

# ACTIVITIES BOOKLET

## Sample Schedule



the bodyholiday  
Saint Lucia

## **Meet the Team**

### **The Bodyguards**



Our BodyGuards team are here to facilitate all of your fitness needs. From morning walks to BodySPIN or Body Stretch, to one to one personal training in the gym. The team will assist, encourage, motivate and entertain you during the day whilst at night they can be found hosting tables in the restaurant, enjoying the company of our guests and even tripping the light fandango on the clubhouse dance floor. Say “hi” if you see the team around the resort, especially if you need any help or assistance - they will be more than happy to oblige.

## **Communal Dining table**

The communal dining table, located in Caribblue and the Pavilion Grill, is there for your convenience. If you wish to join the Bodyguards hosting the evening, they are available in the Piano Bar from 7:00 pm for pre-dinner drinks. Hosting tables are reserved for 7:45pm.

## **Important Note!**

Please remember to wear fitness attire including your Trainers at all times for Fitness Classes and when using the Gym. Also, Jeans, cut-offs, Bermuda shorts, and bathing suits are not suitable, nor are boat or flat non-supportive shoes (flip flops). Your safety is important to us.



## BodyAware Programme

*Eat Well. Look Great. Live Better!*

**Mike Snader** is our Nutritionist and Body Aware Specialist. He holds multiple nationally recognized personal training certifications including a 500 hour Personal Training and Nutritional Consultation certification and diploma from the National Personal Training Institute in Philadelphia, PA. He has been hands on in the health and wellness industry for over 10 years and has held positions as a Personal Trainer, Wellness Coach, and Senior Manager of a large fitness facility based in the US. In addition to his professional career Mike has also volunteered to organize and direct 5K running races to benefit charities, and has been invited to speak at numerous influential Wellness Summits and Seminars.

### BodyAware Programme

If you want to improve any aspect of your health, our BodyAware programme can provide you with an effective solution that best supports you. Whether your goals are for weight loss, weight gain, to tone up, correct your posture or you want to recover and prevent injury, the BodyAware programme will help to achieve and maintain your goals.

This programme will leave no stone unturned in it's quest to provide you with the tools, strategies and motivation to enhance the quality of your health and ultimately your life. If you want to lose fat, build muscle, or improve your eating habits the BodyAware Programme is for you.

**4 and 7 day programs available**

### Nutrition & Lifestyle Consultation

Education on optimal nutrition, and more importantly, tools and strategies to incorporate healthy eating habits into your daily life.



### BodyStats Assessment

Metabolic rate, body fat %, muscle mass, hydration levels, body mass index, waist to hip ratio, blood pressure, and cardiovascular fitness level will be measured.

**Please visit the Activities Desk for more information**

# Personal Training

**Julian Felix**, Commonwealth Gold Medallist and Caribbean middle weight Body Building Champion, is our senior personal trainer at The BodyHoliday.



Our team of trainers will help motivate and encourage you to achieve results faster than you would on your own. No matter what your goals are or your current fitness level, our personal trainers will deliver fun and challenging goal-focused training sessions to get you started on your journey to optimal fitness.

**Don't forget to book your inclusive ½ hour personal training session**

## Total Body Assisted Stretch

After a gentle warm up and mobility session, you will receive a comprehensive full-body assisted stretch using the principles of PNF (Proprioceptive Neuromuscular Facilitation) in the developmental muscles.

## BodyBox

Put some umph into your BodyHoliday and become one with the techniques needed to achieve boxing perfection.

## TRX Suspension Training

Using this revolutionary method of leveraged bodyweight training, this session works your whole body for maximum calorie burn. Harnessing the force of your own body the TRX suspension trainer allows you to really target your core muscles.

**Please visit the Activities Desk for more information**





(Tennis Pro - Neil)

# Tennis

The tennis courts are open from 6:00am to 10:00pm.

Group tennis lessons are available to all without needing to sign up and are set at introductory and intermediate levels. For the lesson times please see the timetable that makes up the second half of this booklet.

## **Private Tennis Lessons**

Additional half hour and one hour individual tennis lessons are available between 8:00am and 9:00am and 11:00am - 6:00pm Monday to Friday. On Saturdays from 8:00am - 2:00 pm. For prices and more information including booking please speak to the activities desk. (Booking must be at least 24 hours in advance).

