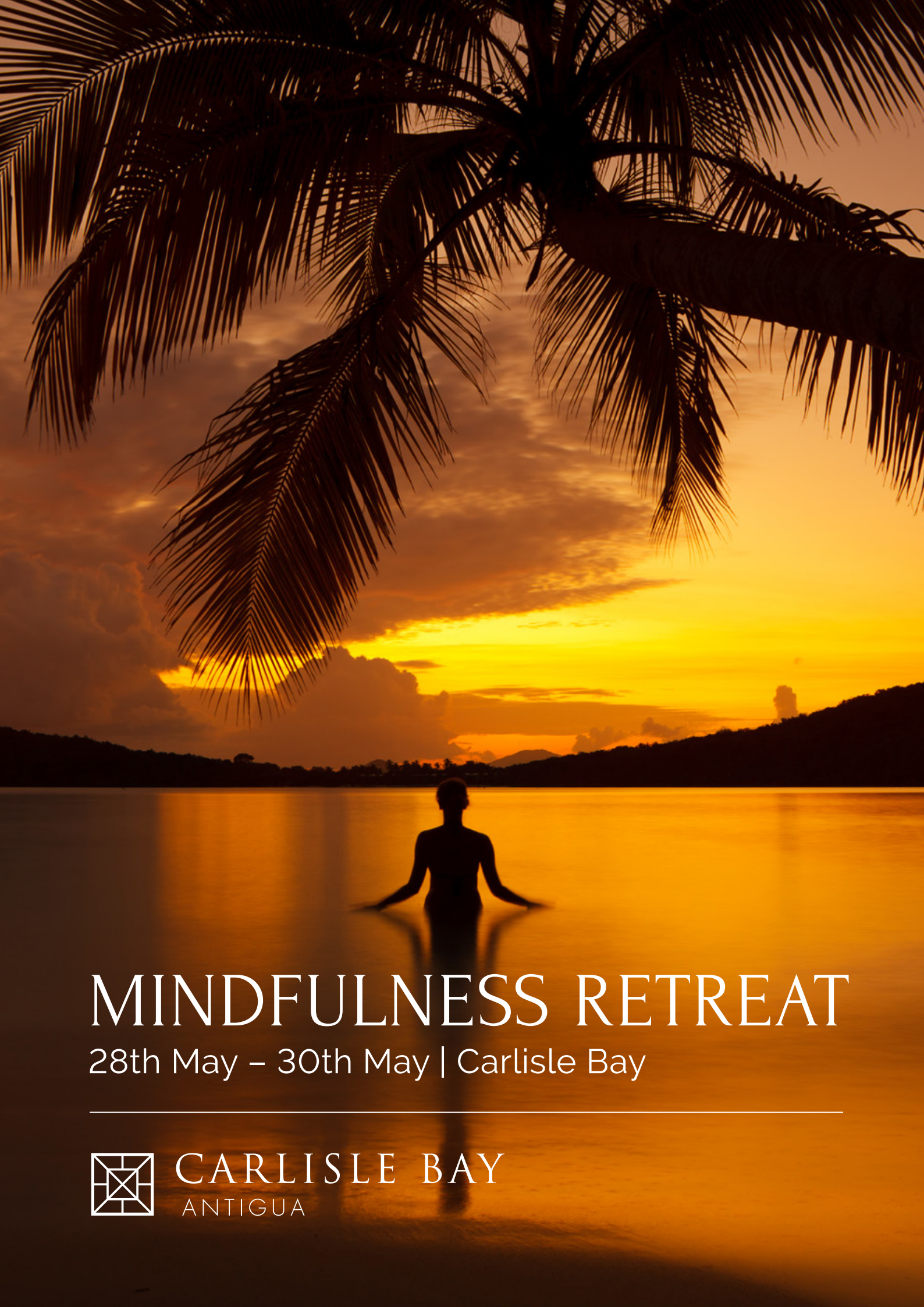


MINDFULNESS RETREAT

28th May – 30th May | Carlisle Bay

CARLISLE BAY
ANTIGUA



INTRODUCTION

Your mindfulness coach, holistic health practitioner and yoga instructor for the retreat is Zoe Nash.

This retreat will guide you to achieve a felt sense of inner peace and relaxation, help to build resilience and focus, whilst developing the skills for managing the unprecedented time that we are living through, helping to reduce stress, anxiety and depression. The practice of Mindfulness will have a powerfully positive impact that you can carry with you into your life beyond simply the retreat.

