

*Heron's Haunt Presents...*

## Seabreeze SongLab Retreat

An Acoustic Music, Songwriting, and Creativity Week in Hopkins, Belize – November 10 – 17, 2026



### 1. Event Description

#### **Unlock your creativity where the Caribbean Sea meets Garifuna culture.**

Join Heron's Haunt for a transformative week-long songwriting and mindful movement retreat in the vibrant coastal village of **Hopkins, Belize**. Surrounded by swaying palms, turquoise waters, and rich musical traditions, you'll deepen your craft with daily instruction from master songwriters, expand your creative flow through mindful movement practices, and find inspiration in one of the friendliest communities in the country.

Seabreeze SongLab is a week-long creative immersion blending songwriting, mindful movement, Belizean culture, and community connection.

You'll stay in cozy tiny homes in or very near **Vanilla Bean Inn**, enjoy fresh Belizean meals prepared on site, and learn in an intimate cohort of only **8–10 students**—ensuring mentorship, community, and space to explore your own creative soul.

Evenings feature **student showcases**, including final-night celebrations at **Play Bar**, open to the public with full sound system support. Between sessions, you may nap, float in the sea, collaborate with peers, or wander Hopkins' colorful beachfront.

Whether you're a new writer or a seasoned musician seeking renewal, this retreat blends creativity, culture, and wellbeing into an unforgettable, soul-nourishing week.

**Create. Connect. Flow. Belize awaits.**

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### Event Overview & Structure

**Length:** 8 days / 7 nights

**Arrive Tuesday, Nov 10, 2026, and Fly out on Tuesday, November 17, 2026**

Shuttles provided from Belize International Airport (BZE) from and back to airport. All students should arrive and depart between 10 am and 4 pm on those days if using provided shuttle.

After a welcome evening, classes start on Wednesday, with evening song shares at Play Bar (cash bar available). On Friday students and instructors have a Free Day for excursions (several options), relaxing or extra writing time, rest, etc., On Free Day breakfast will be provided, lunch is on your own, dinner provided at 6 pm, followed by a low key on your own evening. More classes Saturday – Monday, with special public showcases offered at Play Bar on Sunday and Monday nights, highlighting student and instructor work. After goodbyes and breakfast, shuttles head back to BZE on Tuesday.

## Instructors / Support Team:

Experienced songwriting instructors, (currently touring musicians) and Staff

- **Rachel Harrington** - <https://rachellynharrington.com/> - Co-Lead - Songwriting and Music Instruction
- **Wyatt Espalin** - <https://wyattespalinmusic.com/bio> - Co-Lead - Songwriting and Music Instruction
- **Robby Layton, PhD**, - <https://www.heronshaunt.org/robbay-layton> - Band creation and arrangement, gear, and onsite assistance
- **Teresa Penbrooke, PhD, CPRE, CMS, RYT-200** – Herons Haunt Director and Retreat Organizer, instruction on cultivating wellbeing while creating and traveling, along with hints for maximizing performances and stamina. <https://www.heronshaunt.org/penbrooke-experiences>
- **Local Drumming Instructor – from Hopkins**
- **Fritz Seaman** – onsite assistance
- **Matt Briggs and Team at Play Bar** – nightly performance space, sound system at Play Bar, and bartending for cash bar each evening
- **Wendy and Bob Miller** – VBI Property Managers, local assistance
- **Catering / Cooks** – for meals, coffee, tea, juices, water – 7 Breakfasts, 6 lunches (one box), and 7 dinners, light snacks
- Local Services - Snorkel, massage, etc.,

## Excursion Day – Free Day Experiences

Heron's Haunt will work with local Hopkins, Belize tour operators and staff to provide a selection of optional excursions during the SongLab Retreat Free Day, mid-retreat on Friday. Participants can choose one (included), if desired during registration, or have free time off during that time.

### Free Day Experience Options – offered by local excursion guides or staff

- **Half day boat trip and/or snorkeling** – Offered by a Local Tour Operator, includes boat ride to a Caye, about 30 minutes out, and snorkel gear.
- **River tubing on the South Stann Creek within the Cockscomb Basin Wildlife Sanctuary** - This relaxing, scenic float through the jungle includes relaxing floating and small Class 2 rapids on the river. The float is preceded by a 15 minute hike to the river entry point and then 15 more minutes out back to the transport, as part of a 3-4 hour experience. Tubes are provided – be prepared to be wet with good water shoes.
- **Cockscomb Basin Jungle Waterfall and Ben's Bluff Hiking** – An approximate 3-mile intermediate hiking trip through the jungle to top of Ben's Bluff in Cockscomb Bluff Wildlife Sanctuary with waterfall. The trail features some stream crossings, jungle canopy, a steep section, and a great view. About a 3-hour experience. Be prepared with good hiking shoes and swimsuit underneath if you want to get wet.
- **Garifuna drumming workshop** – taught by local Garifuna Drumming Professional
- **Massage** - At additional cost.

