



# LA SAMANNA

A BELMOND HOTEL  
ST MARTIN



# 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\**

### TO BOOK

\*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](mailto:concierge.las@belmond.com) or +590 590 87 64 00