



LUXURY CARIBBEAN

Retreats

BARBADOS, W.I

5 DAY EXAMPLE OF A TYPICAL ITINERARY

DAY 1 SUNDAY

Meet and greet at the airport by your host of luxury Caribbean Retreats

40 min drive to the West coast of Barbados

Introductions with the team, educational talk explaining the retreat and time for **Q&A**

Supper at the villa prepared by our own private chef

9pm retire

DAY 2 MONDAY

6.30am wake up with a warm lemon and ginger drink

Get ready to stretch followed by a 2k stroll (less or more is available too, we are not a boot camp!)

8.30am breakfast on the verandah overlooking the west coast sea views

11am experience a gentle class in Pilates followed by a introductory 30 min meditation

12.45 lunch poolside

Spa services available

A choice of facials and deluxe massages, not your thing... relax and soak up the vitamin D on a poolside lounge or on the beach, dive into that book that's been staring at you for so long...

Enjoy a fresh coconut water from our very own trees

4.30pm enjoy that twilight hour... sunset cruise on a luxury speedboat, dip into the sea as the sun goes down

6.45pm Supper time!

Prepared by our chef

Set in our beautiful garden over a small bridge to the gazebo

Surrounded by the pools and tropical foliage

8pm let one of our experienced yoga teachers take you through a relaxing pose and stretch 40 min session (ideal for all levels... Yes Beginners too!)

Time to reflect on a perfect day at our luxury Caribbean retreat.

9pm retire

Lights out Zzzzzzzz

DAY 3 TUESDAY

6.30am walk 2k and stretch

8am breakfast

9am meeting with the Dr to discuss blood results and a tailored personal plan (bloods will have already been organized for you to have been done in your own country, our nurse will send out relevant forms and info)

12.30 beach picnic

3pm sunset paddle boarding and tuition (all levels) not your thing, relax on a lounge or take an ocean swim

6pm dinner at a fantastic local restaurant on the south coast who will prepare a clean eating menu just for us!

8pm drive through the scenic Bridgetown, passing by the lit governmental buildings and twinkling lights of the harbor

9pm retire zzzzz

DAY 4 WEDNESDAY

6.30am pick up for east coast hike 3km. Breakfast picnic

10am tour of Nicholas Abbey, immerse in local history and discover a stunning plantation home and a original working rum distillery

1pm lunch at a local restaurant overlooking the east coast Atlantic ocean, menu designed just for us!

4pm Educational talk on menopause back at studio at the retreat, **Q&A** time

6.45pm supper at the villa

9pm retire

DAY 5 THURSDAY

6.30am walk 2k and stretch

8am breakfast

11am introductory to core and strength class

12.45 lunch

Poolside or beachside relaxation, spa treatments available

6.30pm final supper at the villa in the great dining room with a local musician showing off his steel drums ... welcome to have a lesson!

Retire

DAY 6 FRIDAY

10am farewell Brunch

Final ed talk

Depart to ongoing accommodation or airport

5 DAY EXAMPLE OF A TYPICAL MENU

(all dietary needs will be accommodated)

Breakfasts

Herbal teas and warm lemon and ginger water (available all day) coconut water from our trees

Berry chia pudding

Scrambled eggs and sliced seasoned avocado

Chia crackers with roasted chilli tomatoes

Vegetable omelets

Cucumber and fennel green smoothie

Vegetable shakshuka with poached egg

Lunches

Watermelon, mint, feta and pomegranate salad

Quinoa quiche

Grilled seasoned fresh fish with beet salad

Green goddess salad with Chicken

Vegetarian sushi grain bowl

Cherry, wild rice and quinoa salad

Dinners

Blackbean salad with grilled pork cutlets

Zucchini, corn and egg casserole

Blackened fish of the day and roasted veg

Chicken with spinach and tomato orzo salad

Seasoned bbq flying fish with avocado and quinoa bowls

Chilli lime salmon with sweet potatoes and peppers

This is a non alcohol retreat

