

HIFE  
RETREATS

# THE BODY HOLIDAY

## *SAINT LUCIA*

OCTOBER 2023

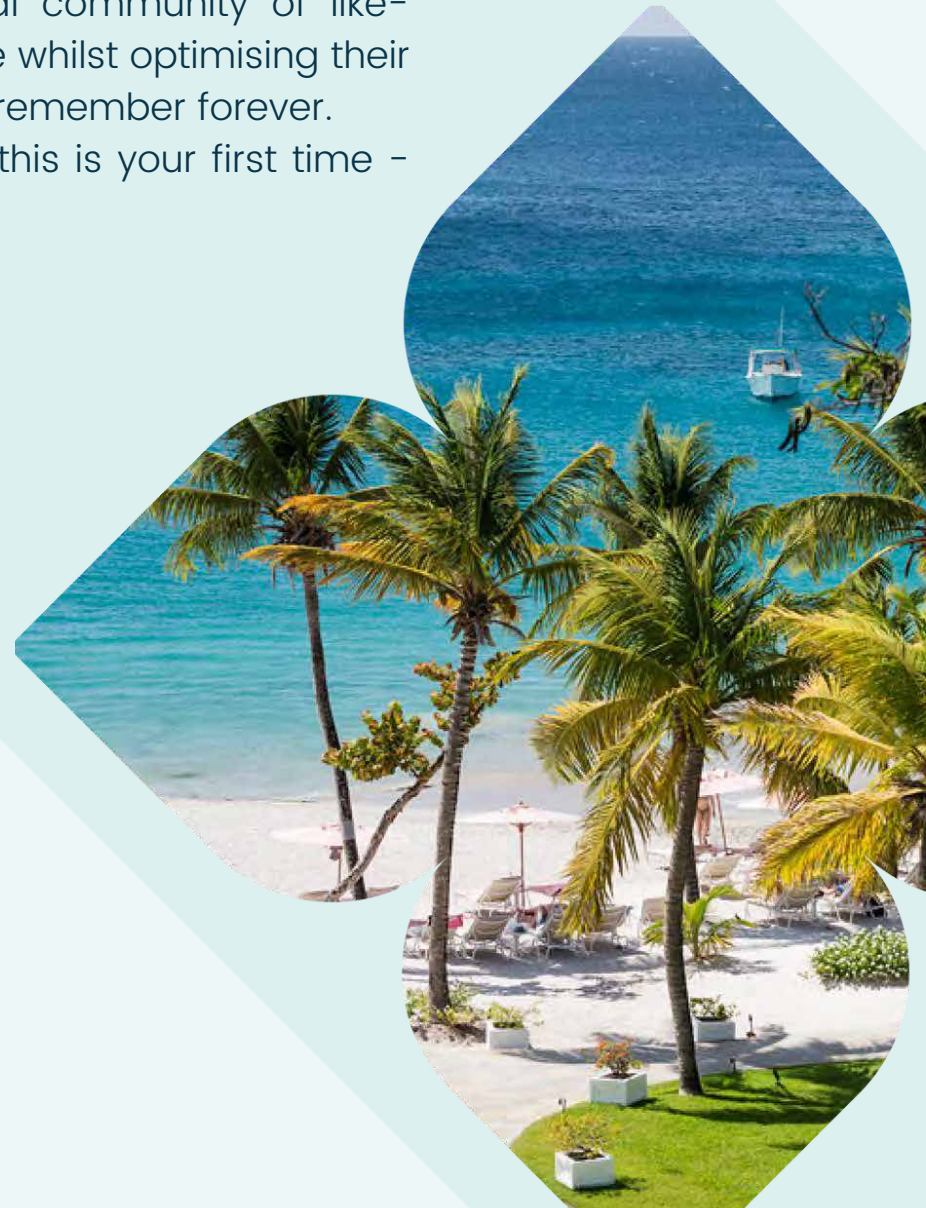
# HIFE RETREATS

HIFE Retreats was created to bring together a global community of like-minded people who live life to the full, travel, and explore whilst optimising their health. HIFE Retreats bring you a luxury experience you'll remember forever. Whether you've been on one of our retreats before, or this is your first time - welcome to the HIFE family.

We are so happy you're here.

## WHAT DOES HIFE MEAN?

To be HIGH ON LIFE; to appreciate all the intricacies of life. Both the simplicity of its beauty and the complexity of its journey. Marvelling at the path it takes us on, how fleeting it can be and how much it must be celebrated.