Please remember to wear Tennis attire including your Tennis Trainers at all times. Jeans, cut-offs, Bermuda shorts, vests, bathing suits and bicycle shorts are not suitable, nor are Jogging, ridged and black soled, boat or flat non-supportive shoes (flip flops).

## **24 Hour Cancellation Notice:**

Please be considerate of other guests by providing 24 hours cancellation notice when you are unable to keep your Private Golf, Tennis, or Personal Training lesson. This will provide an opportunity for someone else to use that appointment time. If you fail to give 24 hours notice, full fees will apply.



# Golf

## Golf Pros



Our Golf Academy is run by our two Golf Pros Edwin - calm, collected, serene and elegant and Henix - effervescent, ever smiling and ever-green. Excellent teachers in their own right together they make a fantastic double act as their styles of delivery differ meaning that, under their tutelage, you can't fail to understand the message coming across. Both teach group classes, take one on one coaching sessions at Coubaril Valley and will even accompany you around St Lucia's golf course, just 5 minutes drive from the resort, for course management expertise.

Golf lessons are available from our golf academy situated in Coubaril Valley where our PGA certified golf pros deliver these classes. Please use our schedule for class times. Introduction, Elementary and Intermediate group classes are available from Monday to Saturday with no need to sign up, For the lesson times please see the timetable that makes up the second half of this booklet

Remember: only trainers or golf shoes, tailored shorts and tees or polo shirts are allowed.

## Private Golf lessons

We offer private coaching for driving or your short game (chipping, pitching and putting) at Coubaril Valley either in the driving nets or on our 4 hole Par 3 course. "Course Management" lessons are also available at the St Lucia Golf club where one of our pros will coach you through 9 or 18 holes.

**NEW!**

**Golf Swing Analysis**

Please visit the Activities Desk for more information or call us at Ext: 7809

## Soft Adventure Tours



Our soft adventure programme offers you the opportunity to visit parts of St. Lucia that are pristine and as nature wanted them to be. Ask about any of our organised tours, designed so that you can enjoy the natural beauty of our island, at the activities desk. We provide you with all the equipment you need and your guide will be equipped with first-aid items, ropes and other necessary equipment to ensure your trip is as safe as it is breathtaking or fun. Explore the beauty of St. Lucia and take a Walk on the Wild side!

*Donell - (Soft Adventure Co-Ordinator)*

### **The West Coast Tour**

Travelling the spectacular Caribbean West coast, your 9am start will take its first breather at the Morne Fortune look-out point to take in the sights of the island's capital and the chance for a quick picture opportunity. Moving inland, you will then witness the Island's largest banana plantation at the Roseau Valley - 1600 acres of land. Making your way through the rainforest area of Grande Bois, you will emerge in the famed fishing village of Anse La Raye before heading further south along the coast until reaching your final destination, the original capital of St. Lucia - Soufriere. Home of the island's volcano, sulphur springs, waterfalls and botanical gardens. This seemingly untouched town has a wealth of sites to visit. There you will have the option of bathing in the mineral baths before heading off for a well-earned local lunch (Supplementary). Your return trip to the north will be all along the coastal road and through the safe haven of Marigot Bay for a final photo stop.



### **En Bas Saut**

This hiking trail takes you into the interior of the island to the Edmund Rainforest where the challenge of the En Bas Saut (Under The Waterfall) trail begins. The hike will take about 40 minutes and leads you over some uneven terrain down-hill into the waterfall where you may have a refreshing swim before taking the exit trail for about 50 minutes. This tour leaves the hotel at 7:00am and should be back for 3pm. You will need to wear hiking boots, trainers or sneakers and a bathing suit under your clothes. The cost is inclusive of transport and entrance fees, lunch is supplementary. You will need to be of moderate fitness level.



### **Errard Waterfall Rappel**

This experience takes you on an adventure to one of the few accessible waterfalls on the eastern side of the island near the fishing village of Dennery. The trail descends and takes you across the Dennery River before scrambling through the rainforest. Within half an hour you will hit Errard's summit and begin to admire the beautiful views across the rainforest. Our guides will lead you on to experience the thrill of abseiling down a 120ft rounded cliff waterfall. Once you have completed the

challenge of lowering yourself down the waterfall, with the rush of adrenaline, a short walk brings you back to the starting point.

