

The image features a light blue background with the silhouettes of palm tree fronds on the right side. In the top left corner, the letters 'OYA' are displayed in a large, dark, sans-serif font. At the bottom center, the text 'OYA & BEYOND' is written in a smaller, dark, serif font, with the subtitle 'Adventures & Activities' below it in an italicized serif font.

OYA

OYA & BEYOND

Adventures & Activities

A Venn diagram consisting of two overlapping circles. The text is centered within the intersection of the two circles.

"Discover the untamed
beauty of the
Dominican Republic's
pristine nature.

From watersports to
workshops, enjoy
opportunities for adventure,
mindfulness, and personal
growth."



EXPLORE AND EXPERIENCE

Exploration is a beautiful journey that goes beyond the physical act of traveling it's a mindset that opens doors to new experiences and perspectives. It allows us to break away from routine, discover hidden gems, and connect with different cultures. Through exploration, we not only learn about the world but also about ourselves, gaining insights and understandings that enrich our lives. It's a chance to step out of our comfort zones, try new things, and create lasting memories. Whether it's a new destination, a new activity, or simply a new way of thinking, exploration keeps our minds curious, our bodies active, and our spirits alive.

Embark on a journey of discovery and relaxation as you delve into the heart of the Dominican Republic with Oya. Welcome to a place where exploration meets tranquility, where every moment is an opportunity to rejuvenate your mind, body, and soul. At Oya, we offer a unique blend of experiences that celebrate the beauty of the Dominican Republic and its rich culture. From thrilling adventures to serene retreats, our offerings are designed to ignite your sense of wonder and leave you with memories that last a lifetime. Welcome to Oya Dominican Republic, where your journey begins and the world unfolds before you.