This 3-day journey will include daily Mindful meditation sessions to give you tools to navigate challenging times, as well as including daily mindful movement practices, including yoga and qigong to strengthen, release and relax the nervous system and promote health and vitality through breath and movement, to clear the effects of stress and tension from the physical body.

The yoga practice is suitable for all levels, abilities and experiences and there will be flexibility to cater for specific needs and requests with receptivity to the unique journey that the group takes together over the course of the retreat.

A personalised specialist session with Zoe is also available during the course of the retreat, to assess your health needs, restore optimal health and wellbeing, along with valuable lifestyle recommendations and advice.



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 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

ITINERARY

28th May – 30th May

Friday 28th May

4.30pm – 5.30pm	Arrival Mindful Meditation followed by a Gentle & Grounding Yoga Flow
6.00pm – 8.00pm	Fire Pit Ceremony with Live Music followed by a Group Dinner at the Jetty Grill

Saturday 29th May

8.00am – 9.30am	Energising Vinyasa Yoga Flow
2.00pm – 3.00pm	Snorkelling at Cades Reef*
4.30pm – 5.30pm	Mindful Meditation
7.30pm	Group Dinner at Ottimo

Sunday 30th May

8.00am – 9.30am	Sunday Morning Mindful Movement & Qigong Session
10.00am – 12.30pm	Guided Rainforest Hike*
4.30pm – 5.30pm	Mindful Meditation, Yin Yoga & Closing Circle

*Advanced sign up required

10.00am – 4pm daily	**Health consultations and treatments available in Spa with Zoe Nash**



PRICES

2 nights' all-inclusive at Carlisle Bay, including Daily Mindful Meditation Sessions, Daily Yoga Classes to suit all levels and abilities.

- **From only USD $999 per person (all-inclusive based on double occupancy)**

*Price exclusive of tax and service charge

- **Add a personalised Health Consultation and Holistic Treatment for USD $200**

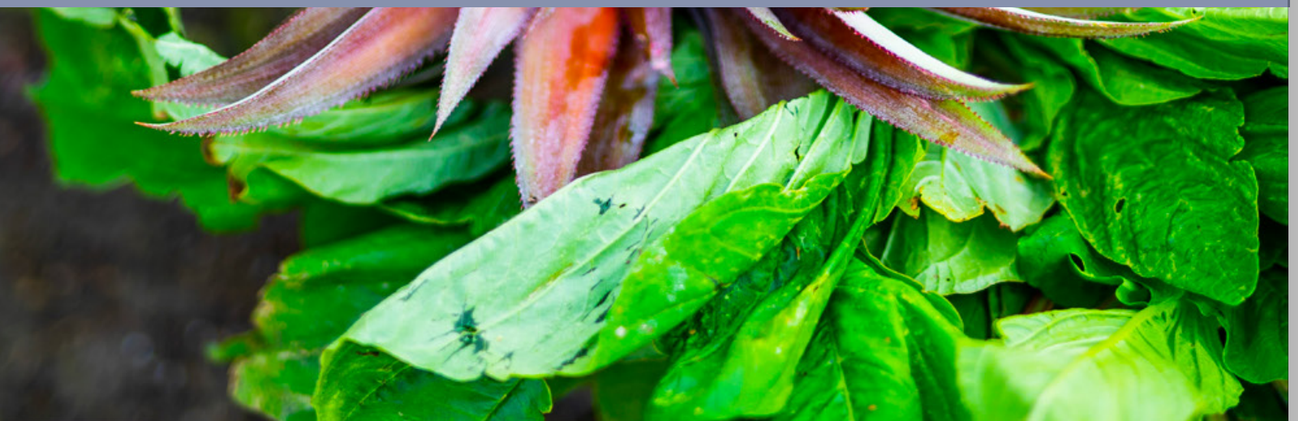
For more information or to book, please contact the Carlisle Bay Reservations team.

reservations@carlisle-bay.com
+1 268 484 0029
www.carlisle-bay.com



FOOD AT CARLISLE BAY

Your exceptional dining experience will be a mix of contemporary and traditional dishes; we have created a special series of seasonal dishes and bespoke á la carte menus, using local produce and vegetables grown straight from chef's garden, tailored for the ultimate nourishing nutrition on our luxury retreats.



