Dr Oliver Robinson: Pathways Between Head and Heart

**Frenchman’s Cove, Jamaica. 22-27 January 2019**

**(main party travelling from London 21st to 30th January 2019)**

Thank you for your interest in this event

Frenchman’s Cove is a private estate in an unspoilt part of the north east coast of Jamaica and is owned by Grainger Weston. It consists of 45 acres of rolling landscape with lush tropical vegetation. A small river runs through the grounds down to its own sheltered sandy beach. Dotted around the site are 18 spacious and secluded villas, plus a central building, the Great House, sleeping up to 24 in en suite rooms. Villas have a large living room, one or two bedrooms, en suite bathroom and a small kitchen. Most of them overlook the sea and all have patios for sitting out. The weather in February is usually warm and sunny (25 degrees) with occasional heavy showers and the sea is about 23 degrees, though it is cool where the fresh water from the river mixes with the sea.

Frenchman’s Cove is not a resort in the sense that most Europeans would understand the term. There are no TVs or radios in the rooms, although there is wifi access in the Great House, Reception and some villas. There is no ‘room service’, no minibars and no swimming pool. What it does have is stunning natural beauty and one of the best beaches in the Caribbean. There is plenty of wildlife, including hummingbirds and fireflies, and some nights baby turtles climb out of the sand and head for the sea! The staff are proud local Jamaicans who are courteous and good humoured, but not subservient. There is a beach restaurant where we have lunches and some dinners.

Optional Yoga, Qi Gong or Paneurhythmy in the early mornings will be held on a grassy promontory surrounded by the sea if weather allows and every evening there’s a chance to socialise over drinks and music at Villa 2.

**Accommodation.** Rooms at the Great House have twin beds and en suite facilities. They are on the first floor and most have a sea view. There are also two suites on the ground floor, consisting of bedroom, living room and bathroom.

The most spectacular views are from the villas. There are 18 in total with one, two or three bedrooms. We can arrange for additional beds to be provided in the living rooms to facilitate sharing.

**NOTE: Frenchman’s Cove is not suitable for those with limited mobility. You need to be able to manage stairs and walk distances of up to 2 km along paths which can be uneven and slippery. Comprehensive travel and medical insurance is essential!**

**Jamaican food is served at the beach restaurant. Whilst vegetarians and vegans can be catered for, people on restrictive diets may find it unsuitable.**

**Accommodation Packages, including breakfast and lunch each day and two evening meals (excluding drinks), and local taxes. All prices in US$. Other evening meals will be taken at local restaurants and will cost ~US$25.**

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| **Accommodation Type for 7 Nights (inc breakfast & lunch + 2 dinners)** | **Cost\*** |
|  |  |
| Great House Room - Single Occupancy | $ 1064.00 |
| Great House Room - Double Occupancy per person | $ 664.00 |
| Great House Suite - Single Occupancy | $1,295.00 |
| Great House Suite - Double Occupancy per person | $ 779.00 |
|  |  |
| One Bedroom Villa - Single Occupancy | $1,438.00 |
| One Bedroom Villa - Double Occupancy per person | $ 850.00 |
| Two Bedroom Villa - Double Occupancy per person | $1189.00 |
| Two Bedroom Villa - Four Person Occupancy per person | $ 726.00 |
| Three Bedroom Villa - Three Person Occupancy per person | $1,118.00 |
| Three Bedroom Villa - Six Person Occupancy per person | $ 690.00 |
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Additional night’s cost as follows.

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| --- | --- |
| Great House Room |  $120.00 |
| Great House Suite | $154.00 |
| One Bedroom Villa | $175.00 |
| Two Bedroom Villa | $271.00 |
| Three Bedroom Villa | $372.00 |
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**Accommodation is payable in advance of travel**

Registration is £300 per person or £550 per couple and this should be paid by bank transfer to Barclays bank **FC Conference Committee, Account No 53766284 Sort Code 20-24-64,** or by cheque made out to FC Conference Committee and posted to

Frenchman’s Cove Conference, Charbonnel-et-Walker Ltd, 1 Royal Arcade, 28 Old Bond Street, London W1S 4BT

I hope you will join us! If you would like to register, please contact me and I will send you a registration form to complete and return to jo.humphris@charbonnel.co.uk (or dianaclift@yahoo.co.uk if there are delivery problems) , or post to the address above

The main party from Europe is travelling on BA flight 2263 from London Gatwick to Kingston on Monday 21st January at 12.10 (arrive 17.15) and returns on Wednesday 30th January on BA2262 (departs Kingston 19.30 arrives 09.20 on the 25th). David Lorimer and Patsy Carter will look out for you at Gatwick. They will be looking after the group on the journey. The flight will be met by a coach. The journey from Kingston is over the mountains on bumpy roads and takes nearly three hours.

The cost of airport transfers and local transport in the Port Antonio area will be about US$100 (depending on numbers) for those travelling on the minibus. This excludes major excursions which will be paid for at the time. We can arrange airport transfers for those arriving on other flights, but this will cost about US$150 for a taxi each way from Kingston (proportionately less for more than one travelling together). Taxis can also be arranged to meet those arriving at Montego Bay. This is a 4-5 hour journey, but on better roads.

We anticipate organising outings to local beauty spots and/or rafting on the Rio Grande and a boat trip to the Blue Lagoon with opportunities for snorkelling. These will be payable at the time

We hope you will join us at this unique venue for a wonderful week of conference, exploration and recreation.

Diana Clift July 2015