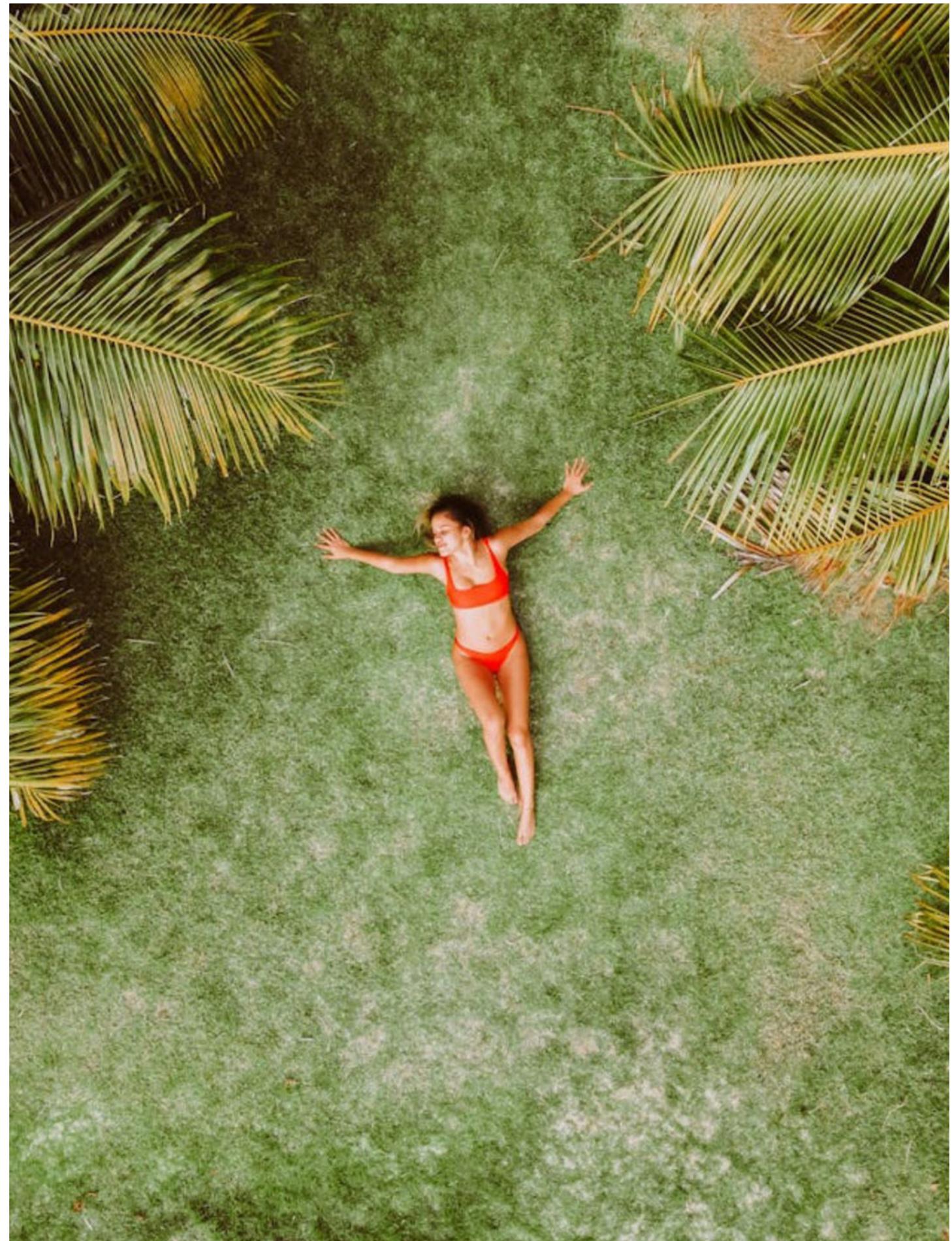


TABLE OF CONTENTS

WEEKLY ACTIVITIES

YOGA 8
GUIDED MEDITATION 8
SOUND HEALING 8
FIRE CIRCLE 8
COOKING EVENINGS 8

WATER

OCEAN FLEET 9
COREAL REEL SNORKELING 9
PRIVATE DIVING 9
FISHING EXPEDITION 9
LA BOCA (JET SKI OPTION) 9
SWIMMING CAVES 9
WHALE WATCHING 9
WATER TUBING 9
PADDLE BOARDING 12
SURFING EXPERIENCE 12
KITEBOARDING ADVENTURE 12

ADVENTURE

HIDDEN GEMS OF OYA 13
ORGANIC FARM EXCURSION 13
HORSEBACK RIDING 13
THE NEW EARTH PATH™ 13
WATERFALL HIKE 13
NATURE PHOTOSHOOT 13
TENNIS 13
GOLF 13

CULTURE

BEYOND CACAO 16
MONKEY JUNGLE 16
CIGAR FACTORY TOUR 16
RIO SAN JUAN & CABRERA 16
EXPERIENCE DOMINICAN CUISINE 16
DANCE IN LOCAL RYTHMS 16

WORKSHOPS

CHEF'S TABLE 17
HOW TO MAKE VEGAN CHEESE 17
BOTANICAL HEALING 17
FERMENTATION & KOMBUCHA 17
SELF CARE & NUTRITION 17
ANCIENT HEALING & PSYCHEDELICS 17
ANIMAL WORLD 17
COOKIE TIME 17
ART & CERAMICS 17
MIND MATRIX 20
MAKE YOUR OWN FRAGRANCE 20
FROM CACAO TO CHOCOLATE 20
PAINT & SIP 20

SEMINARS

THE SCIENCE OF DISTANT HEALING 22
HOW TO MAKE CHOCOLATE FROM RAW CACAO 22
PSYCHEDELICS WORKSHOPS 22
PERMACULTURE WORKSHOP 22
BENEFITS OF KAMBO WORKSHOP 22



ACTIVITIES at OYA



Feel free to inquire about the optional daily activities available at OYA. Delight in private yoga classes, guided meditation, sound healing, and more, all led by our experienced teachers and therapists. Please note that these activities are subject to availability and may require additional payment.

YOGA

Immerse yourself in the ancient practice of yoga, harmonizing body, mind, and spirit. Whether you're a beginner or an experienced practitioner, our yoga classes offer a serene space to explore movement, breath, and mindfulness, promoting balance and well-being.

FIRE CIRCLE

Join us for a magical evening around the fire circle, where stories are shared, songs are sung, and connections are made. Experience the warmth and community spirit of gathering around the fire, a tradition that has been celebrated for centuries.