YOU ARE INVITED TO OUR FIRST EVER HEALTH AND WELLNESS RETREAT AT

# THE BODY HOLIDAY

## *SAINT LUCIA*



## A PERSONAL WELCOME

I took my first job as an Osteopath and Yoga Teacher at The Body Holiday in 2014. I gained an incredible amount of experience, I learnt from talented visiting practitioners and I met a lot of guests, many of whom became good friends and clients.

Since I have worked with many other world-leading health and wellness resorts (AMAN, Soneva, Six Senses, ANANTARA, D Maris, Heckfield Place and Necker Island), inspired by these beautiful locations I began sharing my own Retreats.

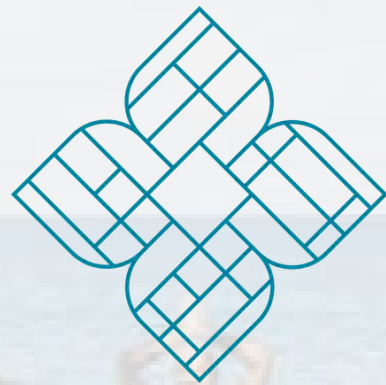
When the opportunity came about to host a HIFE Retreat at The Body Holiday there was no doubt in my mind we had to go. It is an absolute privilege to be taking you back to where my journey began and I know we are going to have a fantastic time together.

*Jessica*

FOUNDER  
HIFE RETREATS







Our health must be a priority,  
experiences are priceless and  
life is precious.

# THE BODY HOLIDAY

Since opening in 1988, this all-inclusive wellness-focused beach resort has become renowned for its unique approach to enhancing your physical and mental well-being.

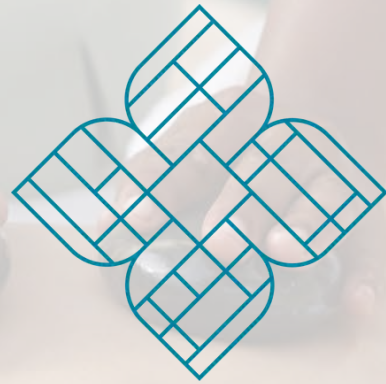
Situated on a crescent-shaped white sandy beach and surrounded by 32 acres of tropical gardens, at first glance it seems like a typical five-star island resort. Guests float from luxurious ocean-view rooms to colonial-inspired buildings and onto the spectacular 60-bed spa looking extremely relaxed and outwardly glowing. This is no coincidence.

The Body Holidays' message is loud and clear...

GIVE US YOUR BODY FOR A WEEK, AND WE'LL  
GIVE YOU BACK YOUR MIND.

Retreats are new to The Body Holiday, but the setting is perfect. Whilst we will have group restaurant reservations, and exclusive use of both the hibiscus yoga deck and the tree house studio for our classes you will have access to all other guest facilities as normal. Including a daily spa treatment, yes daily.





Gift yourself experiences,  
not things. Have stories to tell,  
not possessions to show.

# THE RETREAT

## MOVE

Health and wellness are the foundation of all we do at HIFE Retreats, you can expect a great deal of movement and mindfulness. You will enjoy a range of classes including sunrise yoga, sunset meditation, and mat-based pilates as well as some higher-paced conditioning and strength work. Each session will be optional, I invite you to take what you need from our time together,

## EXPERIENCE

Make the most of everything this spectacular resort has to offer; from morning tennis lessons to afternoon sailing trips, grab a paddle board or simply lie back on your sunlounger and let a member of the team bring you your favourite cocktail.

## EAT

Expect plenty of nourishing, delicious food and exceptional dining experiences whilst you are with us. The resort has a selection of restaurants and you will be able to choose between social group dining or peaceful means on your own.

## LEARN

Jessica, the founder of HIFE Retreats brings her own experience and high-level expertise to this retreat. As a qualified Osteopath, Jessica's method of teaching goes beyond typical yoga and fitness instructing. She will apply her understanding of biomechanics to enhance your practice, giving you confidence and a deeper understanding of your own body's potential. Jess promises you will learn, be inspired, and improve your overall health and wellness whilst on this retreat.

## RELAX

No retreat is complete without time spent relaxing in treatments and The Body Holiday knows this to be true. Included in your retreat price is a daily treatment in the 60-bed spectacular spa - choose from full body massages, rejuvenating facials, Lucian body scrubs, and much more.



# ITINERARY

LET THIS INDICATIVE ITINERARY EXCITE, INSPIRE  
AND ENCOURAGE YOU.

