A tropical sunset scene with palm trees and a person meditating in the water. The sky is a mix of orange, yellow, and dark blue, with silhouettes of palm trees and a person in the foreground.

CARA

— ORGANIC BEAUTY —

INTEGRATIVE HEALTH RETREAT
28th May – 1st June 2020 | Carlisle Bay

ESCAPADA
HEALTH RETREAT



CARLISLE BAY
ANTIGUA



Carlisle Bay is a luxury resort looking out over white sand, palm trees and turquoise water, with a backdrop of emerald green rainforest. Sophisticated and contemporary in style, this modern Caribbean classic on Antigua's south coast is instilled with genuine West Indian conviviality.

The ESCAPADA team will bring you through your individualised health retreat, including –

- **Extensive Integrative Health Consultation**
- **Constitutional Acupuncture Treatment**
- **Luxurious Personalised Massage**
- **Daily Sunrise and Sunset Meditation**
- **Morning Vinyasa Flow Practice**
- **Evening Gentle Yin Yoga Session**
- **Stunning Walks in Nature**

Your yoga instructor for the weekend is **Marleen Askie**, the yoga practice is suitable for all levels, including complete beginners

The yoga tradition views us all as made up of sacred elements. How we relate to and experience these elements can be a great reflection of where we are in relation to inner harmony and balance. Being on retreat is the perfect opportunity to immerse into nature as well as witness our own internal landscape. Tuning in to the elements provides the perfect gateway.

- **EARTH - foundation, security and stability**
- **WATER - adaptability, flexibility and creativity**
- **FIRE - power, strength and vitality**
- **AIR - communication, connection and integration**

The living philosophy of yoga will be experienced through embodiment and reflection. The morning practices will offer more dynamic practices to invigorate for the day, whereas the afternoons will be reserved for slower flow, restorative practice, meditation and yoga nidra (deep guided relaxation).



The island of Antigua has a rich history and culture and a tradition of warm hospitality, it is known as 'the heart of the Caribbean', being located in the middle of the Leeward Islands. It is largest in size, covering 108 square miles / 280 square kilometres and a population of 68,000 people. Carlisle Bay resort is set on the south coast of Antigua and is located just 30 minutes' drive from the airport and the tiny bustling capital of St. John's. Being one of the most accessible islands in the Caribbean, Antigua has direct non-stop flights from major gateways in the United States and Europe.



OUR LOCATION

28th May – 1st June 2020

Thursday 28th May

3.00pm

Check In

5.00pm – 6.00pm

Welcome Circle - introduction to the practices of the week, intention setting, gentle flow and restorative practice to arrive both in body and spirit

7.30pm

Dinner

Friday 29th May

9.00am – 11.00am

EARTH ~ Vinyasa practice to build a strong foundation for practice, focus on alignment and stability

5.30 – 7.00pm

Grounding Restorative Yoga, Pranayama and Anchoring Meditation

7.30pm

Dinner

Saturday 30th May

8.00 – 10.00am

WATER ~ Creative Flow to tune in to the breathing moving body, focus on hip opening and release

5.30 – 7.00pm

Joint-freeing series and Yoga Nidra (deep guided relaxation)

7.30pm

Dinner

Sunday 31st May

9.00 – 11.00am

FIRE ~ Invigorating Vinyasa to stoke the fire within, focus on core engagement and building energy

5.30 – 7.00pm

Asana Lab, Pranayama and Shakti Meditation

7.30pm

Dinner & Closing Fire Ceremony

Monday 1st June

9.00 – 11am

AIR ~ Breathe & Flow to open the Heart, focus on shoulder stability and Backbends and Heart Healing Meditation

12.00pm

Check Out



ITINERARY



4 nights' all inclusive, plus Extensive Integrative Health Consultation, Acupuncture Treatments (x2), Luxurious Personalised Massage, Vinyasa Flow sessions (x4), Gentle Yin Yoga sessions (x4), Meditation sessions (x8), Guided Mindfulness Walk, Wellness Workshop and Nourishing Nutrition throughout your entire stay, with individualised recommendations based on Chinese Medicine.

