



SISTAHS JAMMIN'®

**Registration
Packet**

Join Us July 1 - July 8, 2012

About Sistahs Jammin'

The Getaway

It all began in 1999 as a little trip to Jamaica, Founder Kay Holness's mother country. Kay had just read the book "Sacred Pampering Principles" by speaker, author and success coach Debrina Jackson Gandy.

As she read and internalized Ms. Gandy's 24 sacred pampering principles, she recognized that as a full-time entrepreneur, mother, wife, daughter and listener, she rarely had the time to even attempt to take care of herself...she was too busy taking care of others!

Kay knew that she needed time away from the obligations, phone calls, emails, questions and expectations. She needed time away from the constant buzz that permeated her time.

What better place to get away from it all than the island of Jamaica?

The Indulgence

Co-yah'bah n. From the native Arawaks; a place of ease and rest where time is spent feasting and dancing: a kind of heaven.

A private stretch of white sand beach runs the full length of the property providing the perfect backdrop for tropical lounging. Service is presided over by long serving staff who take personal interest in your comfort. Three restaurants and bars on the property range from beach casual to eclectic New Caribbean Cuisine.

Full service facilities on property include water sports, tennis court, gym and massage with golf, diving and horseback riding within 5 minutes drive.

The Sistahood

Become a member of our sisterhood of daughters, mothers, grandmothers, and aunts, as we come together and connect over sumptuous meals, play on the beach, laugh at the jokes and maybe even shed a few tears as we "let go". Sistah's Jammin' is a unique experience that is our Platinum Link: Every year we shine and buff it to a high gloss so as to move forward in life and love stronger and better than before.

The Freedom

So join us, as we take the opportunity to develop ourselves personally (not professionally), and address the many challenges and pressures that we (not others) face every day, without judgment.

It is Sistah's Jammin' intent and divine purpose to prepare a sacred space and healing venue for your advancement and spiritual growth.

Our program is designed to stimulate and rejuvenate the soul in a comfortable, fun-filled and beautiful environment.

***The Ackee:
Poisonous when closed...
Beautiful and nourishing when open.
Just like a woman.***



Sample Activities & Events

Sistah's Jammin' is a unique spiritual women's retreat that is annually coordinated by a native Jamaican (Karaine Holness). It is an experience that you have to be open and receptive to receive. It may involve you confronting past hurts. However, Sistah Jammers provide a nurturing environment with the aid of a life coach (Star Waters), who share tools as you unveil, confront, reflect to eventually embrace and empower the real you. Therefore, it can be a life changing experience for you, as you discover your intended life's purpose.

You will experience the essence of the Jamaican culture, local food, authentic driving to off the beat scenic places that no other travel or tour group will provide. You will laugh, party and remain connected with this group of Sistah's and past Sistah Jammers throughout the year, either on your own or through Kay as a source of support, friendship and at times may help you with personal issues that may arise.

Whatever is discussed or experienced in Sistah's Jammin' remains a secret with the group. So plan on coming to Jamaica open minded to receive all that God intended you to receive.

Dr. Jackie Satchell-Jones, CT
Jammer from '05, '06, '07

Living Freedom: Rebirth

You've just arrived in beautiful Jamaica!! Smell the ocean-scented air and feel the warm breezes that tell you "You are not in (insert city name) anymore!" Oh, what to do, what to do? It's time to attend the All White*celebration and rejoice in your rebirth. It's a night of zero obligations, great food and meeting with Sistah' Jammers, SJ Virgins (first-time Sistah' Jammers), JA Virgins (first time in Jamaica), and Born-again Virgins (10+ yrs since a personal vacation).

Dinner at the Coyaba
Introductions
SJ Orientation

**All White Attire is strongly suggested to signify your new beginning.*

Spiritual Freedom: Thankful Circle

We start our mornings with The Thankful Circle™, an ocean cleansing therapy that enables you to feel the joy and warmth of the rising sun, while remembering what you are "thankful for" on that day. You will feel the spirituality that is God, Jesus, Mohammed and/or Mother Earth; all are welcome wash troubles away and just feel...for you.

