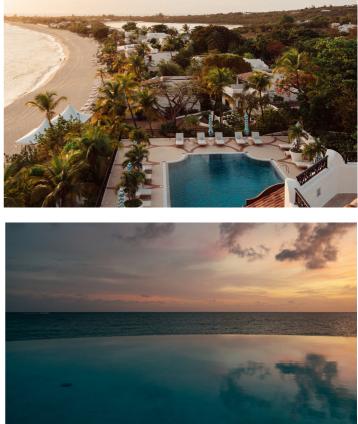




# SOULFUL EXPLORATION





# YOGA RETREAT WITH SUZY SCHOLZ

## FROM JUNE 6TH TO JUNE 8TH

Experience a range of enriching classes and guided meditations in celebration of Global Wellness Day.

Enjoy invigorating Yoga practices with Suzy Scholz, local certified Yoga instructor.

Connect with your inner-self and return home tuned in, with a heart full of life-changing memories.

# AT A GLANCE

#### • THURSDAY, JUNE 6TH

Water Element Vinyasa Blast or Paddle Yoga Fun (Core Flow) \*Weather dependent 9:00am – 10:30am by Water Sports\*

Serenity Fusion: Pranayama, Gentle Yoga, and Celestial Waters Sound Voyage 6:00pm – 7:00pm in Villa\*

#### • FRIDAY, JUNE 7TH

Ignite Vitality Flow: Vinyasa with Fire Essence 9:00am – 10:30am in Villa\*

Ignite & Align: Sunset Meditation, Elemental Fire Ceremony, Sonic Bliss 6:00pm – 7:00pm in Villa\*

## • SATURDAY, JUNE 8TH

Root to Rise: Grounded Inversion workshop 9:00am – 10:30am in Villa\* Four Elements Flow & Sonic Renewal: Breath & Sound Unite 5:00pm – 7:00pm in Villa\*

Closing Ceremony and cocktail reception

7:15pm – 8:15pm in Villa\*

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\*Please note that the above activities are complimentary for in-house guests

For more information on each event and to book your attendance, please contact concierge.las@belmond.com or +590 590 87 64 00