- **Ocean Suite** **from only \$2,250pps**
- **Beach Suite** **from only \$2,350pps**

**Price is inclusive of all taxes and services*

**Please note: due to limited spaces, a single occupancy surcharge will apply*

Local Package (excluding accommodation)

Avail of an Extensive Integrative Health Consultation, Acupuncture Treatments (x2), Luxurious Personalised Massage, Vinyasa Flow sessions (x4), Gentle Yin Yoga sessions (x4), Meditation sessions (x8), Guided Mindfulness Walk, Wellness Workshop and full access to beach and leisure facilities.

- **Only \$995 US per person.**

For more information or to book, please contact the Carlisle Bay Reservations team.

reservations@carlisle-bay.com

+1 268 484 0029

www.carlisle-bay.com

PRICES



Maeve O'Sullivan

Nursing (BSc) // Chinese Medicine therapist (BSc) // Acupuncture // Co-founder of Escapada



Emilia Herting

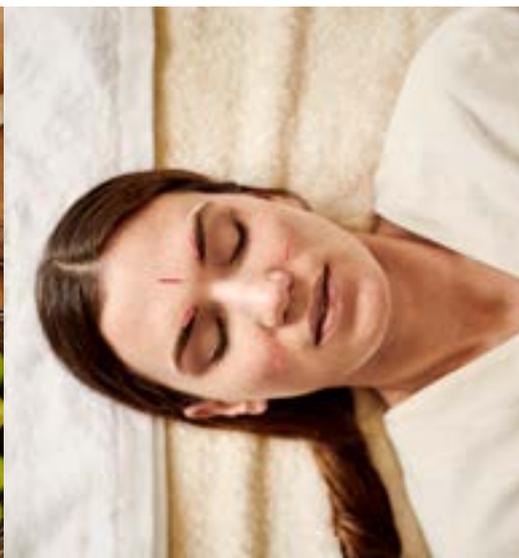
Chinese Medicine therapist (MSc, Hons) // Acupuncture & Herbal Medicine // Co-founder of Escapada

ESCAPADA

The Escapada Team believe in an integrative medical approach. By combining the four pillars of health in a balanced and sympathetic way, the team is dedicated to encouraging and developing individual life skills to create greater health and wellbeing. The team is always on-site to share with you their expertise and experience.

"Our health should not be just the absence of disease, but the feeling of wholeness, balance and resilience."

