

# SAAS OUTDOOR & TRAVEL

# CARIBBEAN

# ECOLOGY & YOGA

**April 9-17, 2025**

**12 Upper School Students**

**Cost: \$4500**

**TRIP LEADERS: Nura Madjzoub, Tessa Sechler, Ally Choate**

This unique experience offers students the chance to explore the beautiful Caribbean island of Curaçao, while embarking on a journey of self-discovery through yoga, reflection, and mindfulness. Each day will begin with yoga sessions designed to help us see the connections between our inner self and the environment we live in through journaling, breath work, movement, and rest. These yoga sessions will connect with the daily ecology talks from a marine biologist who has conducted research on the island. Our learning will come to life in our daily snorkeling excursions around the island, where we will get to explore the vibrant marine life of Curaçao and see firsthand the delicate balance of underwater ecosystems. We will have an opportunity to identify species and discover how our actions impact the oceans and the creatures that inhabit them.

Whether you're resting on the beach, reflecting under the Caribbean sun, or exploring the underwater world, this trip offers the perfect blend of adventure, learning, and personal growth!

Please note that participants need to be familiar with and willing to participate in both the yoga sessions and swimming in deep water.

## **Prerequisites:**

Priority will be given to students who have taken a SAAS yoga class, or regularly take yoga outside of SAAS. Must be a proficient swimmer. This is an active and physical trip. Students need to be able to participate in all components of the trip. Students will need to demonstrate swimming proficiency.

**A current passport is required.**



## **Trip Goals:**

The goal of this trip is to offer high school students the opportunity to participate in a yoga retreat-like experience with peers. While the trip is designed to be fun and allow students to explore the beautiful island of Curaçao, the intention is to gain a better understanding of our environment, our impact on the environment, and, through learnings about ourselves, our responsibility and power to affect positive change in the world.

Through the practice of yoga, students will be offered time to reflect on themselves and who they are and want to be in the world. Simultaneously, they will have the chance to learn about the marine ecology on the island from an expert in the field. This will include identification of underwater species as well as understanding the human impact on the oceans and the survival of marine life.





## Contact Information:

For any further questions please email:

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To register for the trip, complete any necessary trip surveys and find more information, please visit our SAAS trips page by following the link here:



[www.seattleacademy.org/student-life/outdoortravel](http://www.seattleacademy.org/student-life/outdoortravel)



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