### **River Doree Rappel**

The River Doree Rappel begins with a west coast drive to the south of the island. Once there, you will be given a thorough briefing on the abseil and all safety factors involved. Now that you are ready, you will begin the rappel into a 120ft gorge and land feet first into a shallow river bed. You will then wade your way through the river and hike a moderate incline back to the vehicle. The tour continues with a sumptuous lunch served at a local restaurant of your choice (supplementary), followed by a visit to the Diamond Waterfalls and then back to The Body Holiday.

### **Piton Hike**

The Pitons are the stunning and famous landmark of St. Lucia falling within the Piton Management Area. It was declared a World Heritage Site and by Oprah Winfrey as one of the top five places to see before you leave this great place called earth. The Pitons are so called because they rise vertically out



of the sea to a combined height of some 5000 feet and descend to a similar combined depth below sea level. The Twin Mountains, Gros and Petit Piton stand side by side on the island's west coast. Our tour ascends the majestic Gros Piton, the bigger of the two. At the summit you will revel in the magnificent, breath-taking views, and your soul will feel truly refreshed. A superb day out for people of a high fitness level.



**Scuba** Our dedicated team of PADI Instructors will tailor a dive programme suitable for your level of experience. We offer you an opportunity to 'Discover Scuba Diving' without going through a full certification course. Alternatively, you could become an Open Water PADI Certified Diver or PADI Scuba Diver by following an accredited course. As a Certified Diver, you can improve your skills by

taking advantage of the PADI specialty courses including, advanced Open Water and Rescue Diver & Dive Master.

### Discover Scuba Diving

The complementary Discover Scuba Diving class is a fun and easy way to try out Scuba diving. It starts off with a classroom session, then a pool segment where you practice the skills learnt in the class room, and ends with a beautiful dive on our house reef where you can see trumpet fishes, flounders, scorpion fishes and other Caribbean reef fish. Visit the Scuba shop to for more information.

### Night Dives/ Night Snorkel

We are lucky to have the coral reef just off shore at Caribblue beach so it only takes minutes to be on site where you can see sting-rays, crabs, eagle-rays, octopus, Spanish lobsters, squid, starfish and puffers just to name a few. Night time wonders can also include "Bioluminescence" a reaction that occurs within certain types of plankton (microscopic sea creatures) that causes them to emit light.

## Whale/ Dolphin Watching



**Whale Watching Safari with us is a must!**

**Don't miss the most exhilarating experience of your vacation!**

To date, in excess of 25 varieties of these magnificent mammals have been spotted in our waters whether they are feeding, mating, frolicking with their calves or just "cooling" out in our refreshing Caribbean waters, is surely a magical and unforgettable experience! The most frequently sighted of the whales are the, Sperm (45ft), the Pilot (20ft) and the Humpback (60ft). Occasionally, the Orcas (Killer Whale 30ft). Amazing!!

**Tuesdays 9:00 AM - 1:30 PM**

**US\$110.00 per person (Min of 4 and max of 12 persons)**

### Bottom Sea Fishing

The Scuba Team invites you for an afternoon of "bottom fishing" on our 34' dive Pirogue. Regardless if you are a pro or novice in this sport, all are always very welcome aboard.

Excursion includes water, soda, beers and all fishing equipment.

**Mondays 2:00 PM - 4:00 PM**

**US\$82.50 per person (Min of 2 and max of 4 persons)**

**Scuba Operating hours: 9am - 5pm**

# Diving and Snorkeling at the Pitons

Visit our Scuba Department for details of our weekday dive sites. These range from the close proximity of Pigeon Island to the beauty and tranquility of the Piton marine reserve (pictured) just outside of Soufriere in the South of St Lucia. You can enjoy a single tank dive but the best way to go is with a two tank dive taking in both reefs at Anse Cochon (Bay of Pigs) and the Piton reserve.

On your way to the southern dive sites you'll see the Caribbean coast line of the island with the grandiose houses and some of the smaller resorts peppered along the hillsides. A fantastic way to see the island.

Every Thursday the scuba department runs a snorkeling trip to the Pitons. Leaving after breakfast and returning for lunch it is a great way to spend a morning off resort, see the sights, marvel at the Volcanic Pitons and snorkel above St Lucia's finest coral reef.

