

# EL ENCANTO

A BELMOND HOTEL  
SANTA BARBARA

## RESORT ACTIVITIES

For further information and to sign up, please visit the Spa Receptionist Desk.

El Encanto provides a host of resort activities to make your stay more comfortable and engaging.



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### AMENITIES

As our guest, enjoy wireless Internet access, a Santa Barbara local wine welcome amenity, in-room coffee, bottled water at turndown, access to PressReader for an unlimited stream of thousands of top newspapers and magazines, The Fitness Studio, and The Spa at El Encanto. In-room yoga mats, light weights, resistance bands, and yoga blocks available upon request.

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### CYCLE WITH EASE

Start the morning off with a leisurely bicycle ride over to the Santa Barbara Mission, or head downhill to explore State Street and the waterfront. The trip back up to our Riviera neighborhood is made effortless with a simple pulse of the electric motor. Stop by the reception desk to sign out one of our great electric cruisers.



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## YOUR WELLNESS ESCAPE

The Spa at El Encanto provides the perfect setting for re-energizing your mind and body. Revitalize your sense of wellbeing with a myriad of complimentary fitness classes, advanced equipment, picturesque jogging trails, wellness services, and stellar personal training.

### CLASS SCHEDULE Open to All Levels

TIME	TUE	FRI	SAT	SUN
8:00 AM		Mindfully Strong	Mindfully Strong	Mindfully Strong
9:00 AM		Regeneration Hour	Regeneration Hour	Regeneration Hour

#### MINDFULLY STRONG

Elevating heart rate, core activation, restoring balance between mind and body, and breathwork.

#### REGENERATION HOUR

Regenerate your body through a combination of recovery poses, techniques, and tools to recharge for the rest of the day.

### MEET OUR SPECIALISTS



Ray Camacho is a NASM Master Trainer & Nutrition Coach. Combining all different styles of movement, her specialty helps people optimize strength, performance and feel their best.



Ann Flanigan is a Certified Pilates Instructor who specializes in core strength, joint stability, lengthening and beautiful posture.



LJ Mintz is a Former Cirque du Soleil performer and has a degree in Exercise Physiology that specializes in movement efficiency. Her knowledge and expertise will help you reach your movement potential.



Drea Durbiano is a Certified Personal Trainer & Sports Nutrition Coach specializing in functional fitness to sculpt and improve performance through various modalities including: traditional weight training, HIIT, myofascial release, primal movement, and yoga.



Kelly Poston is a Certified Pilates & Yoga Instructor. Her classes include strengthening, lengthening, and core focused exercises which provide strong balanced movement.



Alysia Hendricks is a Certified Personal Trainer, Performance Enhancement Specialist, and Advanced Yoga Medicine. She specializes in sports performance, myofascial release and women's fitness including concussion recovery.

### WELLNESS SERVICES

At your leisure, contact the Spa at extension 3545 for inquiries or to book services.

#### ONE-ON-ONE WELLNESS CONSULTATIONS

Our expert coaches work with you to create a custom wellness solution incorporating exercise programming, lifestyle modifications, mindset training, and nutrition.

#### VIRTUAL MANDALA SESSIONS

Regain balance and find your spiritual center with a virtual healing Mandala session with celebrated counselor, artist and author Renate C. Hume. Connect to your authentic self through mandala creation and readings, channel your creative energy and find a new path to self-discovery.

#### VIRTUAL LIFE JOURNEY COACHING

Take a personal journey inward and discover the answers to your questions on purpose, direction, and overall wellbeing. Join our personal life coach, Renate Hume for this uplifting and clarifying experience. A unique opportunity for guided reflection, these virtual sessions are particularly powerful at times of transition and uncertainty. Choose from an individual online session with Renate, or a joint online session with Renate and your partner and prepare for a new look on life.

#### SOUND BATH MEDITATION

Bathe in sound waves while you ease tension and tune into your inner being. Join sound practitioner Ray Camacho for a rejuvenating experience as you unwind through sound bath meditation and let life's stresses wash over you.

#### SPECIALTY FITNESS TRAINING

Meet with one of our nationally accredited and recognized fitness experts for a private session focusing on one of the following:

- Personal Training
- Yoga, Pilates or Foundations Training

#### PRIVATE GROUP FITNESS SESSIONS

Designed for groups from 2-150, these personalized fitness sessions can include any of the following:

- Yoga
- Boot Camp
- Any of our Signature Classes can be offered in a private session