



Saint Barths Wellness Retreat Itinerary

ARRIVAL DAY

Arrival, and personally greeted by retreat hosts.

Transportation will be provided for all guests by St Barth Defenders for arrival/drop off from SBH airport to your accommodations.

-Cacao Tonic Circle

-Introductions and setting our intentions

-Musical Performance

-Plant based dinner together (all meals will be provided by Plant Based Daily).

DAY ONE

7am - Meditation, Guided Hike, Breakfast

-Adaptogenic circle ceremony and journaling. (Includes Herbal Tonics, Elixirs, Pre-workout plant based bites).

-Guided hike, meditation and mindfulness

- Plant based breakfast, post hike

10am Free Time or Spa Therapies Options

-Set Up a One on One with our Team Leaders and Healers (email for more information)

-Jasmine (Traditional Chinese Medicine Therapies, Sound Bath, Sonopuncture)

-Kristine (Plant Based Nutrition + Cooking Classes + Herbal Blends)

-Jo (Bespoke Massage)

-Stephanie (Holistic Beauty)

-Christina (Yoga or Pole Dancing)

-Juliet (Feminine Leadership and Sensuality Mentor)

12NOON - Group Plant Based Teaching Kitchen, Lunch with Elixirs

- Mindfulness eating
- Plant based nutrition demo by Chef Kristine

3PM-5:30PM, Transformational Work

-Archetypes: Masculine and Feminine Polarity and Sacred Intimacy Discussion

-Herbal + Nutritional Discussion for Healthy Mind, Body and Sexual Energy

5:45-6:45PM, Sunset Restore

- Sunset Yoga

- Sound Bath with Jasmine

Optional: Auricular Therapy

Sonopuncture: Sonopuncture is the application of a tuning fork on acu-points. Sound resonance and a vibrational frequency will be placed on specific points along meridians in your body to continue your blissful journey.

Auricular Therapy: Auricular therapy is an integrative treatment procedure that is used for pain relief and the alleviation of addictions.

7PM Tonic Ceremony Circle, Ecstatic Dancing, Plant Based Dinner

-Tonic Ceremony Circle

-Plant Based Dinner

-Ecstatic Dance

DAY TWO

7am Breathing Session, Breakfast, Salt Water Immersion

-Herbal Tonics + Elixir Circle

- Reflections

- Breathing Session with Kristine

- Meditation

- Plant Based Breakfast

9:30-12 NOON, Choose Your Sea Adventure or Chill at Beach

-Swim, snorkel, surf, SeaBob or stand up paddle, kite surf (St Jean)

12NOON - 2:30PM Group Plant Based Teaching Kitchen, Lunch with Elixirs

3-5:30PM, Restoring Balance

-Self and Couple Massage (with Special Blind Folded Guests)

-5 Element TCM Medicine and You: Finding and Balancing Your Archetype (Wood, Metal, Water, Fire, Earth)

5:45-6:45PM, Sunset Restore

-Sunset Yoga, Mantras

7PM, Plant Based Dinner

DAY THREE

7am - Guided Hike, Qi Gong, Breakfast

- Herbal infusions and plant based bites
- Guided hike to Colombier
- Qi Gong
- Breakfast, post hike

9:30A-12NOON,

12NOON-2:30PM, Group Plant Based Teaching Kitchen, Lunch with Elixirs

-Plant Based lunch

3-5:30PM, Divine Goddess sessions

-Beauty Routines with Stephanie

-Pole Dancing with Christina

5:45-6:45PM, Sunset Restore

-Sunset Yoga, Star Gazing Pointe Milou

7PM, Plant Based Dinner

DAY FOUR

6am - Sunrise Yoga, Breakfast

- Gem Stone Meditation
- Sunrise Yoga
- Plant based tonics, elixirs, breakfast

12NOON-2:30PM, Group Plant Based Teaching Kitchen, Lunch with Elixirs

- Plant based lunch

3-5:00pm, Final Reflection

- Awaken balance, embodiment, full expression
- Visions for the Future Self

5pm, Sunset Hike, Meditation

- Sunset Hike, Meditation

7PM, Ecstatic Dance Party with live Musical Guest and Light Refreshments, Team Goodbyes

DAY 5, Departure

All guests will be personally escorted via St Barths Defenders to SBH Airport.

We look forward to meeting and guiding you on your holistic journey!

Namaste,

Jasmine and Kristine

Saint Barths Wellness Retreat Team