## DRAFT Class Schedule

	Tues, 11/10	Wed, 11/11	Thu 11/12	Fri, 11/13	Sat, 11/14	Sun, 11/15	Mon, 11/16	Tue, 11/17
6:30 - 8:30 am	All arrive at BZE International Airport (Belize City) midday 10 am to 3 pm - shuttles to Vanilla Bean Inn (VBI), Hopkins, Belize	Coffee + Light Breakfast at VBI Gazebo	Coffee + Light Breakfast at VBI Gazebo	Coffee + Light Breakfast at VBI Gazebo	Coffee + Light Breakfast at VBI Gazebo	Coffee + Light Breakfast at VBI Gazebo	Coffee + Light Breakfast at VBI Gazebo	Coffee + Light Breakfast at VBI Gazebo
8 - 8:45 am		Mindful Movement (Yoga/Tai Chi/Beach)	Mindful Movement (Yoga/Tai Chi/Beach)	Excursion / Free Day - Choose	Mindful Movement (Yoga/Tai Chi/Beach)	Mindful Movement (Yoga/Tai Chi/Beach)	Mindful Movement (Yoga/Tai Chi/Beach)	Shuttles to BZE and flights home (schedule 10 am to 4 pm flights)
9 - Noon		Songwriting Workshop –	Songwriting Workshop –		Songwriting Workshop –	Songwriting Workshop –	Songwriting Workshop –	
12 - 1 pm		Lunch at VBI Gazebo	Lunch at VBI Gazebo		Lunch at VBI Gazebo	Lunch at VBI Gazebo	Lunch at VBI Gazebo	
1 - 3:30 pm		Rest / Personal and Co-Writing / Beach	Rest / Personal and Co-Writing / Beach		Rest / Personal and Co-Writing / Beach	Rest / Personal and Co-Writing / Beach	Rest / Personal and Co-Writing / Beach	
3:30 - 5		Afternoon Focus Session	Afternoon Focus Session		Afternoon Focus Session	Afternoon Focus Session	Afternoon Focus Session	
5:30 - 6:30		Dinner	Dinner		Dinner	Dinner	Dinner	
7:00 PM	Welcome Dinner and Jam/SongShare	Evening Showcase - Beverages available for Purchase at Play Bar	Evening Showcase - Beverages available for Purchase at Play Bar	Song Circle or Rest	Evening Showcase - Beverages available for Purchase at Play Bar	Public Evening Showcase - Beverages available for Purchase at Play Bar	Public Evening Showcase - Beverages available for Purchase at Play Bar	

## Typical Daily Schedule

**6:30 – 8:30 am** – Coffee, fresh fruit, light breakfast with overnight oats, nuts, baked goods, etc.

**8:00 – 8:45 am** – Mindful Movement (yoga / tai chi / gentle stretch) or free time

**9:00 – 12:00 pm** – Morning Workshops

- Song structure
- Melody development
- Lyric craft
- Co-writing labs
- Rhythm & groove (Belizean drumming integration optional)

**12:00 – 1:00 pm** – Belizean Lunch (local chefs)

**1:00 – 3:30 pm** – Rest / Personal Writing / Beach Time / Small Group Work

**3:30 – 5:00 pm** – Afternoon Focus Session

- Feedback rounds
- Mini-masterclasses
- Stage presence
- Recording basics
- Performance coaching

**5:30 – 6:30 pm** – Dinner Served at VBI or Play Bar

**7:00 – 9:00 pm** – Evening Student Showcases at Play Bar

- Early evenings: low-pressure share circles
- Final evenings: open-to-public showcases at Play Bar

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## 5. Audience

### Target Audiences

- Songwriters, ages 21+
- Acoustic, folk, Americana, singer-songwriter communities
- Guitar/piano/percussion-based musicians, songwriters, and poets
- Creative professionals seeking retreat-style travel
- Wellness travelers wanting the mindfulness + creativity combo
- Returning Hopkins visitors & Belize enthusiasts

## 6. Costs for Attendance

### 10 participants with Lodging and meals

Cost to Participant **\$2,999 USD all-inclusive** (lodging, meals, transport, classes).

Locals Discount - (no lodging) - **\$2,199**

Transport from BZE on in/out day,

Free Day excursions (except those with additional fees)

Provided meals = 7 Breakfasts at VBI, 6 lunches (one picnic box) at VBI,

6 Dinners Served at Play Bar

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## 7. Safety & Health Assurances

Hopkins is a safe, tourism-welcoming village on the coast of Belize that has a wonderful cultural mix of locals and visitors - English speaking visitors and Ex-Pats (mostly from European, Canadian, Chinese, and USA), Garifuna, and Spanish speakers from nearby Mexico and Guatemala. The beautiful beach is about 900 feet away.

English is the local official language, and both Belizean and U.S. Dollars are accepted as currency (locked exchange rate is \$2BZD to \$1USD. The retreat includes secure lodging, onsite assistance, vetted transportation, healthy food, and fresh clean drinking water. Medical care and pharmacies are available, if needed. A full suggested packing list will be provided upon registration.

Bugs are a reality in the tropics. Insect repellents will be available and various space repellents are in use to help. Temperatures are typically between 70 and 80 degrees Fahrenheit/20 – 30 degrees Celsius) daily. Rain happens some almost daily (luckily humans usually don't melt), but it usually doesn't last for long. Participants should bring a layer of lightweight pants/shirt and an umbrella/light rain jacket, but otherwise it's very informal – mostly short/t-shirts/sundresses. A suggested packing list is provided to attendees.