## **"Please take note of the following:**

1. Divers who haven't dived in a year or more will be required to complete a refresher or tune up before dives.
2. If you have any of the following medical conditions you will need to consult a physician before diving: ear infection, history of ear disease, hearing loss or problems with balance, history of sinus surgery, sinusitis or bronchitis, respiratory problems, lung disease, pneumothorax or history of chest surgery, asthma or history of emphysema or tuberculosis, currently taking medication that carries warning about any impairment of physical or mental abilities, behavioral health, mental or psychological problems or a nervous system disorder, history of colostomy, history of heart disease or heart attack, heart surgery or blood vessel surgery, history of high blood pressure, angina or take medication to control blood pressure, history of bleeding or other blood disorders, history of diabetes, history of seizures, blackouts or fainting, convulsions or epilepsy or take medications to prevent them, history of back, arm or leg problems following an injury, fracture or surgery, history of claustrophobia or agoraphobia, over 45 years and have a family history of heart attack or stroke, trying to become pregnant or currently pregnant."

## **SAFETY FLAGS**

Our Beach flag system is in place for your added safety please be aware of the flag colour and its meaning:



**RED FLAG:** Indicates that the water is considered unsafe for Swimming or Water Sports activity. **PLEASE DO NOT ENTER THE WATER**



**YELLOW FLAG:** Indicates that the water is considered marginally safe. Enter at your own risk. **PLEASE EXERCISE CAUTION.**



**GREEN FLAG:** Indicates that the water is considered safe to enter at your own risk, as it is an **UNATTENDED BEACH**. There are **NO LIFEGUARDS ON DUTY**



**RED/ PURPLE FLAG**

Indicates that the water is considered unsafe for swimming due to the presence of JELLY FISH . **PLEASE DO NOT ENTER THE**

# Water Sports

Operating hours: 9am - 5pm

If taming mother nature to get the most out of your sheet sail is what you are looking for, then our windsurfing and sailing lessons would be the first step in the process. All sailing equipment are conveniently available upon request and at any time during operating hours. However, our team must first assess your ability to go out alone.

If a little adrenaline is more your style then you have waterskiing, wake boarding or even mono-skiing to first learn, and then perfect, during our daily sessions of each.

Kayaking is a great way for one or two persons to look around Caribblue Bay. Tubing on the other hand is an entirely different way to enjoy the Bay. Our boat driver will pull you around the Bay at speed to set the heart racing and vocal chords yelling.

## Swimming Lessons

If you are looking to learn how to swim or simply how to improve your ability in the water then our trained swimming coach can take you in the water, analyse your stroke and make the adjustments needed.

## Hobie Cat-16

For the sailing enthusiast who loves a challenge, sailing as a group with friends or family a sailing experience. Our "Hobie 16" will be the perfect choice. You have the option of being the captain, otherwise our experienced instructors can sail you to Smugglers Cove or even the Rodney Bay area.

## Surf Ski kayak

Glide effortlessly through the ocean on one of our surf ski Kayaks. If you have tried fun kayaks before don't pass up the opportunity to try the surf skis. You can begin with our practice sessions and then join us on our kayak tour to Pigeon Island.

## Private Sunset Cruise

We can't think of a more personal private boat cruise than the Water sports sunset cruise taking you and your partner out from Caribblue Bay round Pigeon Island and into Rodney bay, then enjoying champagne, or rum punch as you watch the sun set. A magical, private and special trip ideally for two people.





**NEW FOR 2015**

**“Aurora Rose”**

**Sailing School for Beginners**

We are very proud to introduce the J24 keelboat class racing boat to The Body Holiday fleet. This boat provides a thrilling sailing experience to both the novice and experienced sailor. Our experienced sailing crew are more than happy to teach you how to sail.

**Ask at the Water Sports Hut for more details**

# Quadrathlon



This is a group led multi-sport adventure challenge, not a race. We leave LeSPORT by mountain bike and ride a 10 km wild challenging dirt trail to the Atlantic beaches of Donkey Beach, and Cotton Bay. From there we cross back over from the Atlantic to the Caribbean coast at Pigeon Island.

From Pigeon Island the course involves a short run challenge of 4 km that combines the flat with a hill climb. Don't worry... the hill climb does have its rewards, abseil 100 feet down off a cliff on the far side of Pigeon Island. Then it's a scramble through the woods down to a remote pebble beach. Dive into the sea like David Hasselhoff and knock off the short swim out to your Ocean Kayak. Climb aboard and start the 2.5 km endurance kayak back to LeSPORT along the Northern coast line of Saint Lucia.

