



THE  
BACHATA  
RETREAT

1-7  
APRIL  
2025





# What is the Bachata Retreat?

A week-long retreat event created for dancers, passionate about bachata and salsa, who love nature, adventure and are also interested in personal development. People who want to disconnect in paradise, and reconnect with their true essence through dance, yoga, meditation, and sound healing. A retreat where you will embrace the roots of bachata and discover Dominican paradise.



## *Dance*

Embrace the roots of Bachata. We will take you to the heart of the Dominican Republic, where everything started. You will learn about Dominican culture, the different dance styles from the best local instructors on the island. 6 hours of workshops and more than 30 hours of social dance.



## *Discover*

Our excursions include the most spectacular places in the region, including: virgin beaches, waterfalls, natural pools, Dance Party on a Catamaran, driving through dunes on a Quads, while drinking fresh coconut water from the tree. The natural beauty of Samana is breathtaking and it's time for you to discover it!



## *Reconnect*

The unique energy of the valley of El Valle has made it a popular destination for yoga and spiritual retreats. We will tap into the energy of our surroundings by including activities such as yoga, meditation and sound healing.

# Accommodation

Welcome to El Valle, Samaná! Where the Bachata Retreat was born, in the heart of the Dominican jungle.



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

## **Accommodation Options:**

Double room / Triple room/ Quadruple/ Private bungalow

## **Meals:**

All Breakfast included

All Lunch included

# Excursions



*You will be visit the most spectacular virgin beaches, while dancing and drinking fresh coconut water from the coconut tree.*

## *Included*

- Excursion to Playa Ermitaño - a virgin beach, a sanctuary of peace and relaxation, with no one but us, and our music surrounded by mountains, coconut trees and reefs. Perfect for snorkeling.
- Cascada El Limón is the most impressive waterfall on the Samaná peninsula. We will bathe in its natural pool, under a 40-meter waterfall surrounded by tropical jungle.

## *Optional – Fiesta Catamarán*

Price: \$95 usd

- The excursion you can't miss! We will sail through the Caribbean Sea on a private Catamaran with local entertainers, and dancers to the paradisiacal island of Cayo Levantado (also known as Bacardi Island). We take over the island with our bachata and party and swim in the ocean until sun goes down.

# Dancing



*We will be dancing on the beach by day... around a bonfire at night... and in the most authentic Dominican clubs with our DJs, entertainers, and local instructors. An authentic dance experience, where you will embrace the roots of Bachata.*

## *Workshops*

Learn Dominican footwork from our local instructors, couples Bachata, and what is most popular in the Dominican Republic right now: Dembow.

Sensual Bachata lovers, we have some surprises for you as well!

## *Social Dance*

More than **40 hours** of social dance on the Catamarán, at virgin beaches, on the street of El Valle jungle village and in the clubs of Las Terrenas. An immersive experience into Dominican culture and the roots of Bachata.

# 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, Sound Healing 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.

APRIL  
1-7  
2025

THE  
**BACHATA**  
RETREAT

DOMINICAN  
REPUBLIC



ARTISTS

**SAMY EL MAGICO**

Laura del Vecchio

**OFIR & OFRI**

Lera Dancera

**FRANK BACHATA**

Aury Tudda

**FARIFEO**

Franky el Suave

**LOS MELLLOS**

Wonderly

# Travel Itinerary

*Day 1*

TUESDAY, APRIL 1

**2PM: MEETING AT SANTO DOMINGO (SDQ) LAS AMERICAS AIRPORT AND TRANSFERS TO EL VALLE (SAMANA) BY BUS**

The official shuttle bus to El Valle from the airport that is included in your package leaves at **2pm!!** If you arrive way earlier or later we can help you to organize a private transfer at an extra cost. Please contact us if you need assistant in your arrival to El Valle.



**8PM: WELCOME DINNER**

Taste the delicious dominican flavours, next to the Caribbean sea with smooth sand under your feet. It's time to embrace, you arrived to Paradise.

**9PM – 12AM: WELCOME CEREMONY & SOCIAL DANCING**

A ceremony to connect and get to know each other. We set the tone for the entire week, and we elevate our vibration to experience every dimensions of this Retreat. After the ceremony its time to dance!



