



Retreats
Tensing Pen
2026

LET US HELP YOU GATHER IN NEGRIL, JAMAICA

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

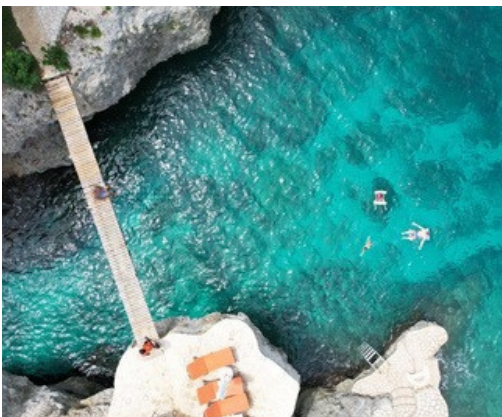


Tensing Pen is the most exquisite and enchanting setting for planning life's meaningful gatherings.

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.



FOR YOUR GUESTS

What's Included

- Complimentary use of the Seasong Hut pavilion, our open-air wellness space, for all scheduled wellness sessions*
- Complimentary daily Continental Breakfast, featuring fresh tropical fruit, freshly baked goods, natural juices Complimentary 24/7 Jamaican coffee, teas, and herbal tisanes
- Complimentary yoga amenities: mats, blocks, and refreshing face towels
- Complimentary daily ice water station, infused daily with fresh fruit, ginger and/or mint upon request
- Up to 18 yoga mats can be accommodated at the Seasong Hut. Should your group be bigger, we suggest doing two separate sessions. Intimate and serene, the Seasong Hut offers sweeping 180-degree views of the turquoise Caribbean Sea

Optional Enhancements

- Customized half-board and full-board meal plans available
- Vegetarian, vegan and gluten-free options are also offered on request (see page 6)
- Fresh fruit smoothies, wellness drinks, and ceremonial Jamaican hot cacao
- Personalized coordination and assistance with airport transfers, local transportation, excursions, and curated program suggestions

Resort Amenities

- Beautifully appointed 24 rooms, 52 total guests, a mix of cottages and a 3-bedroom villa, garden and ocean-view rooms, uniquely decorated in Caribbean style and equipped with A/Cs, fans, mini-fridge, daily housekeeping, and bath amenities
- Hair dryers, bathrobes, irons, ironing board and additional amenities available for free, upon request
- Complimentary use of sea and pool floats, stand-up paddleboards, and guided snorkeling and sunset fishing with lifeguards
- Complimentary Nature Walks for the group.
- Wellness treatments available— please refer to our Spa Brochure

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

FOR THE RETREAT LEADERS

Designed With Retreat Leaders in Mind

From complimentary planning support to serene, purpose-built wellness spaces, Tensing Pen allows facilitators to focus on their guests while we handle the details.

Room Discounts

- Minimum 4-night stay required to receive all discounts and amenities
- Book 10+ rooms and receive 10% off room rates
(seasonal exceptions may apply - ask us if other discounts apply)

Book 5–8 rooms and get...

- Free Standard Garden Cabin (our most economic room, 3 twin beds, no balcony, mini-fridge, ensuite bathroom with large shower)
- Free daily continental breakfast

Book 9–12 rooms and get...

- Free Standard Garden Cabin and 50% off one Garden Accommodation
- Free enhanced breakfast for 2 organizers from Group Meal Plan
- Complimentary early check-in/late check-out

Book 13–24 rooms and get...

- Free Standard Garden Cabin and 50% off one accommodation
- Free daily lunch for 2 facilitators, from Group Meal Plan
- 2 complimentary 60 minutes Swedish Massages, with the purchase of 8 or more massages for the group
- Room upgrade upon arrival, based on availability
- 2 Welcome bags with branded Tensing Pen items
- Discounts on wellness treatments

Optional Add-Ons

- Hosted events such as welcome BBQs, receptions, or farewell brunches
- Custom Welcome Gift bags featuring locally sourced crafts, wellness items, snacks, drinks, or Jamaican specialties
- In-room arrival drinks, in-room snack basket, veggie & dip or fruit platters Flowers or custom amenities sourced upon request

LOCATIONS

Private Alcoves

For intimate gatherings of 6- 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 private dining experience.

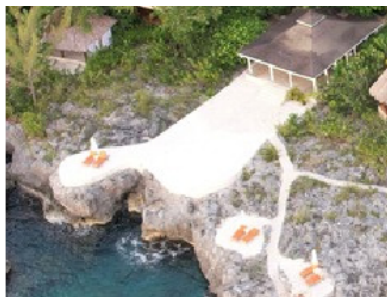


Seasong Pavilion

Perfect for seated groups of up to 24 guests under roof and 100 under the stars.

The Seasong Hut is a covered open-air pavilion, fronted by a large stone deck. It serves as our 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 lights, etc. to suit the mood of the event.



Lodge Restaurant

Receptions for 20-100 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, Sandwiches, Tacos
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
red or 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 deposit 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

- 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.
- 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

For fabulous photos, click on the icons to visit our
Pinterest and Instagram feeds.