When you finally step out onto our warm sand, not only will you be part of an exclusive few to have completed the circuit but the team and the crowds will be there to welcome and cheer you on!

The course is designed to be achievable by people with an intermediate fitness level. Sign up for your place today as spaces are limited.

## **Stages and Distances:**

Stage 1: Bike Ride – all terrain; 10 km

Stage 2: Run – 4 km.

Stage 3: Rappel/Abseil; 100 Ft.

Stage 4: Sea Kayak; 2.5 km

**Sign up for your place today as spaces are limited**

# GROUP EXERCISE

Please note this heart rate intensity scale is simply a guide. All classes will provide options throughout:

	A no or very low intensity workout
	Low intensity class ideal for total beginners to cardio exercise
	A medium intensity
	Medium intensity with higher intensity options
	High intensity workout

**Please be advised that class times may be subject to change, therefore we recommend that you refer to the activities board located in the Clubhouse on a daily basis for any changes or additional activities.**

**Mind & Body** includes any holistic class that will combine both physical exercise and stretching with awareness of the mind. Generic benefits of these classes are; decreased stress, increased flexibility plus improvement of abdominal core strength.

**Fitness & Tone** includes all our physical classes. Many of these classes will be choreographed to upbeat music and will require trainers/sneakers. The generic benefits of these classes will be improved cardiovascular system and stronger firmer muscles. All of our Fitness & Tone classes will provide a range of levels to suit your current fitness level.

## Mind & Body Classes

### Yoga:

A physical journey to stretch, strengthen and align the whole body, designed to connect body, mind and spirit. Key benefits are; focused mental state, improved energy, posture and flexibility. Yoga takes many forms and styles, intensity of class will vary with the type of Yoga, please ask for details)

### Pilates:

A series of floor exercises that stabilize and strengthen the stomach, back and buttock muscles. Benefits include; improved core strength, posture, co-ordination and more. Pilates can be ideal in the aid of treating some injuries such as lower back fatigue.

### Tai Chi:

A Chinese system of physical exercises designed especially for self-defense and meditation.

### Meditation:

A chance to give the body and mind time to be peaceful and reflect with the soothing guidance of one of our BodyHoliday meditation coaches.

### Stretch:

A great combination of flowing movements and controlled breathing with deep static stretches to help relieve tension and develop perfect posture.

## Fitness and Tone Classes

### Absolution



A workout designed to strengthen the abdominal core and lower back muscles, often in the form of a circuit session.

### Aqua Fit



A class that always guarantees to be full of fun. Splash your way to a great fitness level at any age. Also an ideal class for pregnant participants and people with joint injuries.

### Aqua Dance



Take your dance moves into the water! There is less impact on your joints during but as the water creates natural resistance, every step is more challenging and helps to tone your muscles.

### Beginner's BodySPIN



A 30 minute introduction to indoor cycling. Arrive 5-10 minutes early so your instructor can get you set up correctly on the bike.

### Beach Fit



A challenging workout on the sand combining both cardiovascular and body-weight resistance exercises to produce an all-over body blitz!

### Beach Boot Camp



Old school circuit style workout using tractor tyres, sand bags, and ropes. This functional training on the beach will challenge you in a completely differently way to the gym.

### Box Fit



Combining various martial arts and boxing movements to produce a real stress and calorie busting workout.

### BodySPIN



A 45 minute indoor cycling experience. If you are new to indoor cycling be warned you may get hooked! BodySPIN is the ultimate calorie burning ride,.

### Body Tone



A great chance to firm up the whole body using a combination and variety of weight based exercises and studio equipment.

### Caribbean Dance Fit



Join the fun, carnival atmosphere and enjoy the lively upbeat music whilst keeping your body moving and dancing. These dance moves will work your whole body to the exotic sounds of the Caribbean.

**Cardio**

A freestyle combination of low and high impact aerobic movements, providing options throughout.

**Combat Fitness**

Combining various martial arts and boxing movements to produce a real stress and calorie busting workout.

**Circuits**

Combining both cardiovascular and resistance stations to produce an all over body session. Work at your own level while challenging your weaknesses.

**Ease into Fitness**

A gentle way to firm up the whole body using a combination and variety of weight based exercises and studio equipment.

**Legs, Bums & Tums**

A 45min class that targets the legs, buttocks and abdominals, this class will help you Strengthen and tone most of your popular parts of the body.