GUIDED MEDITATION

Relax and rejuvenate with guided meditation sessions that cultivate inner peace and clarity. Let go of stress and tension as you are guided through practices that promote mindfulness, relaxation, and a deeper connection to yourself and the world around you.

COOKING EVENINGS

Explore the art of conscious cooking in our interactive cooking evenings. Discover why we feed people the way we do and why we use infusions, as we delve into the principles of nutrition, sustainability, and mindful eating. Learn new recipes and techniques that nourish both body and soul.

SOUND HEALING

Experience the transformative power of sound healing, using vibrational frequencies to promote healing and relaxation. Immerse yourself in soothing sounds that resonate with your body's natural rhythms, promoting a sense of harmony and well-being.

SURFING EXPERIENCE

Ride the waves and experience the thrill of surfing. Whether you're a beginner or an experienced surfer, expert instructors will guide you through the basics or help you refine your skills. Feel the adrenaline rush as you catch the perfect wave and glide across the crystal-clear waters of the Dominican Republic.

FISHING EXPEDITION

Embark on a fishing expedition in the waters off the coast of the Dominican Republic. Whether you're an experienced angler or new to fishing, our expert guides will take you to the best spots for a memorable day on the water. (3-4 hours)

PADDLE BOARDING

Explore the calm early morning waters of the Dominican Republic on a stand-up paddleboard. Whether you're looking for a relaxing paddle or a more challenging workout, paddle boarding is a great way to enjoy the water. (1-3 hours)

OCEAN FLEET

Sail the pristine waters of the Dominican Republic aboard the Ocean Fleet. Whether you're looking for a relaxing cruise or an exciting fishing expedition, our fleet offers an unforgettable experience. (4-5 hours)

PRIVATE DIVING

Experience the thrill of private diving in the Dominican Republic's crystal-clear waters. Dive alongside experienced guides and discover the hidden treasures of the deep. (2-3 hours)

KITEBOARDING ADVENTURE

Learn the art of kiteboarding from certified instructors and experience the exhilaration of harnessing the wind to propel yourself across the waves. This sport offers an unforgettable experience in the Dominican Republic's stunning coastal waters.

CORAL REEF SNORKELING

Explore the colorful marine life and stunning coral formations that make the Dominican Republic's reefs so unique. (2-3 hours)

LA BOCA (JET SKI OPTION)

Experience the hidden gem, La Boca, where the river meets the sea. Ride through the lagoon by boat and have lunch at Wilson's beach front restaurant. Jet skis are also available for rent at this location.

SWIMMING CAVES

Discover the natural beauty of the Dominican Republic's swimming caves. Swim in crystal-clear waters surrounded by stunning rock formations, creating a truly memorable experience. Opt in for a traditional Dominican lunch! (1-3 hours)

WHALE WATCHING

Witness the majestic beauty of humpback whales as they migrate through the waters of the Dominican Republic. (Overnight trip to Samana)

WATER TUBING

Enjoy a ride down the river on a water tube. Perfect for all ages, water tubing is a fun and exciting way to experience the natural beauty of the Dominican Republic. (3 hours)



Delve into nature's peaceful embrace with our adventure tours. Wander through scenic trails on horseback or hike to breathtaking waterfalls, immersing yourself in the tranquil beauty of the Dominican Republic's landscapes. These experiences offer a peaceful retreat into nature's wonders.

Please contact OYA's concierge with 24 to 48 hours' notice to make arrangements

HIDDEN GEMS OF OYA

Explore the acres of luscious land at the OYA property. Experience the freshwater creek, trails, gardens and endless views. (2hours)

ORGANIC FARM EXCURSION

Explore lush fields and jungle, learning about sustainable farming practices while enjoying the fresh air and peaceful surroundings. (2-4hours)

HORSEBACK RIDING

Saddle up and explore the scenic beauty of the Dominican Republic on horseback. Whether you're a new rider or an experienced equestrian, our horseback riding adventure offers a peaceful and memorable way to experience the countryside. Choose between beach, mountain or jungle terrain. (1-6 hours)

THE NEW EARTH PATH™

Embark on a journey of self-discovery and renewal with our New Earth Path adventure. Dive deeper into the realms of your mind and collective consciousness of humankind. Enjoy optional interactive experience or simply follow the path from rebirth to renewal.

