



CAP JULUCA

A BELMOND HOTEL
ANGUILLA



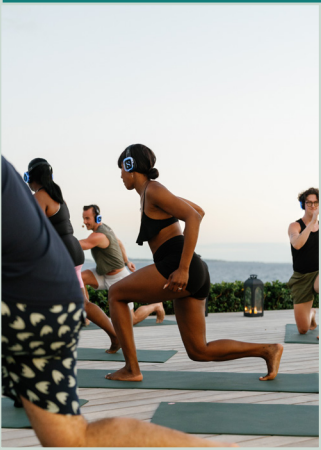
THE SANCTUM
WELLNESS RESIDENCY

MAY 28 TO JUNE 1, 2026

In collaboration with



WELLNESS *WITHIN* WITH SANCTUM



Experience Sanctum, a cutting-edge mindful movement community, on one of the world's best beaches.

Immerse yourself in a transformative wellness journey at Cap Juluca, with the very first Sanctum retreat experience in the Caribbean. Thoughtfully curated mindful practices and dynamic movement sequences are designed to elevate the mind, strengthen the body, and restore inner balance.

Set against a backdrop of profound tranquility, each experience invites you to reconnect with yourself, cultivate presence, and depart feeling renewed, grounded, and deeply restored.



WE ARE *SANCTUM*

SANCTUM is an unmatched moving sequence to empower the body and expand the mind, designed to unlock human potential by guiding you to your physical edge and mindful euphoria within a single class.

Led by founders, Luuk Melisse and Gab Olszewski, they blend ancient ritual with modern intensity, they lead you through transformative, music-driven journeys that awaken strength, clarity and connection, rooted in disciplines such as kundalini, Zen Buddhism, qigong, somatic movement, HIIT and quantum energy work.

@wearesanctum

The Itinerary

Thursday, May 28

DAY ONE

5:30PM to 6:00PM

Intention Setting

Experience a guided intention-setting meditation and gong session with Suzy, inviting grounding, clarity, and presence.

Location: Cap Juluca Spa by Guerlain

6:00PM to 6:30PM

Canapés by the Pool

The evening continues with opening cocktails and canapés by the Spa Pool, offering a relaxed space to connect.

Location: Cap Juluca Spa by Guerlain Pool Deck

6:30PM to 7:00PM

Circadian Rhythm Reset

Experience this reset session that helps align the body with natural light cycles, preparing guests for deep rest and restoration.

Location: Cap Juluca Spa by Guerlain Pool Deck

The Itinerary

Friday, May 29

DAY TWO

9:00AM to 10:00AM

Morning Session with Sanctum

The day begins with a Sanctum session, designed to awaken the body, and build collective energy through intentional movement and breath.

Location: Events Pavilion

12:00PM to 2:00PM

Communal Lunch

Experience our lunch with purpose, fostering meaningful connection and shared reflection.

Location: Uchu

4:00PM to 4:45PM

Sound Bowl with Suzy

The afternoon softens into a sound bowl session with Suzy, allowing the nervous system to reset and release tension.

Location: Events Pavilion

5:00PM to 6:00PM

Bath Ritual

Experience the guided bath ritual to encourage deep relaxation and restorative sleep.

Location: Cap Juluca Spa by Guerlain

The Itinerary

Saturday, May 30

DAY THREE

8:00AM to 8:45AM

Yoga with Suzy

Start the morning with a sunrise yoga with Suzy, gently energising the body and cultivating balance.

Location: Events Pavilion

10:00AM to 2:00PM

Spa or Boat Excursion (Group 1)

Opt for a curated spa experience in the morning or a curated boat excursion (Group 1), offering either deep relaxation or coastal exploration.

Location: Cap Juluca Spa by Guerlain

Location: Main House for boat trip

5:00PM to 6:00PM

Afternoon Session with Sanctum

Reconvene for a Sanctum afternoon session, grounding the day's experiences through intentional movement and presence.

Location: Events Pavilion

5:00PM to 6:00PM

After-Sun Soothing

Experience an after-sun soothing ritual to nourish and restore the skin and body.

Location: Cap Juluca Spa by Guerlain

6:00PM to 9:15PM

Dinner at Leisure

The evening is left open for dinner at leisure, inviting you the freedom to unwind and dine where you wish.

Location: On-property restaurants

The Itinerary

Sunday, May 31

DAY FOUR

8:00AM to 8:45AM

Yoga with Suzy

Start the morning with a sunrise yoga with Suzy, gently energising the body and cultivating balance.

Location: Events Pavilion

10:00AM to 2:00PM

Spa or Boat Excursion (Group 2)

Opt for a curated spa experience in the morning or a curated boat excursion (Group 2), offering either deep relaxation or coastal exploration.

Location: Cap Juluca Spa by Guerlain

Location: Main House for boat trip

5:00PM to 6:00PM

Afternoon Session with Sanctum

Reconvene for a Sanctum afternoon session, grounding the day's experiences through intentional movement and presence.

Location: Events Pavilion

7:00PM to 9:00PM

Farewell Dinner

The retreat culminates in a farewell Dining Under the Stars dinner, celebrating shared experiences, connection, and the journey completed together.

Location: Maundays Bay

The Itinerary

Monday, June 1

DAY FIVE

8:00AM to 8:45AM

Yoga with Suzy

Start the morning with a sunrise yoga with Suzy, gently energising the body and cultivating balance.

Location: Events Pavilion

9:00AM to 10:15AM

Curated Farewell Breakfast

Gather for a farewell breakfast designed as a soft landing and a conscious return to the outer world.

Set in a light-filled, tranquil setting, the breakfast emphasises nourishing, intuitive choices that support digestion, energy, and clarity after the retreat.

Location: Cip's by Cipriani

11:00AM to 2:00PM

Scattered Departures

WELLNESS *WITHIN* WITH SANCTUM

Package Inclusions

Four-night stay at Cap Juluca, A Belmond Hotel

With daily complimentary breakfast buffet

**Boat and ground transfers to and from
Cap Juluca, A Belmond Hotel**

For arrival and departure experiences

Daily Sanctum experience

Daily yoga with Suzy Schoulz

**Spa treatments at the
Cap Juluca Spa by Guerlain**

For more information and to book the experience with Sanctum at Cap Juluca, [explore the package](#).

To connect with a member of our reservations team directly, contact capjuluca.cap@belmond.com.



COMPLIMENTARY SERVICES

Grab & go bikes
Non-motorised water sports
Recreational sports – Tennis, Basketball,
Pickleball
Library & Computer Services
Chef's Garden Tours

EXPERIENCES

DAILY CHAMPAGNE SABERING RITUAL

Join Cap Juluca's signature ritual and experience the sunset celebration with the traditional Art of Sabrage. As the sun sets, this ceremony prepares guests for the evening with a flourish of free-flowing champagne.

COMPLIMENTARY WATER SPORTS

Options include sea kayaking, windsurfing, paddle boarding, and Sunfish and Hobie Cat catamaran sailing. Motorised activities available at an attractive rate including wakeboarding and water skiing.

RESTAURANTS

Cip's by Cipriani – Breakfast & Dinner
The Cap Shack – Lunch only
Uchu – Lunch & Dinner
Pimms – Dinner only

OTHER RESOURCES

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