**One The Ball**

A core stability and strength class that is fun and challenging using the Swiss ball to engage more than just your abdominal core but giving you a fantastic overall workout

**Pole Fitness**

Pole Fitness classes are a liberating and sensual Ultimate Body Workout, powering up one's self-esteem and encourages the students to experience how to be stunningly strong and at the same time graceful like a dancer. The classes are suitable for all levels, ages and abilities.

**Running Club**

A choice of two runs. A 4.5mile run that takes you to one of St. Lucia's National Heritage sites - Pigeon Island. Or adventure over to the Atlantic side of the island over a slightly hilly 4 miles.

**Step**

A basic, mid-intensity step workout, combined with lower body conditioning exercises.

**Zumba**

Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health.

# Sunday

Time	Activity	Location
07:00-08:30	Morning Walk to Pigeon Island (All Levels, Bring water)	Welcome Pavilion
08:00-09:00	Ashtanga Yoga	Fitness Studio
08:00-12:00	Quadrathlon (supplementary)	Welcome Pavilion
09:00-09:45	Introduction to Archery	Coubaril Valley
09:15-10:00	Body Stretch	Fitness Studio
10:00-10:45	The BodyHoliday Welcome Tour	Concierge
10:00-10:45	Caribbean Dance Fit	Fitness Studio
10:00-11:00	Intermediate Skiing	Water Sports
10:00-16:00	Intermediate Sailing & Windsurfing	Water Sports
10:00-17:00	Kayaking, Snorkelling & Paddle Boarding	Water Sports
11:00-12:00	Marma Yoga	The Tree House
11:00-11:45	BodyTone	Fitness Studio
11:10-12:30	Beginners' Water Skiing	Water Sports
11:10-12:30	Introduction To Windsurfing	Water Sports
11:15-12:00	Aqua Fit	Infinity Pool
12:05-13:00	Water Volleyball	Infinity Pool
13:45-15:00	Certified Scuba Shore Dive	Scuba
14:00-15:00	Table Tennis Tournament	Piazza
14:00-15:00	Tubing	Water Sports
14:00-16:00	Sailing Lessons (½ hr sessions)	Water Sports
15:00-17:00	Intermediate Skiing & Wake-Boarding	Water Sports
15:10-15:55	Cardio	Fitness Studio
15:10-15:55	Aqua Fit	Infinity Pool
16:15-16:45	Absolutions (Abdominal Workout)	Fitness Studio
17:00-17:45	BodySPIN	The Tree House
17:00-18:00	Beach Cricket	The Beach
17:00-18:00	Hamsa Yoga	Zen Deck
18:00-19:00	Appreciation Meditation	Fitness Studio

# Monday

Time	Activity	Location
07:00-07:45	BodySPIN	The Tree House
07:00-07:55	Tai Chi	Coubaril Valley
07:00-07:55	Morning Run (Cotton Bay, Bring water)	Welcome Pavilion
07:00-08:00	Morning Walk to Mount Du Cap (Intermediate, Bring water)	Welcome Pavilion
07:00-07:55	Beach Boot Camp	The Beach
08:00-09:00	Traditional Hatha Yoga	Fitness Studio
08:15-09:00	Introduction to Golf	Coubaril Valley
09:00-10:00	1km Open Water Swim (strong swimmers)	Water Sports
09:00-09:45	Elementary Golf Lesson - full Swing	Coubaril Valley
09:00-09:45	Introduction to Archery	Coubaril Valley
09:00-12:00	One on One Personal Training (sign up, ½ hr sessions)	Gym
09:10-09:55	Body Stretch	Fitness Studio
09:00-12:00	Discover Scuba Diving	Scuba
09:00-12:30	Two Tank Boat Dive (Supplementary)	Scuba
09:00-17:00	Swimming Lessons (Supplementary)	Water Sports
09:00-09:45	Introduction to Tennis	Coubaril Valley
10:00-10:45	Intermediate Tennis	Coubaril Valley
10:00-10:45	The BodyHoliday Welcome Tour	Concierge
10:00-10:45	Circuits	Fitness Studio
10:00-17:00	Kayaking, Snorkelling, surf ski & Paddle Boarding	Water Sports
10:00-17:00	Intermediate Sailing & Windsurfing	Water Sports
11:00-12:00	Beginners Ashtanga Yoga	The Tree House
11:15-12:00	Pole Fitness	Fitness Studio
11:00-11:45	Intermediate Golf Lesson - Full Swing (Handicap required)	Coubaril Valley
11:10-12:30	Beginners' Water Skiing	Water Sports
11:10-12:30	Introduction to Windsurfing	Water Sports
11:15-12:00	Aqua Dance	Infinity Pool
12:00-12:45	Intro to Fencing	Fitness Studio
12:05-13:00	Water Volleyball	Infinity Pool
13:45-15:00	Certified Scuba Shore Dive	Scuba
14:00-16:00	Bottom Fishing (Supplementary)	Scuba
14:00-15:00	Tubing	Water Sports
14:00-16:00	One on One Personal Training (sign up, ½ hr sessions)	Gym
14:00-16:00	Sailing Lessons (½ hr sessions)	Water Sports
15:10-15:55	Circuits	Fitness Studio
15:10-15:55	Intermediate Archery	Coubaril Valley
15:10-15:55	Aqua Fit	Infinity Pool
16:00-16:45	Mat Pilates	Fitness Studio
16:15-16:45	St. Lucia History & Culture Talk	Clubhouse
17:15-17:45	Beginners BodySPIN	The Tree House
17:00-18:00	Beach Football	The Beach
17:00-17:50	Katti Yoga (Hip & Spine)	Zen Deck
18:00-19:00	Chanting Meditation	Fitness Studio