WATERFALL HIKE

Trek through lush jungles and discover hidden waterfalls with our waterfall hike adventure. Immerse yourself in the sights and sounds of nature as you explore the Dominican Republic's stunning landscapes.

NATURE PHOTOSHOOT

Capture the beauty of the Dominican Republic's natural landscapes with our nature photoshoot adventure. Whether you're an amateur photographer or a seasoned pro, our guided tour will take you to the best locations for stunning nature shots.

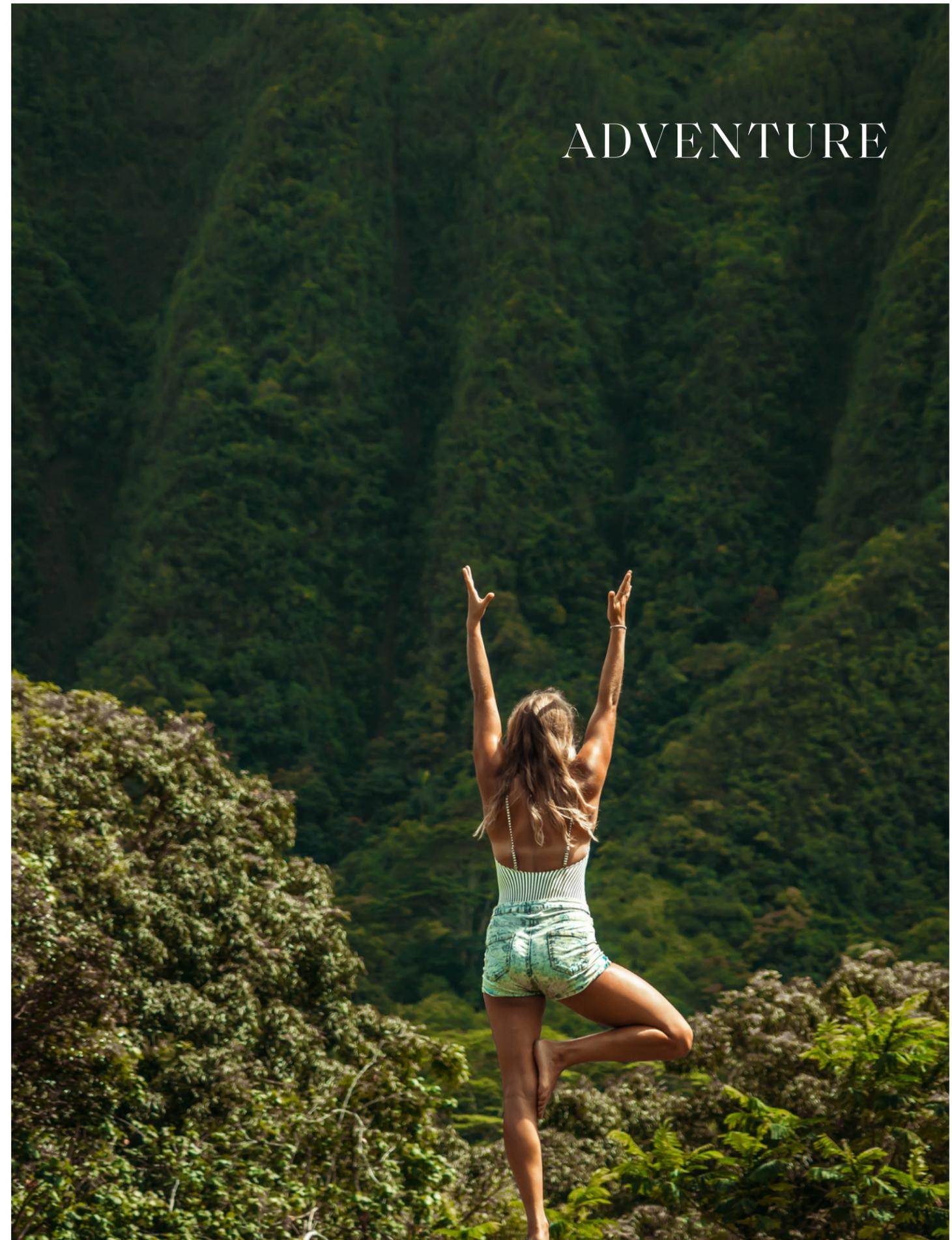
TENNIS

Play a game of tennis on our world-class courts surrounded by the stunning scenery of the Dominican Republic. Whether you're a beginner or a seasoned pro, tennis is a great way to stay active and enjoy the outdoors.