MINDFUL MOVEMENT | NOURISHING NUTRITION | INTEGRATIVE TREATMENTS | ULTIMATE ME TIME





CARA
— ORGANIC BEAUTY —

ESPA

Natural Beauty
Inner Calm

SPA AT CARLISLE BAY

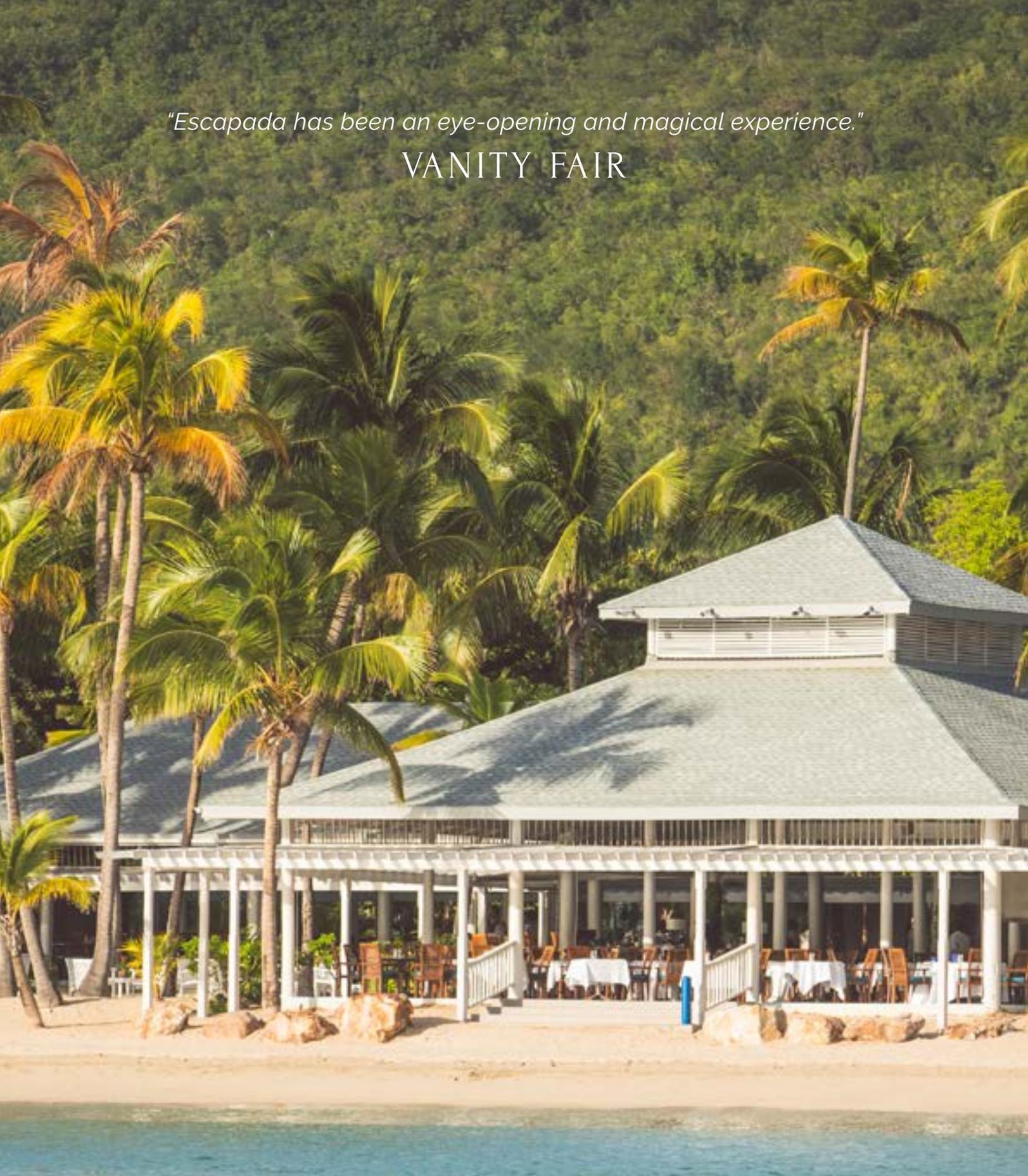
Restore inner harmony and balance by allowing CARA Organic Beauty to take you on a journey, tuning into the elements, to reconnect with body, mind and soul. Our spa encompasses a more natural and therapeutic way of living; in addition to our luxurious facial treatments and deeply restorative massage therapies, we have a variety of holistic offerings, regular yoga classes and intensive health retreats available. Featuring six treatment rooms with an impressive array of spa treatments, as well as, a spacious relaxation area for post treatment sanctuary.

CARA Organic Beauty partners with ESPA; ESPA are guided by a holistic philosophy, caring for your whole wellbeing, focusing on creating natural skincare products that deliver both instant benefits and also work beneath the skin's surface to protect the long-term health and beauty of the skin. Working with biochemists, skin experts and aromatherapists, we take the knowledge from traditional holistic therapies and combine this with the scientific power of the purest natural ingredients from around the world, developing a range of natural products and treatments to help you to have beautiful skin and inner calm.

[Click here to view our spa brochure.](#)

"Escapada has been an eye-opening and magical experience."

VANITY FAIR



CARA
— ORGANIC BEAUTY —



CARLISLE BAY
ANTIGUA

www.carlisle-bay.com