



## Wellness Weekend

**Meditate ON... Sunshine at Le Guanahani**

**March 2-5, 2017 - Led by David Romanelli**

Having made his mark with his engaging *Yoga + Chocolate*, *Yoga + Wine* and *Yoga for Foodies* retreats and workshops, wellness expert Dave Romanelli is now collaborating with Le Guanahani to integrate mindfulness into modern living. During March's retreat in St. Barth, Romanelli will guide participants through daily sensory-inspired meditations based on his Meditate ON series. Focusing on the warm ocean, exotic chocolates and fresh fruits, the sessions are all about slowing down, awakening the senses and filling one's mind with positivity, passion and peace. It is one thing to vacation and relax—and quite another to delve deep into the rich, exotic undertones of a beautiful tropical paradise.

### Thursday

- Welcome cocktail reception and book signing
- BBQ dinner

### Friday

- Sunrise Meditation at Marigot Beach: Relax to the sounds of the ocean and tropical breezes as you embrace the essence of mindful living.
- Breakfast buffet at Indigo
- Choice of wellness activity\*
- Lunch at Indigo
- Afternoon Yoga & Wine Session

### Saturday

- Morning yoga
- Breakfast buffet at Indigo
- Choice of wellness activity\*
- Sunset Meditation with the Chef: Savor local and exotic chocolate, meditate, enjoy more chocolate, meditate some more. Your senses will come alive in a deeply present moment.
- Dinner at Bartolomeo

### Sunday

- Breakfast buffet at Indigo
- Guided meditation and closing ceremony

\*Wellness Activities: Yoga, Pilates, Zumba, Velaqua, Aqua Fitness, Body-Sculpt, Sculpt & Balance, Stretching & Relaxation, Sunset Body & Soul Relax

### Three-Night Package for Two

|                              |       |
|------------------------------|-------|
| Ocean Bay Room               | 3000€ |
| Ocean View One-Bedroom Suite | 4050€ |
| Ocean One-Bedroom Pool Suite | 4500€ |
| Wellness Suite               | 3900€ |

*Package price, based on single/double occupancy, includes: accommodation for three nights; access to spa, fitness and tennis facilities; non-motorized watersports; WiFi access; round-trip transfers from St. Barth's airport/port; 5% city tax and service charge. Offer is subject to availability. Full prepayment is due at time of booking. Cancellation within 30 days of arrival will result in a full forfeiture of prepayment; cancellation before the 30-day penalty period will result in a cancellation charge equal to 3% of the prepayment.*

For more information, please contact [reservations@leguanahani.com](mailto:reservations@leguanahani.com).