Morning Prayer (Non-Denominational)
Hot Tub
Breakfast

**Swimsuits are strongly suggested.*

Mental Freedom: Breathe Girl

All the obligations, the whining, the absolute, grinding neediness of husbands, girlfriends, managers and children seem to constantly outweigh your wish for just a few minutes to yourself...to center YOU. This exercise will provide you with the breathing techniques that you need to occasionally check-out of the constant noise that surrounds you. Join us as we sit under the coconut trees, laugh and learn about breathing methods associated with Yoga.

Sexual Freedom: Loving Yourself

We start our mornings with The Thankful Circle™, an ocean cleansing therapy that enables you to feel the joy and warmth of the rising sun, while remembering what you are "thankful for" on that day. You will feel the spirituality that is God, Jesus, Mohammed and/or Mother Earth; all are welcome wash troubles away and just feel...for you.

Hors d'oeuvres
Building your Repertoire
Prize for Best Outfit



Registration Form

The completion of this form helps us formulate the schedule of events and functions for Sistah's Jammin' 10. We work hard to connect Sistah Jammers during the course of various activities. All information provided on this form is kept in the strictest confidence and is not shared with outside entities.

First Name

Last Name

Email

Primary Phone Number:
(Area Code First)

Purpose(s) of Trip

- | | |
|--|--|
| <input type="checkbox"/> Living Freedom | <input type="checkbox"/> Financial Freedom |
| <input type="checkbox"/> Spiritual Freedom | <input type="checkbox"/> Sexual Freedom |
| <input type="checkbox"/> Physical Freedom | <input type="checkbox"/> Mental Freedom |
| <input type="checkbox"/> Universal Freedom | <input type="checkbox"/> Other |

Emergency Contact

Emergency Contact #

How did you learn
about Sistahs Jammin'?

- | | |
|--|--|
| <input type="checkbox"/> Website | <input type="checkbox"/> Sistah Jammer _____ |
| <input type="checkbox"/> Sistah Circle | <input type="checkbox"/> Hair's Kay Client _____ |
| <input type="checkbox"/> Other | |

T-Shirt Size

- Small Medium Large X-Large XXL XXXL

What excites you about Sistahs Jammin' 10?



Payment Form

Reservation Policy Agreement

By signing this agreement the participant/traveler acknowledges that all reservations require a Non-Refundable Deposit of \$250.00. Payment due in Full by May 31st 2012.

- I want to participate in the Flexible Payment Plan.**
A Sistah's Jammin Representative will contact you with the details.
Participation in the Flexible Payment Plan Requires a Non-Refundable Deposit of \$350.00.
Please note, if paying online via PayPal, there is a 4% surcharge.
- Single Occupancy - Total Land Package Cost \$2500**
- Double Occupancy - Total Land Package Cost \$2100**

Roommate Name _____

(Land Only) Cost Includes:

VIP Accommodations, Air-conditioned rooms, Meals: Including Breakfast, Lunch, Afternoon Tea and Dinner at the Resort/Hotel; All Beverages (Alcoholic and Non-alcoholic), All Non-Motorized Water Sports, Tennis; Fitness Center Privileges, Private Ground Transportation and Airport Transfers.

Cancellation Schedule

Before February 28th 2012
Full Refund

April 4th 2012
50% Refund

After April 4th 2012
No Refunds

Send us your completed Registration Form
by email to: sistahsjammin@gmail.com

or mail your completed Registration Form,
Checks and Money Orders to:

Sistah's Jammin' LLC
c/o Karaine Holness
143 Fitch St
New Haven, CT 06515

There will be a \$50.00 Charge for all returned checks.

To make Credit Card Payments:
<http://www.sistahsjammin.com/pay/>

SJ Participant Signature _____ Date _____

