



## Essence to Essence: Festival of the Senses

January 26-29, 2017

Featuring Nick James & Chaya Mueller Bronstein

Join Le Guanahani for a sensory adventure—a fascinating exploration focusing on the most subtle and mysterious of the senses.

Using aromatic essences of flowers and plants from around the globe, venture through the world of aromatherapy. Learn the fundamentals of blending and create simple remedies. Dabble in natural perfumery and compose a unique personal fragrance. Explore your deepest self and true nature through scent. The program, which includes meditations to heighten one's sensitivity and encourage a vibrant outlook, may be experienced in whole or guests can choose to take part in individual events.

### Thursday

5-6 p.m. Welcome Cocktails & Introduction

### Friday

7:30-8:45 a.m. Morning Meditation: Silence of the Sea  
10:30 a.m.-noon Scent with Intent - Part I  
2:30-4:30 p.m. Essence to Essence: Your Personal Scent  
9-9:15 p.m. Essence of Sleep: A Good Night Ritual

### Saturday

Throughout the day, individual sessions with Chaya—including Gypsy Tarot, Palm Reading, Chakra Reading and Couple's Reading—can be booked at the spa.

7:30-8:45 a.m. Morning Meditation: Silence of the Sea  
10 a.m.-noon The Perfumer's Apprentice  
2-3:30 p.m. Scent with Intent - Part II

### Sunday

8-8:45 a.m. Morning Meditation  
8:45-9:15 a.m. Sharing & Scentual Farewell

The entire program may be booked as part of a three-night room package or the sessions may be booked individually. The cost is €75 per session or €50 per session if the entire program is reserved.

For more information and reservations, please contact [reservations@leguanahani.com](mailto:reservations@leguanahani.com). The three-night package can also be booked online at [leguanahani.com](http://leguanahani.com).

### Festival of the Senses 3-Night Package for Two

Package includes:

- Daily buffet breakfast at Indigo
- Lunch on two days
- Scent workshops/sessions
- Morning meditation sessions
- 60-minute spa treatment per person per stay
- Round-trip local airport/port transfers
- WiFi access
- Access to tennis, beach, fitness & spa facilities
- Non-motorized watersports

Rooms start at €3345

Suites start at €3900

*Three-night minimum stay required. Rates, based on single/double occupancy per room, are inclusive of service charges and 5% city tax. Beverages are not included with offered meals. Package must be reserved prior to arrival and is subject to change, availability and black-out dates. Not combinable with other packages/promotions. Spa reservations are offered between 9 a.m.-5 p.m. daily. Full payment is due at time of booking. Cancellation at least 30 days prior to arrival will result in a cancellation charge equal to 3% of the prepayment; cancellation within the 30-day penalty period will result in full forfeiture.*

## **Workshops/Sessions with Nick James**

### **Scent with Intent: Introduction to Aromatherapy**

In this two-part hands-on workshop, you will learn how aromatherapy can be a force for healing and positive change. Using a unique software program, you will explore the world of aromatherapy and craft your own scent. You depart with a body cream that you have blended to meet your personal intentions.

### **Essence to Essence: Your Personal Scent**

During this interactive experience, you will explore different aromas and discover how they can reveal aspects of your inner nature. You will be guided in a search for a single essence that expresses something of your innermost truth. By sharing our essence with others, we celebrate our individuality while creating new possibilities within our connections.

### **Essence of Sleep: A Good Night Ritual**

Join us for a meditative end to the day. Retire for the night with a sleeping or love potion.

### **The Perfumer's Apprentice**

Delve into the world of perfumery as you learn the basics of creating natural fragrances and about the 'notes' of scent. A playful exploration of your preferred aromas will allow you to create a personalized perfume to take home.

## **Readings with Chaya**

Chaya is a natural born intuitive. She has a caring, light way of helping others receive answers, gain new perspectives and recognize their innate beauty.

**Gypsy Tarot:** Receive a picture of your life situation, looking at the past, present and future. Chaya uses intuitive skills and the gypsy tarot to help you discover your hidden potential and the influences around you.

**Palm Reading:** Palm reading has its roots in Indian astrology and Roma fortune-telling. This reading combines the study of the shape, size and lines of the hands and fingers with the art of tactile intuition. Your personality and gifts are revealed, as well as your innate tendencies and the choices that effect the direction your life is taking.

**Chakra Reading:** Reading the chakras in the energy field of your body brings understanding and insight into the underlying patterns in your life, and can help to resolve issues and deepen self-awareness. Having a chakra reading is like having an energy health check of the soul.

**Couple's Reading:** Look together through loving eyes into the present situation and potential of the relationship. Honor and acknowledge the beauty of relating, while targeting ingrained patterns. Chaya reaches lovingly into the depths of issues so couples can understand each other more profoundly and celebrate the natural flow of love.