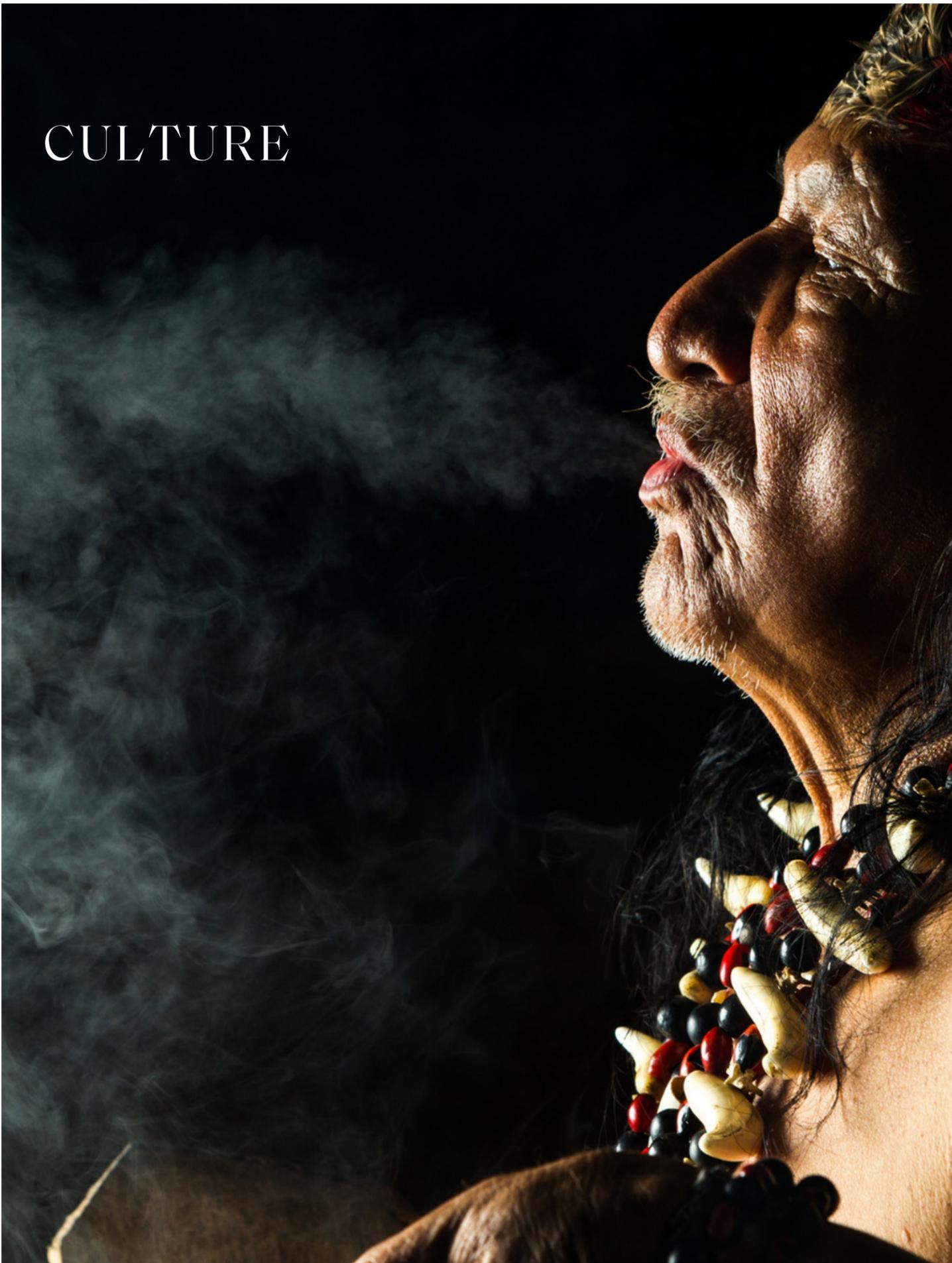
GOLF

Tee off on lush golf courses with breathtaking views of the Dominican Republic's natural beauty. Whether you're a golf enthusiast or just looking to enjoy a relaxing round of golf, our courses offer a memorable experience.

ADVENTURE



CULTURE



Immerse yourself in the rich cultural
tapestry of the Dominican Republic with
our cultural experiences. From exploring cacao plantations to visiting cigar factories, these tours offer a peaceful insight into
the local way of life. Indulge in the flavors and rhythms of the Dominican Republic for a truly enriching experience.

Please contact OYA's concierge with 24 to 48 hours' notice to make arrangements.

BEYOND CACAO

Discover the fascinating world of cacao with our Beyond Cacao tour. Learn about the history of cacao cultivation in the Dominican Republic and indulge in delicious chocolate treats.

EXPERIENCE DOMINICAN CUISINE

Indulge in the flavors of the Dominican Republic with our culinary tour. Sample traditional dishes and learn about the local ingredients that make Dominican cuisine so unique.

MONKEY JUNGLE

Explore the lush jungles of the Dominican Republic and encounter playful monkeys in their natural habitat. Our Monkey Jungle tour offers a unique opportunity to see these incredible creatures up close.

DANCE IN LOCAL RYTHMS

Immerse yourself in the vibrant rhythms of Dominican music and dance. Learn traditional dances and experience the joy and energy of Dominican culture.

CIGAR FACTORY TOUR

Take a guided tour of a traditional cigar factory and learn about the art of cigar making from expert craftsmen. Discover the history and culture of cigar production in the Dominican Republic.

RIO SAN JUAN & CABRERA

Explore the charming towns of Rio San Juan and Cabrera and immerse yourself in the local culture. From scenic views to local cuisine, this tour offers a glimpse into everyday life in the Dominican Republic.