Dinner included

*Day 2*

WEDNESDAY, APRIL 2

**7:45 AM – 8:30 AM: VINYASA YOGA**

**10AM – 5PM: 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!

**9PM-10:30PM: SOUND HEALING EXPERIENCE**

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.



Breakfast & lunch included



# Travel Itinerary

Day 3

THURSDAY, APRIL 3

**8:00AM – 9AM: MORNING YOGA**

**10:00AM – 1:00PM: WORKSHOPS**

Workshops with our local & international artists: Dominican footwork, Dominican couples bachata, Bachata Sensual, Salsa & Dembow.

**1:30 PM: LUNCH AT THE BEACH**

**3:30PM – 5:30PM: BOOTCAMPS (EXTRA COST)**

Suprise bootcamps with our International artists. Pre-registration is required! Limited spots available

**8PM: JUNGLE PIZZA NIGHT (OPTIONAL)**

**9PM – 2AM: PARTY IN LAS TERRENAS**

After all the intensive workshops, we go by bus to Las Terrenas, the birth place of Dominican bachata. A night of live music with pure bachata and salsa awaits us, in one of the most cosmopolitan areas of the Dominican Republic.



Breakfast & lunch included



# Travel Itinerary

Day 4

FRIDAY, APRIL 4

**7:45 AM – 8:30 AM: YOGA & STRECHING**

**10:30 AM – 12:30PM: WORKSHOPS**

Workshops with our local & international artists

**1:00PM: LUNCH AT THE BEACH**

**2PM – 6PM: THE BIG POOL PARTY**

Pool party a Unique infinity pool, overlooking the jungle & El Valle. Fiesta with our whole animation team & artists.

**9PM-10:30PM: SOUND HEALING EXPERIENCE**

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.



Breakfast & lunch included



# Travel Itinerary

Day 5

SATURDAY, APRIL 5

**7AM – 8:30 AM: ICE BATH**

**10AM – 6PM:  
CATAMARAN PRIVATE PARTY**

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



**8PM: BURRITO NIGHT (OPTIONAL)**

**10:00PM – 1:30AM: SOCIAL DANCING EL VALLE**



 Breakfast included & lunch included (only on the Catamarán)

# Travel Itinerary

*Day 6*

SUNDAY, APRIL 6

**10M – 2PM: EL LIMÓN WATERFALL**

Cascada El Limón is the most impressive waterfall on the Samaná peninsula. We will bathe in its natural pool, under a 40-meter waterfall surrounded by tropical jungle.

**5PM – 3AM: FAREWELL JUNGLE PARTY**

The ultimate sunset farewell beach party! Do not miss the sunset it will be spectacular, with all the animators, teachers, participants and organizers with whom we have shared this unforgettable retreat.

Our DJ will make us dance until dawn, with live performances by Dominican artists surrounded by the mountains of Samaná.

**8PM: FAREWELL DINNER**



Breakfast, lunch, dinner included



*Day 7*

MONDAY, APRIL 7

**7:30AM – 9AM: EARLY BREAKFAST**

**9AM: TIME TO SAY GOODBYE**

The official shuttle bus that is included in your package, leaves at **9am** from El Valle to Santo Domingo Airport. Bare in mind that the drive is 3 hours to the airport. If you want to arrange a private transfer to the airport at an other time you can do it at an extra cost. Contact us if you need assistant