## SATURDAY 14TH OCTOBER 2023

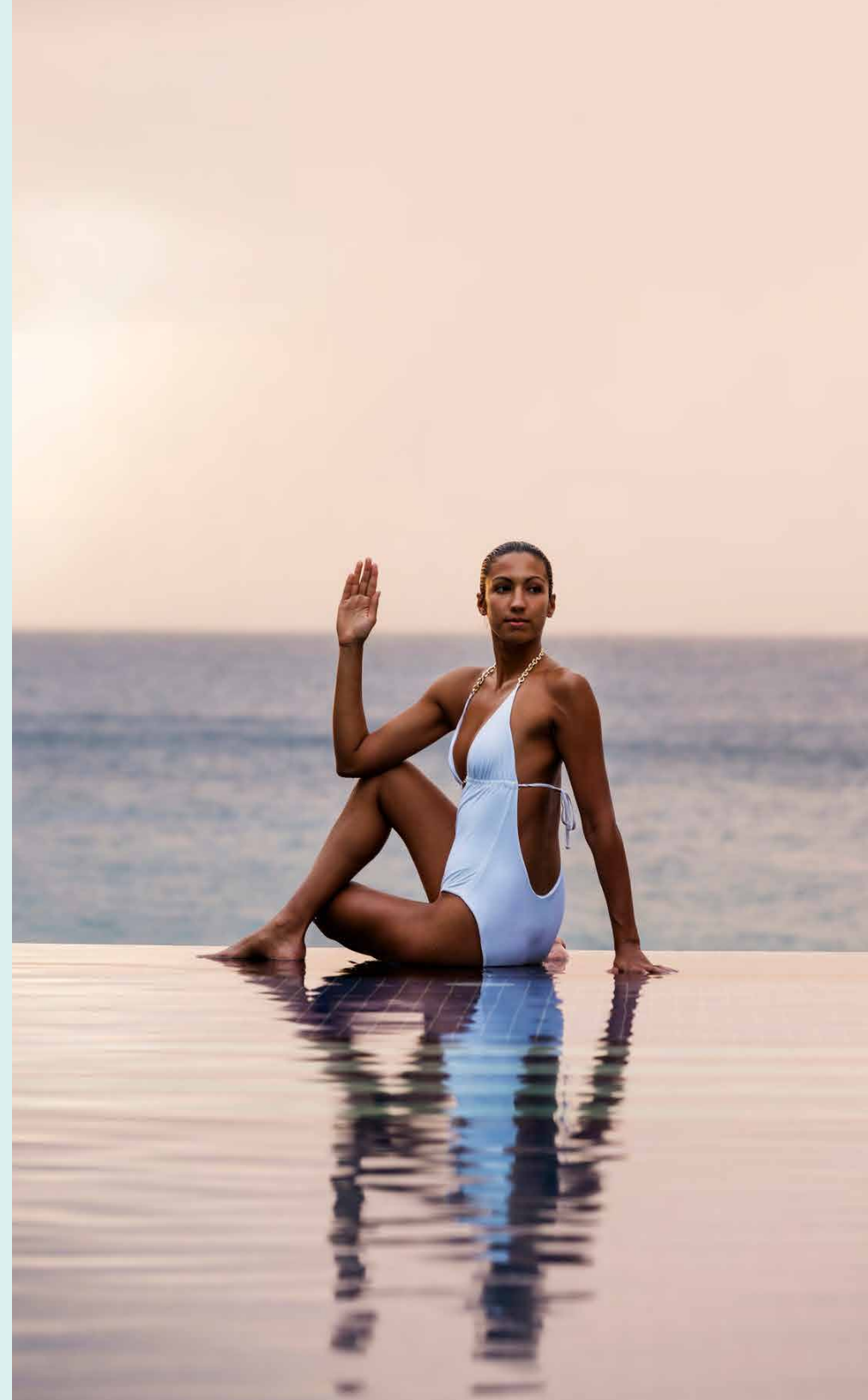
5pm Arrival at The Body Holiday and guest check-in  
7.30pm Drinks in the piano bar, followed by dinner in Caribblue

## SUNDAY 15TH OCTOBER 2023

7am Group walk  
8am Welcome class; setting intentions, undoing our journey and finding out feet.  
9.30am Breakfast at Caribblue  
5pm Gentle evening practice and guided meditation  
7.30pm Drinks in the piano bar, followed by dinner in TAO

## MONDAY 16TH OCTOBER 2023

7am Group Walk / Run  
8am Energising morning class; our first pilates practice in which we will work on the foundations from which we can progress throughout the week  
9.30am Breakfast at Caribblue  
2pm Simple strength training; filling the gaps  
5pm Gentle evening practice; mobilise and deeply stretch  
7pm Dinner in Caribblue Windows