Expand your horizons and nurture your mind with our workshops and hands-on activities. Learn the art of making vegan cheese, discover the secrets of botanical healing, or explore the world of fermentation and kombucha. These workshops offer a peaceful and enlightening way to connect with new skills and experiences

Please contact OYA's concierge with 24 to 48 hours' notice to make arrangements.

FROM CACAO TO CHOCOLATE

Dive into the world of chocolate with our From Cacao to Chocolate workshop. Learn about the chocolate-making process from bean to bar and indulge in delicious chocolate treats.

CHEF'S TABLE

Experience a culinary adventure with our Chef's Table workshop. Learn from expert chefs and indulge in a delicious meal prepared with local ingredients.

PAINT AND SIP

Unleash your inner artist with our Paint and Sip workshop. Enjoy a glass of wine as you create your own masterpiece under the guidance of

BOTANICAL HEALING

Explore the healing properties of plants with our Botanical Healing workshop. Learn about traditional herbal remedies and how to incorporate them into your daily life.

FERMENTATION & KOMBUCHA

Discover the art of fermentation and kombucha brewing with our workshop. Learn how to make your own probiotic-rich foods and beverages.

SELF CARE & NUTRITION

Take care of your mind and body with our Self-care & Nutrition workshop. Learn about healthy eating habits and self-care practices for a balanced lifestyle.

ANCIENT HEALING & PSYCHEDELICS

Explore the ancient healing traditions of the Dominican Republic with our workshop. Learn about the use of psychedelics and other natural remedies for healing and spiritual growth.

MAKE YOUR OWN FRAGRANCE

Create your own signature scent and learn about the art of perfumery and create a personalized fragrance to take home.