# Tuesday

Time	Activity	Location
07:00-07:45	BodySPIN	The Tree House
07:00-08:30	Morning Walk to Cas En Bas (Inter - Adv, Bring water)	Welcome Pavilion
07:00-11:00	Golf Competition (Supplementary)	Welcome Pavilion
07:00-07:55	Beach Fit	The Beach
08:00-09:00	Hamsa Yoga	Fitness Studio
08:15-09:00	Introduction to Golf	Coubaril Valley
09:00-09:45	Introduction to Tennis	Coubaril Valley
09:00-10:30	Surf Ski Kayak Paddling Lesson	Water Sports
09:00-09:45	Elementary Golf Lesson - Full Swing	Coubaril Valley
09:00-09:45	Intermediate to Archery	Coubaril Valley
09:00-12:00	One on One Personal Training (sign up, ½ hr sessions)	Gym
09:00-17:00	Swimming Lessons (Supplementary)	Water Sports
09:00-12:00	Discover Scuba Diving	Scuba
09:00-13:30	Whale/Dolphin Watching Trip (Supplementary)	Scuba
09:10-09:55	Body Stretch	Fitness Studio
10:00-10:45	The BodyHoliday Welcome Tour	Concierge
10:00-11:00	Intermediate Skiing	Water Sports
10:00-17:00	Intermediate Sailing & Windsurfing	Water Sports
10:00-10:45	Intermediate Tennis	Coubaril Valley
11:00-11:45	Intermediate Golf Lesson - Chipping (Handicap required)	Coubaril Valley
10:00-11:00	Mat Pilates	Fitness Studio
11:10-11:55	Cardio	Fitness Studio
11:00-12:00	Prana Yoga	The Tree House
11:10-12:30	Beginners' Water Skiing	Water Sports
11:10-12:30	Introduction To Windsurfing	Water Sports
11:15-12:00	Aqua Fit	Infinity Pool
12:05-13:00	Water Volleyball	Infinity Pool
13:45-15:30	Single Tank Boat Dive (Supplementary)	Scuba
14:00-15:00	Tubing	Water Sports
14:00-16:00	One on One Personal Training (sign up, ½ hr sessions)	Gym
14:00-16:00	Sailing Lessons (½ hr sessions)	Water Sports
15:10-15:55	Legs, Bums and Tums	Fitness Studio
15:00-15:55	Social Tennis Mix-In (Not A Lesson)	Coubaril Valley
15:10-15:55	Intermediate Archery	Coubaril Valley
15:10-15:55	Aqua Fit	Infinity Pool
16:00-17:00	Intermediate Skiing & Wake-Boarding	Water Sports
16:00-16:30	Nutrition Seminar - Are sugars really Evil?	Library
16:00-16:45	Jive	Fitness Studio
16:30-17:30	Wine & Cheese Pairing	Clubhouse
17:00-17:45	BodySPIN	The Tree House
17:00-18:00	Beach Volleyball	The Beach
17:00-18:00	Traditional Hatha Yoga	Zen Deck
18:00-19:00	Chakra Meditation	Fitness Studio

