A tropical sunset scene with palm trees and a person meditating in the water. The sky is a vibrant orange and yellow, with silhouettes of palm trees and a person standing in the water in the foreground. The overall mood is serene and peaceful.

CARA

— ORGANIC BEAUTY —

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

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ESCAPADA  
HEALTH RETREAT



CARLISLE BAY  
ANTIGUA



# INTRODUCTION

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 **Marlene Askie**, the yoga practice is suitable for all levels, including complete beginners



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

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3.00pm	<b>Check In</b>
5.00pm – 6.00pm	A warm welcome followed by Gentle Yin Yoga
6.00pm – 6.30pm	Sunset meditation
7.30pm	Dinner

## Friday 29th May

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8.00am – 8.30am	Sunrise meditation
8.30am – 9.30am	Vinyasa Flow
10.00am	Breakfast
11.00am – 5.00pm	Free Time*
5.00pm – 6.00pm	Gentle Yin Yoga
6.00pm – 6.30pm	Sunset Meditation
7.30pm	Dinner

## Saturday 30th May

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8.00am – 8.30am	Sunrise meditation
8.30am – 9.30am	Vinyasa Flow
10.00am	Breakfast
11.00am – 5.00pm	Free Time*
5.00pm – 6.00pm	Gentle Yin Yoga
6.00pm – 6.30pm	Sunset Meditation
7.30pm	Dinner

## Sunday 31st May

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8.00am – 8.30am	Sunrise meditation
8.30am – 9.30am	Vinyasa Flow
10.00am	Breakfast
11.00am – 5.00pm	Free Time*
5.00pm – 6.00pm	Gentle Yin Yoga
6.00pm – 6.30pm	Sunset Meditation
7.30pm	Dinner

## Monday 1st June

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8.00am – 8.30am	Sunrise meditation
8.30am – 9.30am	Vinyasa Flow
10.00am	Breakfast
11.00am – 12.00pm	Free Time*
12.00pm	<b>Check Out</b>

*\*Your Chinese Medicine Retreat Plan will be devised by our therapists on the initial extensive integrative health consultation; all acupuncture treatments, personalised massages and body & mind sessions will be scheduled accordingly around the above timetable*