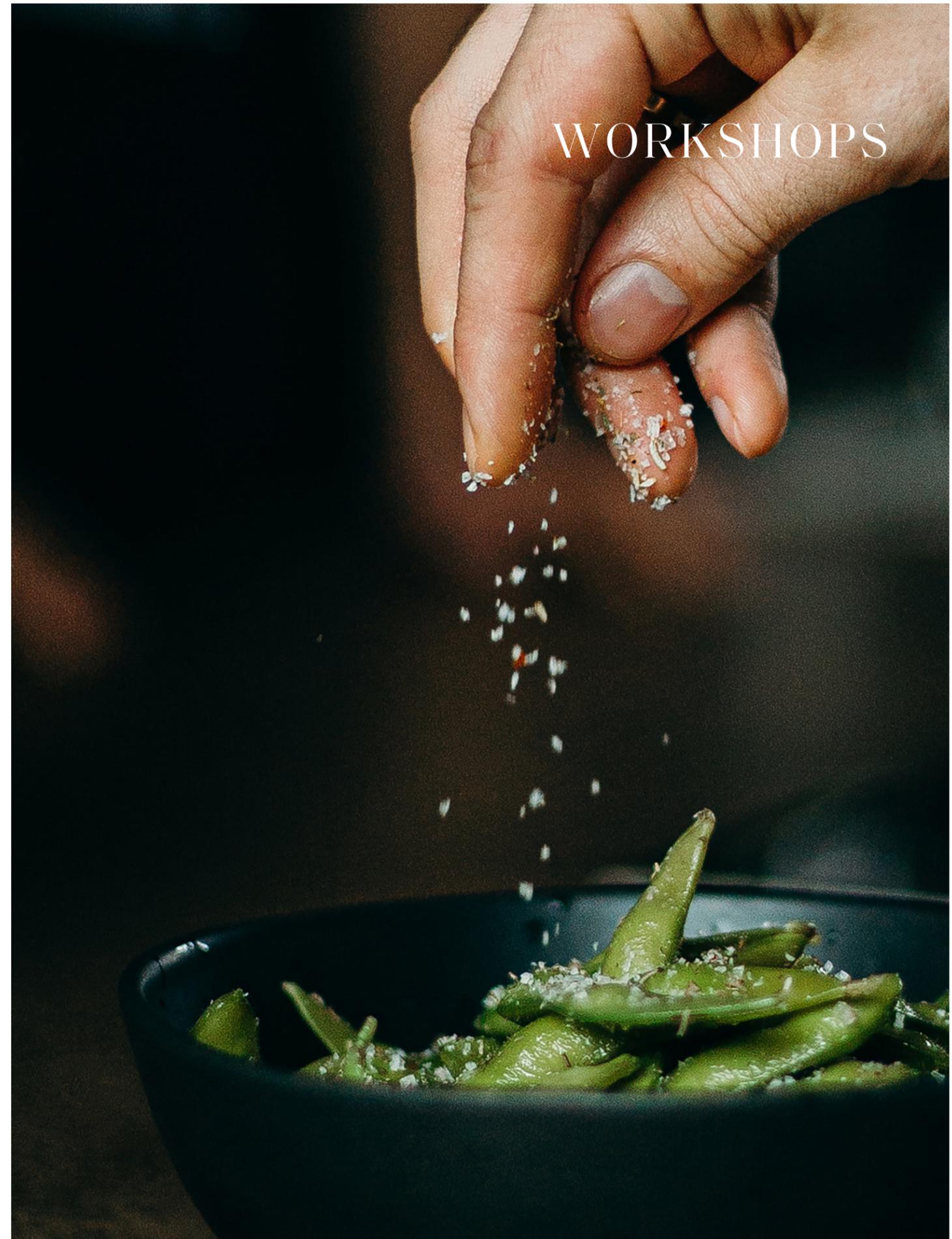
COOKIE TIME

Indulge your sweet tooth with our Cookie Time workshop. Learn how to make delicious cookies from scratch and enjoy the fruits of your labor.

ART & CERAMICS

Unleash your creativity with our Art & Ceramics workshop. Learn basic techniques and create your own masterpiece to take home.

WORKSHOPS



ΟΥΛ

