



# 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](mailto: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

 [Instagram](#)  
 [Image Gallery](#)  
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 [Property Video](#)  
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