From  
**\$1,750**

# PRICE FOR THE BACHATA RETREAT

## *Includes:*

- OFFICIAL SHUTTLE TRANSFERS FROM & TO SANTO DOMINGO AIRPORT
- 6 NIGHTS ACCOMMODATION AT ONE OF THE JUNGLE BOUTIQUE HOTELS
- BREAKFAST AND LUNCH DAILY
- WELCOME DINNER
- BONFIRE PARTY AT THE BEACH
- ALL BACHATA, SALSA & DEMBOW WORKSHOPS
- ALL NIGHT PARTIES IN LAS TERRENAS
- ALL BEACH PARTIES
- ROOFTOP PARTY IN SAMANA
- MORE THAN 30H OF SOCIAL DANCING
- BACHATA PARTY IN THE JUNGLE VILLAGE EL VALLE
- EXCURSION TO CASCADA EL LIMÓN INCLUDING FOOD
- EXCURSION TO PLAYA ERMITAÑO INCLUDING FOOD
- GUIDES AND ANIMATORS AT ALL ACTIVITIES
- JUNGLE POOL PARTY
- ALL YOGA CLASSES
- SOUND HEALING SESSION
- FAREWELL DINNER & PARTY
- ASSISTANCE FROM THE ORGANIZATION 24HOURS DURING THE EVENT

RESERVE YOUR SPOT NOW WITH ONLY:

**\$500** usd Deposit

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, ANY OTHER OPTIONAL EXCURSION LIKE THE CATAMARAN PARTY, HEALTH INSURANCE, AIRPORT TAXES, 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

# RETREAT PACKAGE PRICES

## HOTEL ROOM OPTIONS

All hotel options include the full ticket of the Bachata Retreat (listed on previous page).

### JUNGLE ROOM

Quadruple room: 1 king bed and 2 individual beds, loft space, private bathroom, infinity pool, wifi in lobby. Shared room with 4 persons.



**\$ 1,750** usd / person



### JUNGLE CABIN PREMIUM

Shared room, 1 King-size bed, or 2 individual beds, beautiful private bathroom, spacious private bathroom, pool, wifi in lobby.



**\$ 1,850** usd / person

### JUNGLE SUITE VIP

Shared room, Modern luxury in the jungle, A/C, glass windows, refrigerator, 1 king size bed, private bathroom, wifi in your room



**\$ 2,050** usd / person



### INDIVIDUAL JUNGLE ROOM

Single occupancy: 1 queen bed, spacious private bathroom, swimming pool, wifi in lobby. Private room.

**\$ 2350** usd / person

# Pre-Parties

You are coming from abroad and would like to arrive earlier to get ready for the experience?

Want to live the most authentic bachata experience?

Want to get to know the capital city?

*Day 1*

SUNDAY, MARCH 30

## **8PM: OPEN AIR PARTY - LIVE CONCERT**

Dance in the main square of The Colonial Zone of Santo Domingo with live music in the coolest area of the city. Merengue, Bachata y Salsa all the caribbean flavours in one concert!

## **10PM: MUSEO DEL RON - SOCIAL DANCING**



*Day 2*

MONDAY, MARCH 31

## **10AM: GUIDED TOUR IN SANTO DOMINGO**

Get to know the first city of the new world. Guided tour in famous Santo Domingo, the capital of the Dominican Republic.

## **5PM: SOCIAL DANCING AT BATEY**

The most authentic local bar of the whole country! Bachateros from all over the DR come here every monday to show their talent and dance bachata through the whole night. You probably recognize the bar from the viral instagram videos. Time to experience it for yourself.



## **WHAT IS INCLUDED IN THE PRICE?**

- first day open air preparty with live concert & night party in a local club (Mueso de Ron)
- transportation to Batey from Santo domingo city center
- second night preparty at Batey
- 24 hours assistance from our staff
- transportation to El Valle on the last day from Santo Domingo city center

FULL PRICE FOR THE 2 DAYS

**\$250**

# Detox

Want to relax and decompress after a week of dancing?  
Want to spend a few extra days in paradise?

*Day 1*

MONDAY, APRIL 7

## **9AM: OPENING CEREMONY - YOGA - ICE BATH**

Start your detox off the right way with a restorative ice bath and yoga session. Here is where the relaxation begins.

## **11AM: BRUNCH AT LEISYS GARDEN**

Enjoy a delicious and fullfilling brunch by Leisy's Garden. The perfect meal after a morning of rejuvenation

## **5PM: CACAO CREMONY & SOUND BATH**

A led cacao ceremony to cleanse and rejuvenate you, followed by a sound healing experience to really allow you to relax.