## TUESDAY 17TH OCTOBER 2023

7am Group Walk

8am Energising morning class; mat based pilates, adding resistance

9.30am Breakfast at Caribblue

5pm Gentle Evening Practice; sunset yoga with guided meditation

7pm Dinner in Caribblue Windows

## WEDNESDAY 18TH OCTOBER 2023

7am Group Walk

8am Energising morning class; strong vinyasa yoga

9.30am Breakfast at Caribblue

2pm Workshop; understanding low back pain and maintaining a safe practice

5pm Gentle Evening Practice; pilates to enhance your posture

7pm Cocktails at The Wellness Centre followed by dinner in Caribblue

## THURSDAY 19TH OCTOBER 2023

7am Group Walk

8am Energising morning class; dynamic pilates

9.30am Breakfast at Caribblue

5pm Gentle evening practice; yin yoga

7pm Dinner in I-TAL

## FRIDAY 20TH OCTOBER 2023

7am Group Walk

8am Energising morning class; mat based pilates, adding resistance

9.30am Breakfast at Caribblue

5pm Sunset Cruise followed by beach barbeque

## SATURDAY 21ST OCTOBER 2023

7am Group Walk

8am Our final practice; a class to combine and celebrate all we have learnt throughout our week together

9.30am Breakfast at Caribblue

2pm Departure

## FREE TIME

There is a lot of free time during your days, that is because there is so much more on offer than I could possibly put into our schedule. Please use your free time to enjoy some of the other fantastic exercise classes on offer, go sailing or water skiing, relax in your complimentary treatment or simply lie back in the sunshine.

The Deli, Pavillion and Caribblue will all be open for lunch.

## EXTENDING YOUR STAY

You may choose to enjoy this wonderful resort for long by adding a day or two either side of your stay, this can be done as part of your booking.





# BOOKING & ROOMS

Thank you for choosing to join HIFE Retreats at The Body Holiday in October 2023. This is a spectacular resort and we feel honoured and extremely excited to be hosting our first-ever health and wellness retreat here.

## DATES

14th – 21st October 2023

## ROOMS

All of the rooms at The Body Holiday are beautifully designed and spacious. On booking you will be able to choose the room or suite that best suits you.

## PRICING

The week-long retreat starts from £2450pp. Excluding Flights to Hewanorra International Airport (UVF).





# RESERVATIONS

## HOW TO BOOK

Please send an email to [hello@hiferetreats.com](mailto:hello@hiferetreats.com) and we shall send you guidance for booking with The Body Holiday directly including an exclusive rate code.

## INSURANCE

Please note you must travel with your own insurance. This will protect and compensate you should you be unable to attend the retreat. Should you have to cancel HIFE Retreats will be unable to refund your booking.



# FAQs

## CAN I BOOK ON MY OWN?

Yes, you are very welcome to book on your own. Many elements of The Body Holiday have been created specifically for the independent traveller or groups of friends looking to enjoy an active holiday with like-minded people. On booking you will see a reduced rate for solo occupancy rooms.

## I AM NEW TO FITNESS, WILL I BE OKAY?

Yes! The week will be a great way to familiarise yourself with movement and start building healthy habits. You will be completely looked after, and everything we do will be scaled to each individual's needs.

## WILL THERE BE DOWN TIME?

Yes. Although there is a lot we are excited to share with you, we also realise the importance of time to fully relax and unwind – as do The Body Holiday!

## IS THE RETREAT ALL-INCLUSIVE?

Yes, The Body Holiday is an all-inclusive resort. In booking this retreat you will have access to our exclusive rate, classes and workshops. You will also have access to all other The Body Holidays facilities.

## DO WE NEED TRAVEL INSURANCE?

We encourage and advise you to travel with insurance. Should you be unable to attend, compensation must come from your travel insurance. HIFE Retreats are unable to refund your ticket.

## DO YOU HAVE ANOTHER QUESTION?

Please email Jessica at. [hello@hiferetreats.com](mailto:hello@hiferetreats.com)



# SEE YOU THERE!

To reserve your room and please email [hello@hiferetreats.com](mailto:hello@hiferetreats.com).

This same email address can be used for any other queries/questions.

We look forward to welcoming you to the beautiful island of Saint Lucia for a once-in-a-lifetime retreat that will leave you deeply relaxed and inspired to prioritise your health and wellbeing.

[WWW.HIFERETREATS.COM](http://WWW.HIFERETREATS.COM)  
[HELLO@HIFERETREATS.COM](mailto:HELLO@HIFERETREATS.COM)







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