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*

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

**reservations@carlisle-bay.com**

**+1 268 484 0029**

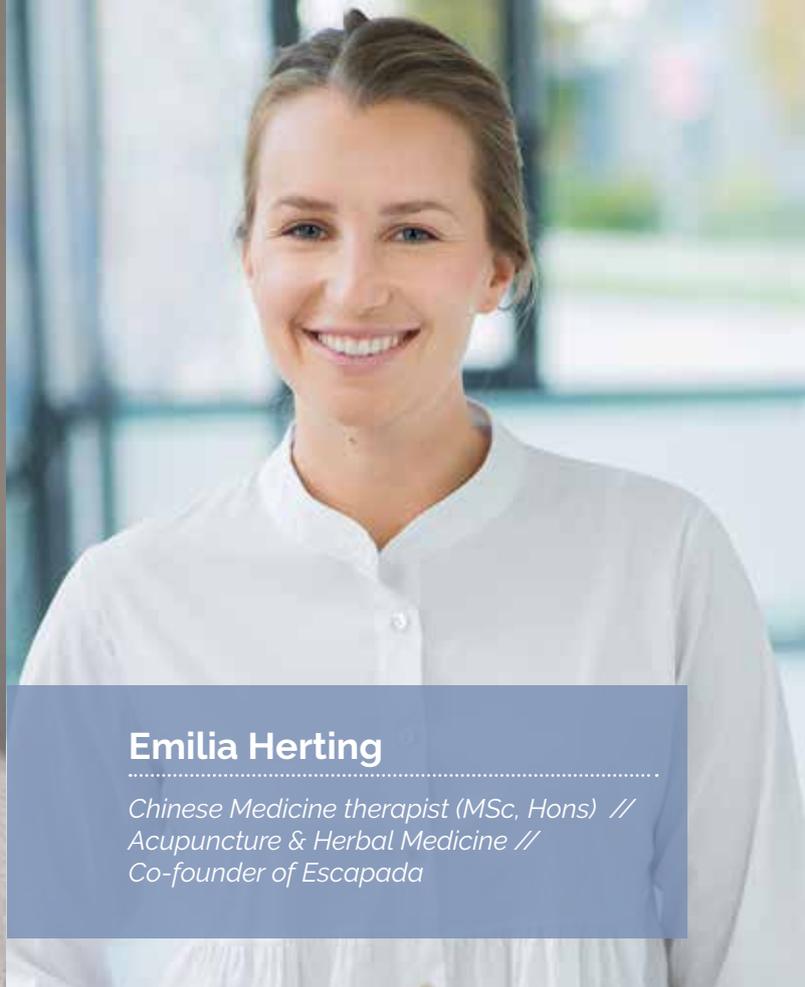
**www.carlisle-bay.com**

**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 —

## SPA AT CARLISLE BAY

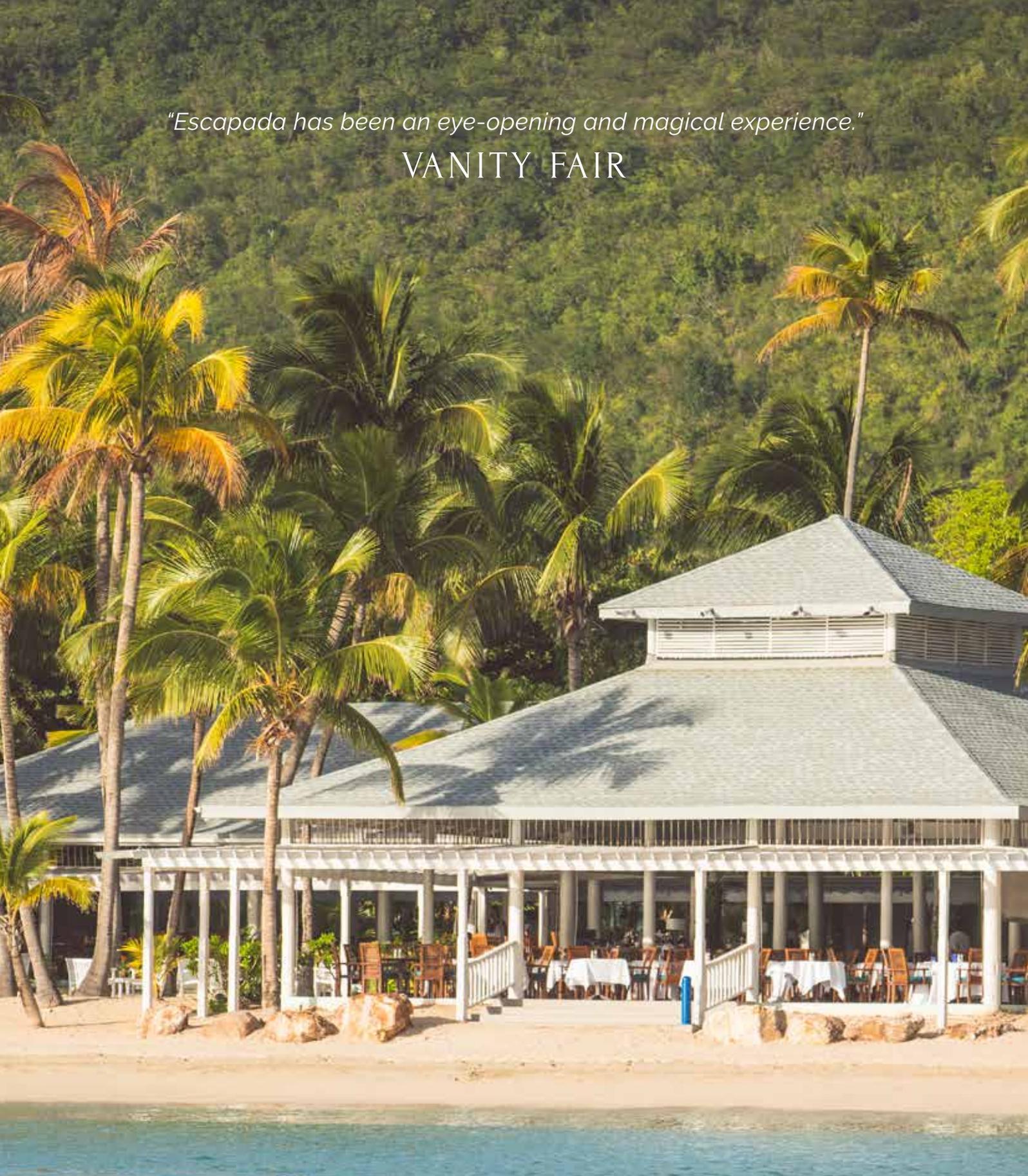
Restore inner harmony and balance by allowing CARA Organic Beauty to take you on a journey, tuning into the elements, to reconnect with body, mind and soul. Our spa encompasses a more natural and therapeutic way of living; in addition to our luxurious facial treatments and deeply restorative massage 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](http://www.carlisle-bay.com)