ZOE NASH

Chinese Medicine Treatments

- **Holistic Health Consultation**
- **Acupuncture treatment**
- **Cupping, Moxibustion and Gua Sha**
- **Myofascial Release Therapy**
- **Chi Nei Tsang (Abdominal Massage)**
- **Yoga and Meditation**

Health Consulting

Each treatment includes a thorough holistic health consultation, and a diagnosis through the lens of Chinese medicine, which will lead to personalised guidance on how to improve your lifestyle and health, including your diet, daily habits and routines, self-care practices, that all play a part in our overall wellbeing.
Also, we will look at addressing the underlying mindset, thoughts, and emotions that are having an impact on your health and wellbeing, and how to better manage them through lifestyle, mindfulness and stress management.

Traditional Chinese Medicine (Acupuncture)

Acupuncture is both a deeply relaxing and incredibly effective medicine system that activates the body's natural ability to heal itself. Clinically proven to be beneficial for neurological, gynaecological, and digestive complaints, muscular and skeletal pain, and stress. The treatment involves the gentle insertion of thin sterilized one-use only needles into specific meridian points along the body in order to enable qi, or energy, to flow freely, which allows the body to naturally rebalance, heal and revitalize, and regain healthy circulation of energy throughout the body. Zoe is professional certified, completing her BSc in Tractional Chinese Medicine in 2006 in the UK.

Cupping, Moxibustion and Gua Sha

Cupping therapy, like acupuncture, is based on the meridian theory of the body. Cups are applied to specific acupuncture points on the body as well as target areas experiencing pain beneath the tissues. Moxibustion is a therapy that uses dried herbs or charcoal to warm regions and meridian points which stimulates circulation through the points, creating a relaxing sensation that helps to relive pain in the muscles and joints, digestive disorders and gynecological conditions. Gua sha means 'scrap stagnation', and this is done by using a jade tool to gently stroke the skin that reduces blockages, facilitates improved circulation and activates the immune system, stimulating and opening the fascia at a cellular level.

Myofascial Release Therapy

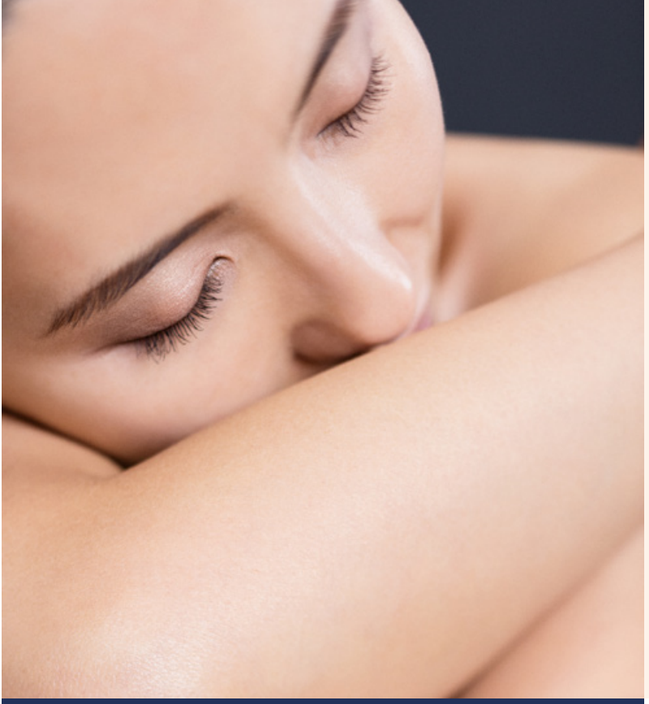
This is a slow, deep, intuitive massage technique that targets the fascia tissues, and Chinese meridians, which hold much of our physical tightness and emotional tension. This massage is uses little or no oil, and is a specialised physical and manual therapy used in conjunction with an acupuncture treatment.

Chi Nei Tsang

Chi Nei Tsang is an abdominal organ massage system which naturally assists the body to release stress, toxins and disharmony from accumulated negative emotions and matter in the organs.
Chi Nei Tsang can help to prevent and support treatment of a number of conditions including digestive complaints, gynecological issues, promote lymphatic drainage, insomnia and to promote a rebalancing of the emotional body.



Zoe Nash





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.





CARLISLE BAY
ANTIGUA

www.carlisle-bay.com