANSPORTATION BACK TO THE AIRPORT (BUS DEPARTS AT 10AM)

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

JUNGLE ROOM

Shared room with 2 or 3 person, individual bed, private bathroom, wifi in lobby, fan



$ 2050/PERSON



SUITE VIP

shared double room, 1 king-size or 2 individual bed, private bathroom, AC, wifi in room

$ 2150/PERSON

INDIVIDUAL ROOM

1 queen size bed , private bathroom, AC, wifi in the room.



$ 2450/PERSON

Reserve your spot Now for ONLY

500$

and pay the rest later

How to arrive



FROM SANTO DOMINGO AIRPORT

We'll provide a bus from Santo Domingo airport at 14:00 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 10am with Caribe Tours. Estimated time: 2,5 hours. Any question don't hesitate to contact us.

FROM PUNTA CANA AIRPORT

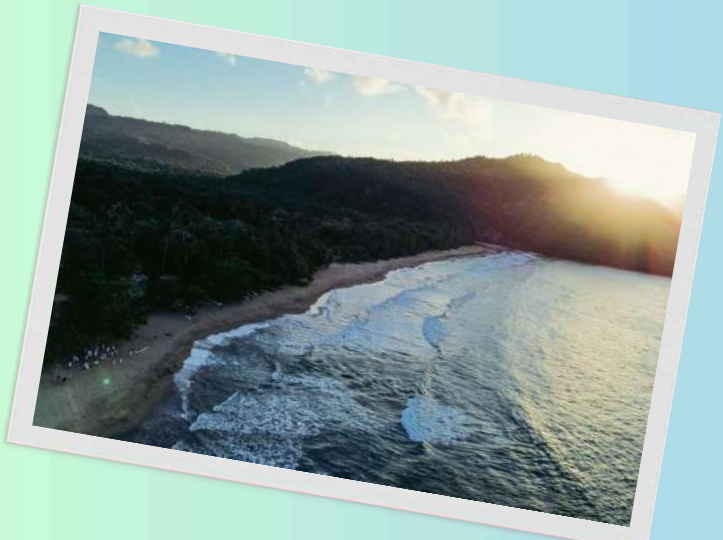
Punta Cana is quite far from Samana (6 hours) so we do not recommend to arrive to Punta Cana Airport.

FROM OTHER POINTS

If you need help to find a way to get here from another place, we're here to help you to find the best solution. Contact us via email or WhatsApp.

Where is El Valle?

El Valle is a village located on the north coast of the Dominican Republic in the Samana Peninsula, a 20 minute drive from Samana town. It is a little town in the middle of the tropical jungle surrounded by virgin beaches and waterfalls. It is a 3 hour drive from the Capital city, Santo Domingo. You can find it here on Google maps.





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.

CASH

It’s very important to have cash with you to make purchases in El Valle. El Valle is a little village in the middle of the nature, therefore you can not pay by card at any businesses. All local stores, restaurants, bars, or beach vendors only accept cash (preferably Dominican pesos).

ENTRY INFORMATION

To enter the Dominican Republic you have to complete a mandatory electronic Customs Form required by each passenger to enter the country.
You can access it via this link: https://eticket.migracion.gob.do/

ELECTRICITY

In the Dominican Republic they use the American outlet plug of 2 pins (type A). If you have European devices, you'll need an adaptor. Please be sure to bring your back-up battery for cell phones, as the power may go out unexpectedly.

LOCATION AND TRANSPORT

El Valle is a small village near the beach with gravel roads, so plan your footwear accordingly. Accommodations are in the jungle & spread out over 4 different hotels with rustic features, some with open windows, sliding doors. Hotels are dimly lit at night but they do have security guards & cameras for safety. Please be aware there is no cell signal in El Valle but you can connect to Wifi at hotels.

ACCOMMODATION AND SURROUNDINGS

El Valle is a small village near the beach with gravel roads, so plan your footwear accordingly. Accommodations are in the jungle & spread out over 4 different hotels with rustic features, some with open windows, sliding doors. Hotels are dimly lit at night but they do have security guards & cameras for safety. Please be aware there is no cell signal in El Valle but you can connect to Wifi at hotels.

CLIMATE AND NATURE

Average daytime temperature is 26°C (78 °F). During the night, temperatures drop a bit & the breeze can cool things down. Tropical rain storms are very common in the jungle, so please be prepared for that.

At night there is a symphony of jungle sounds with crickets & frogs & even roosters at times. Some people love it & for some it can be a bit too loud so we recommend that you bring earplugs if you are a light sleeper.

There are no deadly species or animals in the region! Keep in mind you will be staying in a natural jungle setting where you will see exotic insects, critters & stray dogs.

FAQs

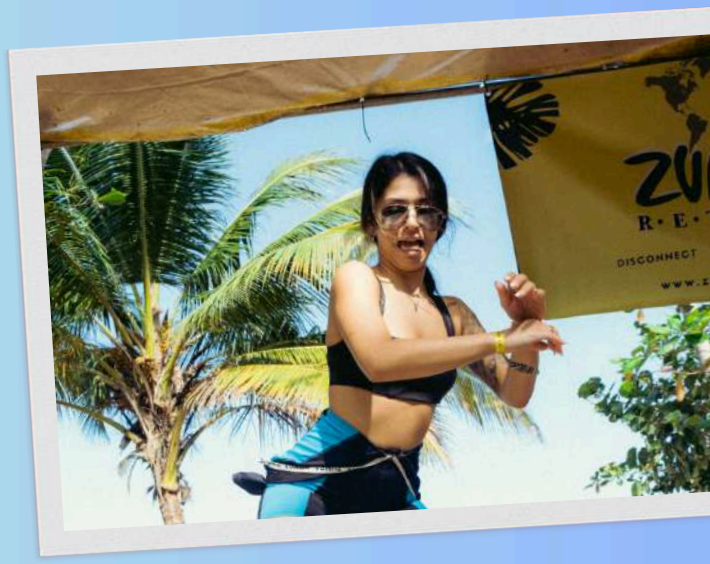


CAN I TRAVEL ALONE?

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?

ALL the meals are included.
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 avarage 15$/meal.
Most of the meals that are included are based on the dominican cuisine so you can really expereince 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 offer modern apartments as well with AC and high speed internet in the room. Make sure that you select the accommodation type that meets your needs.

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LAST CALL PRICE

from **$2050**

5 DAYS 4 NIGHTS

IN THE DOMINICAN PARADISE

EL VALLE, SAMANA,
DOMINICAN REPUBLIC

INFO@ZUMBARETREAT.COM

WWW.ZUMBARETREAT.COM

BOOK NOW