



WELLNESS schedule for August

THURSDAY	FRIDAY	SATURDAY
5 11 AM - BREATHWORK & EMBODIMENT	6 11 AM - BREATHWORK & MEDITATION	
12 11 AM - BREATHWORK & MEDITATION	13 11 PM - BREATHWORK & EMBODIMENT	
19 11 AM - BREATHWORK & EMBODIMENT	20 11 PM - BREATHWORK & MEDITATION	21 7PM to 9PM - FULL MOON CEREMONY
26 11 AM - BREATHWORK & MEDITATION	27 11 AM - BREATHWORK & MEDITATION	28

BREATHWORK & EMBODIMENT –

With the Medicine of Breath & Embodiment practices – release and reconnect with your body’s natural intelligence. Awaken your inner life-force energy, find inner stillness and connect to your mind, body and soul with the power of the breath and movement.

60 minutes \$55pp (exclusive of 12% VAT)

BREATHWORK & MEDITATION –

Release, recharge and realign with the Medicine of the Breath and Meditation. Reconnect with yourself, your body’s innate wisdom and discover energetic activation, inner stillness and relaxation. Surrender and trust the flow.

60 minutes \$55pp (exclusive of 12% VAT)

FULL MOON CEREMONIES –

In these sacred gatherings we come together in community to enrich our life with the symbolic and energetic qualities of the full moon – fullness, illumination and clarity. What in your life would you like to be enhanced and illuminated? In this sacred container we will explore intention setting, non-linear movement, meditation and a deep dive Breathwork Voyage. We will close the ceremony with group sharing and reflection. This is a time of celebration and an opportunity to release, recharge and transform.

150 minutes \$80pp (exclusive of 12% VAT)

Please call 788-7800 or email: espa@bahamar.com to reserve your wellness experience.

Guests must be 18 years old and above to participate in the experience (Youth 13+ must be accompanied by an adult guardian.)

Experiences maybe outdoors and are weather permitting

Minimum of 6 guests participation required for wellness experience