



Retreats at Tensing Pen

Let us Help You Gather



“Wellness Retreats at Tensing Pen are experienced with the heart, the mind and the soul.”

Tensing Pen is the most exquisite and enchanting setting for planning life's meaningful gatherings.

Our event coordinator helps you create an unforgettable wellness experience that your guests will want to return to, year after year.

Our team is seasoned, offering warm Jamaican hospitality to ensure each of your guests feels pampered and well cared for.

We help you organize and set up all aspects of your retreat, so it is as relaxing to you, as it is to your guests.



Yoga and Wellness Retreats

For your guests

- Free use of our open-air wellness pavilion, the Seasoning Hut for all your wellness sessions*. The Seasoning pavilion is intimate, relaxing and provides a 180 degree view of the turquoise ocean
- Free use of yoga mats, yoga blocks, face towels
- Free ice water dispenser (infused with fresh fruit and mint on demand)
- Free daily Continental Breakfast (fresh fruit, freshly baked goods, juices, unlimited Jamaican coffee, teas and herbal tisanes). OPTIONAL: Meal Plan including eggs, waffles, pancakes, omelettes etc. available, see page 6
- Assistance with travel transport, excursion questions, programs
- Free Stand Up Paddle Board, water floaties, on-hand lifeguards
- Beautiful, unique, Caribbean-decorated garden and ocean rooms with A/C, mini-fridge, daily change of towels, shampoo, conditioner, body lotion, soap.
- Hair-dryers, bathrobes and other amenities available for free, upon request
- Massages and other Wellness Treatments available in our Spa Brochure

** Except for 1.5 hour each day, for our in-house yoga class, unless the entire property is booked*

For the Retreat Organizer

- Free assistance from our Events Coordinator, with all room assignments, transports logistics, booking excursions, organizing activities, menu selections and more, ex: Dinner reservations, Snorkeling Trip, Organic Farm visit, Waterfalls excursion, Beach Day, etc.
- Free use of our portable speaker **
- Optional: half-board and full-board Meal Plans available. Vegetarian/vegan/Gluten-free options - see page 6 - We can also create fresh fruit smoothies, health drinks, Jamaican hot cocoa drink

Room Discount

- All discounts and amenities require 4 nights minimum stay. Exceptions may be granted certain times of the year.
- Book 10 Rooms or more and get 10% OFF room rates

Organizer Amenities

- Book 4 - 7 rooms:
 - 50% off the Standard Garden Room (3 twin beds - our most economical room) for the organizer's use/ facilitators
- Book 8 -12 rooms:
 - FREE Standard Garden Room
 - OR 25% OFF any Garden View Room Categories (Superior, Deluxe, Premium) for the organizer's use. (Bedding varies per room)
 - Free Breakfast from Meal Plan
- Book 13 - 24 rooms:
 - FREE Standard Garden Room
 - OR 50% OFF any Room Category (Garden or Ocean) for the organizer's use
 - Free Breakfast + Lunch from Meal Plan for 1 organizer



OPTIONAL ADD-ONS

- **Welcome Gift Bags** placed in the rooms upon arrival. We source locally made crafts, unique wellness/ yoga themed gifts, snacks, drinks, sun lotions, candles, Appleton Rum, etc. Inquire with our Events Coordinator for more ideas
- **Arrival Drinks, Cheese Platters, Fruit Platters** in the rooms upon arrival
- **Flowers**, or any other amenities you'd like us to source for your guest's comfort and enjoyment.
- **Organized Receptions**, such as arrival Welcome BBQ, Farewell Brunch, etc.

*** Only between 9:00 am and 6 pm, unless the entire property is booked.*

Locations

Private Alcoves

For intimate gatherings of 6 to 12, the Hammock Hut and the Half-Moon Terrace are ideal gathering locations.

Surrounded with water on all sides, these 2 spaces transform into a magical setting for any meeting, meditating, journaling or dining experience.



Seasong Pavillion

Perfect for seated groups of up to 24 guests under roof or 76 under the stars.

The Seasong Hut is a covered open-air pavilion, fronted by a large stone deck.

It serves as our yoga/wellness space in the daytime, and doubles as a meeting/dining space any time.

