



MIND IN MOTION

Leigh Weinraub, entrepreneurial powerhouse and renowned speaker, joins Rosewood Baha Mar for a limited engagement opportunity to connect with guests and share her passion and lifetime desire to help others reach their personal best. As the founder of *Mind in Motion*, a movement and lifestyle brand committed to helping people succeed, she believes in the potential of every individual to find their strength from within. In partnership with Rosewood's wellness team, she has designed a week of programs that use the power of words to instill confidence, mindfulness and action. See below for session details.

MARCH 27

GET YOUR MIND IN MOTION

90 minutes - USD 50 per person + VAT - 4 PM

How do we maximize our potential for greatness and make better decisions to support our path? What does self-reflection actually mean and how do we utilize it on a daily basis when we're pulled in a million different directions? This talk will leave guests with practical tools for increased awareness and positive psychology to optimize performance in all aspects of life.

Location: Rosewood Garden

MARCH 28

MINDFUL WINE TASTING

60 minutes - USD 100 per person + VAT - 2:30 PM

Being mindful must stretch beyond the yoga mat. In our multitasking environment, eating and drinking has become a secondary and often compromised activity. In this class guests will learn how to eat and drink with awareness through a series of wine tastings and paired lite bites. Leigh will teach mindfulness skills in a unique way that will take the mind-body connection to new heights.

Location: Commonwealth Patio

MARCH 29

AUTHENTIC CONNECTIONS THROUGH ART

60 minutes - USD 50 per person + VAT - 2:30 PM

In this session, Leigh facilitates an interactive conversation in a safe space to promote human connection and empathy. In this digital age, deep, meaningful connections are harder to come by but more important than ever. They remind us of our humanity. Leigh incorporates an interactive and artistic project that will enable guests to design their future.

Location: Commonwealth Patio

MARCH 30

SUNSET BEACH WALK-AND-TALK

50 minutes - USD 35 per person + VAT - 6:30 PM

In this 50 minute walk-and-talk session, guests will be guided through an intentional movement process. As you walk past the calming waves of Cable Beach, unplugged from technology, the power of nature will open up the inspiration to share, learn and connect. Upon return to Rosewood, a glass of bubbly will await to toast to a fruitful evening.

Location: Rosewood Beach

Reservations are required at least 24 hours in advance of the desired session.
Leigh Weinraub is also available for private one-on-one sessions from March 27-30.

To make your reservation, contact:

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