

EL ENCANTO

A BELMOND HOTEL
SANTA BARBARA

WELLNESS WEEK AT EL ENCANTO APRIL 11-15, 2021



Welcome to El Encanto's Wellness Week, four days of restoration, rejuvenation, movement and wellbeing. Wellness Week features local fitness instructors, expert trainers, meditation gurus, interactive group classes, custom-tailored wellness dining, and much more. Kick off a powerful week with Founder of Mindfulness Matters, Samara Zelniker. Gain the tools needed to bridge the gap between your limitations and your possibilities. Later in the week, Santa Barbara's Lululemon brand ambassador and Barre3 Owner, Mindy Sofro, leads a rewarding Barre3 class, preceded by her personal inspirational and motivating story on her journey to being a female business owner. Learn simple, healthy recipes and food styling from Local Recipe Developer and Food Photographer, Riley Yahr,

as well as, experience a hands-on cooking-demo with El Encanto's Executive Chef Bruno Lopez and an organic mixology course with our food and beverage mixologist. Wake up to the sun rising over our zero-edge pool with light meditation, followed by a spiritual tea ceremony and teaching led by Zhená Muzyka, the founder of Magic Hour, founder of Zhená's Gypsy Tea, author of Life by the Cup, and spirituality publisher. Indulge in a special discounted Spa treatment from our expert spa therapists. Refresh with our signature facial or release any muscle tension with our deep tissue massage. Embrace the ultimate educational and transformational experience at El Encanto's Wellness Week.



DAY 1

4PM - Welcome to Wellness Week with refreshing elixirs, personalized itineraries, in-room welcome amenities and wellness menus.

6PM - Dine under a canopy of stars on our outdoor terrace, overlooking the American Riviera.

7:30PM - Hear from our renowned keynote speaker, Samara Zelniker, founder of Mindfulness Matters, as she dives deeper into inner self transformation and how that leads to true outer success.

DAY 2

7AM - First light poolside morning gratitude and yoga stretch, followed by light healthy bites.

7:30AM - Trek the many hills and paths of the American Riviera

8:30AM - Break for a rejuvenating and energizing breakfast.

10:30AM - Shadow Boxing

11:15AM - Water aerobics

12PM - Zesty, nutrient-dense lunch

3PM - Inspirational Wellness talk with Samara Zelniker.

5:30PM - California cuisine cooking class with Executive Chef Bruno Lopez

6:30PM - Dinner with sweeping views down to the Pacific ocean.

8PM - Meditative yoga and deep breathing to conclude the day.



DAY 3

7AM - First light poolside morning gratitude and yoga stretch, followed by light healthy bites.

7:30AM - Strength training down at the historic Mission and Rose Garden

8:30AM - Break for a rejuvenating and energizing breakfast.

11AM - Silent yoga at the Lily Pond & Arbor.

12PM - Zesty, nutrient-dense lunch

3PM - Pilates meets Yoga

4PM - Organic mixology class

5:30PM - Dinner with sweeping views down to the Pacific ocean.

7:30PM - Mind over Matter, inspirational talk to conclude the day.

DAY 4

7AM - Magic Hour Tea Ceremony, lead by Zhenya Muzyka

8:30AM - Break for a rejuvenating and energizing breakfast.

10AM - Strength Training

11AM - Boot Camp

12PM - Zesty, nutrient-dense lunch

2PM - Hear from local Barre3 business owner and Lululemon ambassador, Mindy Sofro

3PM - Barre3 with Mindy Sofro

3:45PM - Make scrumptious vegan cookie dough bites and learn the tips and tricks of food styling with local recipe developer and photographer Riley Yahr

6PM - Dinner and Spa at leisure.

DAY 5

7AM - Inspirational stroll through the lush gardens with restorative stretch

7:30AM - Trek the many hills and paths of the American Riviera

8:30AM - Breakfast followed by a fond farewell.