It can be set up in several configurations to suit the nature of your gathering. If requested, we can also decorate it with flowers, white gauze, fairy string lights, etc. to suit the mood of the event.



Lodge Restaurant

Receptions for 20 to 100 seated guests will be held at our Lodge Restaurant.

A special secluded section can be designated solely for your group, for the duration of your Retreat. Breakfast Lunch and Dinner can be served there at your times of convenience.

Our chefs accommodate all dietary and catering needs with appropriate notice. Moreover, the Lodge can be decorated to suit the style of your event.

Cocktail hour can be served at the Pool Deck.



Meal Plans

**PLEASE NOTE: The plans are for REFERENCE ONLY, and contain exceptions.
All final meal plans are customized to meet your group's specifications.**

**We accommodate most dietary restrictions, food allergies, and other preferences.
Contact our event planner for more info weddings@tensingpen.com**

Breakfast
+Lunch
\$45

Breakfast
Free Continental Breakfast,
+
Choice of 1 of these:

Porridge of the Day
Breakfast Smoothie, Parfait,
Muesli, Eggs, Omelette,
Pancakes, Waffle,
Sandwiches & Toast

Lunch
Soup or Salad of the Day
+ 1 item from:
Wraps , Tacos, and Pizza
Burgers
The Grill category
+
Choice of 1 beverage:
Fruit juice, Water or Soda

Breakfast
+ Dinner
\$85

Breakfast
Free Continental Breakfast,
+
Choice of 1 of these:

Porridge of the Day
Breakfast Smoothie, Parfait,
Muesli, Eggs, Omelette,
Pancakes, Waffle,
Sandwiches & Toast

Dinner
1 Appetizer or Salad
+
Choice of any 1 entrée from
The Lodge Menu,
+
A glass of house
of red/white wine,
or a glass of fruit juice,
or domestic beer

Breakfast
+Lunch + Dinner
\$115

Breakfast + Lunch
from menu on the left,
+
Dinner
1 Appetizer or Salad
+
Choice of any 1 entrée from
The Lodge Menu
+
A glass of house
of red/white wine,
or a glass of fruit juice,
or a domestic beer

*** All prices per person. Add 10% tax and 10% gratuity**

We also offer Buffet meal plans for larger groups. Please inquire with your event coordinator

Terms and Conditions

CANCELLATION POLICIES

1. Room Cancellation

Any block of 10 rooms is subject to the following cancellation policy:

- 60 days or more – Full refund
- 59 to 31 days prior to arrival – 50% Refund
- 30 days or less – No refund

2. Event Reception Cancellation

Cancellations made within 30 days of the event date will receive a 50% refund on all monies paid, less any incurred expenses.

"ALL-PROPERTY" BUY-OUT

1. Minimum Rooms

To be considered an "all-property" event, at least 22 of our 24 rooms must be booked by guests attending the retreat or celebration, for the required number of nights, as indicated under Terms and Conditions.

2. Change in Total Rooms

For an "all-property" wedding, should the room block fall below the required minimum, the hotel reserves the right to make changes to the location and timing of the reception.

For an "all-property" event, should the room block fall below the required minimum, the hotel reserves the right to revoke any extended room discounts.

DEPOSITS

1. Deposits for Rooms

Deposits of 50% of total room rates are required 7 days after the block of rooms is created.

Remaining balance is due 30 days prior to arrival.

Extensions are available for dates booked one year in advance.

2. Deposits for Event Services

A deposit of 50% is due 90 days prior to the event date. Payment in full must be received 30 days before the event date.

OTHER TERMS AND CONDITIONS

Some packages may require an additional fee for guests staying off-property. Please consult your event coordinator.

For small events, the reception end time is 9:00 pm, as a courtesy for our other hotel guests.

For an "all-property" reception, the end time is at 12:00 am, as per Negril's noise ordinance.

Let's Do This!



We can't wait to hear from you,
and start planning your dream
retreat!

Email us
weddings@tensingpen.com

Visit us
www.tensingpen.com

Call us
(800) 957-0387
(876) 957-0387

WhatsApp us
(876) 395-9753

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