## **7:30PM: DINNER AT EL VALLE LODGE**



All meals included



*Day 2*

TUESDAY, APRIL 8

## **ICE BATH & BREATHWORK**

Another ice bath right in the heart of the jungle with breathwork before during and after to help you receive the most benefit

## **BREAKFAST**

## **MUD CEREMONY & SECRET WATERFALL TOUR**

A short hike to a secret waterfall right here in El Valle, where we will use the natural mud to cleanse the skin

## **SUNSET DRUM CIRCLE**

Gather together at sunset for a peaceful drum circle to relax and finsish off the day.

## **DINNER AT EL VALLE LODGE**



all melas are included







# Detox

Day 3

WEDNESDAY, APRIL 9

## MEDITATION & BREATHWORK

One final meditation & breathwork session in the jungle to prepare you for your journey home after the week of your dreams

## BREAKFAST



## WHAT IS INCLUDED IN THE PRICE?

- accommodation for 2 nights
- all meals included (breakfast, lunch, dinner)
- all wellness activities: meditation, yoga, icebath, breathwork
- excursion to a secret waterfall & mud ceremony
- sunset drum circle
- cacao ceremony & sound bath
- 24 hours assistance from our staff
- transportation to SDQ airport on the last day

FULL PRICE FOR THE 2 DAYS

\$450





# How to arrive

## FROM SANTO DOMINGO AIRPORT (SDQ)

We provide a private bus from Santo Domingo airport leaving at **2pm** to El Valle. If you arrive way earlier or later we can help you to organize a private transfer at an extra cost. Please contact us if you need assistance in your arrival to El Valle.



## 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 is the Dominican Peso. However, American dollars are also accepted in most establishments. The best places to exchange currency are local exchangers in El Valle & 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 & TRANSPORT

El Valle is located in the Samana Peninsula, in the northern part of the country. It is approximately a 3 hour bus ride from Santo Domingo airport. The Bachata Retreat only provides one shuttle bus from Santo Domingo to the hoteles in El Valle on arrival day & departure day. For all activities there will only be one bus provided. Any additional transport will be an out of pocket expense.



## ACCOMMODATION & 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 & 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.



# FAQ

## CAN I TRAVEL ALONE?

Yes, as other dance festivals you can travel alone and you'll share a room/bungalow with someone who is also coming alone (same gender). Or you can also select the individual room option.

## WHAT IS THE DANCING LEVEL FOR THE EVENT?

It's made for amateur dancers, so all levels are welcome! No matter if you are beginner, intermediate or advanced level dancer, you will enjoy every moment of the trip!

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

All of the organizers speak fluent English and all the Bachata Retreat information will be provided in English and Spanish. Dancing is an international language! :)

## WHAT ABOUT FOOD AND MEALS?

During the entire Retreat every breakfast and lunch are included in the price. For lunch we mainly serve local Dominican food which is rice with beans, fried plantain, different type of salad and fish or chicken. You will love the Caribbean flavours and the fresh fruits and fresh fish from the sea. We have a dinner package that you can also buy separately to join all the organized meals. However you also have the option just to try the local restaurants and different meal options in the area.

## HOW IS THE RESERVATION PROCESS?

Go ahead to our website ([www.thebachataretreat.com](http://www.thebachataretreat.com)) and select first which accommodation option would you like to have. The prices that you see reflects the accommodation type + the full ticket of the Retreat with all the activities, parties, workshops, transfers, meals included. The price is per person not per room! Once you selected your accommodation, you will secure your spot with only a \$500 deposit. To complete the rest of the payment you have time until 30th of November 2024. Payment plan is also an option. Please contact us by email if you need a payment plan.



# THE BACHATA RETREAT



## LAST CALL PRICE

From

# \$1750

7 DAYS 6 NIGHTS

ONLY FOR 50 LEADERS AND  
50 FOLLOWERS!

**BOOK NOW**



EL VALLE, SAMANA, DOMINICAN  
REPUBLIC



[INFO@THEBACHATARETREAT.COM](mailto:INFO@THEBACHATARETREAT.COM)



[WWW.THEBACHATARETREAT.COM](http://WWW.THEBACHATARETREAT.COM)