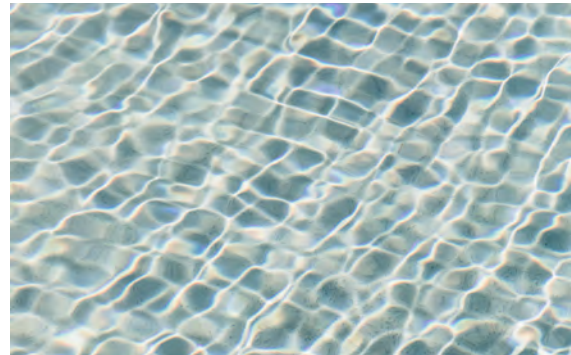


LA SAMANNA

A BELMOND HOTEL
ST MARTIN



A WEEK OF INDULGENCES: MOVEMENT AND WELLBEING

FROM APRIL 3 TO 9, 2023

Step into a world of wellness at your Caribbean retreat, La Samanna, a Belmond Hotel, with the guidance of professional personal trainer and lifestyle expert, Dedicca.

Rediscover well-being in a unique retreat that combines assessments and tailored individual and group workouts for a transformative experience. Drawing inspiration from movement for rejuvenation, balance, and well-being.

AT A GLANCE

- A full week of fitness classes designed by Dedicca
- Adapted to all levels and goals
- Daily complimentary group classes
- Private classes available:
Private Single - USD 250
Private Group - USD 400

For more information or to make a reservation, please contact concierge.las@belmond.com or visit belmond.com/lasamanna.

Limited Availability.

Max 10 attendees per class.
Reservations required.

ABOUT DEDICA



Dedica, also known as Deanna or “Dea”, is a yoga teacher, fitness professional and former dancer with over a decade of teaching experience. She has come to be known all over the world for her eclectic style of dynamic vinyasa and her light hearted, straight forward method of teaching. Her classes focus on form, alignment and showing you that through cultivating a strong mind body connection – you are limitless both on and off your mat.

PROGRAM

MONDAY, APRIL 3

Vinyasa Yoga
9:00 am – 10:00 am
Location: Wellness Studio

TUESDAY, APRIL 4

Beach Bodea
(Legs / Core / Twists)
8:00 am – 8:45 am
Location: On the beach

WEDNESDAY, APRIL 5

Vinyasa Yoga
8:00 am – 9:00 am
Location: Wellness Studio

THURSDAY, APRIL 6

Power Vinyasa
8:00 am – 9:00 am
Location: Wellness Studio

FRIDAY, APRIL 7

Beach Bodea
(Cardio & Conditioning)
8:30 am – 9:15 am
Location: On the beach

SATURDAY, APRIL 8

Vinyasa Yoga
9:00 am – 10:00 am
Location: Wellness Studio

SUNDAY, APRIL 9

Detox Vinyasa
9:00 am – 10:00 am
Location: Wellness Studio

Easter Bodea
10:30 am – 11:00 am
Location: Wellness Studio

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