# Wednesday

Time	Activity	Location
07:00-07:45	BodySPIN	The Tree House
07:00-07:55	Tai Chi	Coubaril Valley
07:00-08:15	Morning Walk to Golf Hill (Inter— Adv, Bring water)	Welcome Pavilion
07:00-07:55	Beach Boot Camp	The Beach
08:00-09:30	Purna Yoga	Zen Deck
08:30-13:00	Two Tank Boat Dive (Supplementary)	Scuba
08:15-09:00	Introduction to Golf	Coubaril Valley
09:00-17:00	Swimming Lessons (Supplementary)	Water Sports
09:00-10:30	Paddle Board to Smugglers Cove	Water Sports
09:00-09:45	Elementary Golf Lesson - Full Swing	Coubaril Valley
09:00-09:45	Introduction to Archery	Coubaril Valley
09:00-09:45	Introduction to Tennis	Coubaril Valley
09:00-12:00	One on One Personal Training (sign up, ½ hr sessions)	Gym
09:00-12:00	Discover Scuba Diving	Scuba
09:10-09:55	Body Stretch	Fitness Studio
10:00-10:45	Intermediate Tennis	Coubaril Valley
10:00-10:45	The BodyHoliday Welcome Tour	Concierge
10:00-10:45	Street Dance	Fitness Studio
10:00-11:00	Intermediate Skiing	Water Sports
10:00-17:00	Intermediate Sailing & Windsurfing	Water Sports
10:00-17:00	Kayaking, Snorkelling, surf ski & Paddle Boarding	Water Sports
10:30-11:15	Cooking With The Chef	Pavilion Grill
11:10-11:55	On The Ball (stability ball workout)	Fitness Studio
11:00-11:45	Intermediate Golf Lesson - Full Swing (Handicap required)	Coubaril Valley
11:00-12:00	Beginners Hatha Yoga	The Tree House
11:10-12:30	Beginners' Water Skiing	Water Sports
11:10-12:30	Introduction To Windsurfing	Water Sports
11:15-12:00	Aqua Fit	Infinity Pool
12:00-12:30	Meditative Techniques Workshop	The Tree House
12:05-13:00	Water Volleyball	Infinity Pool
13:45-15:00	Certified Scuba Shore Dive	Scuba
14:00-15:00	Tubing	Water Sports
14:00-16:00	One on One Personal Training (sign up, ½ hr sessions)	Gym
14:00-16:00	Sailing Lessons (½ hr sessions)	Water Sports
15:10-15:55	Box Fit	Fitness Studio
15:10-15:55	Aqua Dance	Infinity Pool
15:00-17:00	Intermediate Skiing & Wake-Boarding	Water Sports
16:00-16:45	Mat Pilates	Fitness Studio
16:15-17:10	Advanced Bicycling Tour to Cotton Bay	Welcome Pavilion
17:00-18:00	Beach Touch Rugby	The Beach
17:00-18:00	Iyengar Yoga	Fitness Studio
17:00-17:45	The Secret to Stress Free Living	Piano Bar

# Thursday

Time	Activity	Location
07:00-07:45	BodySPIN	The Tree House
07:00-07:45	Morning Walk to Mount Du Cap (Intermediate, Bring water)	Welcome Pavilion
07:00-07:55	Beach Fit	The Beach
08:00-08:50	Sunrise Yoga	Zen Deck
08:15-09:00	Introduction to Golf	Coubaril Valley
09:00-10:30	2.5km Open Water Swim (strong swimmers)	Water Sports
09:00-17:00	Swimming Lessons (Supplementary)	Water Sports
09:00-09:45	Introduction to Tennis	Coubaril Valley
09:00-13:00	Snorkel Trip to the Pitons (Supplementary)	Scuba
09:00-09:45	Elementary Golf Lesson - Full Swing	Coubaril Valley
09:00-09:45	Intermediate Archery	Coubaril Valley
09:00-12:00	One on One Personal Training (sign up, ½ hr sessions)	Gym
09:00-12:00	Discover Scuba Diving	Scuba
09:10-09:55	Body Stretch	Fitness Studio
10:00-10:45	The BodyHoliday Welcome Tour	Concierge
10:00-11:00	Intermediate Skiing	Water Sports
10:00-12:00	Tennis Challenge	Coubaril Valley
10:15-11:00	Pole Fitness	Fitness Studio
10:00-17:00	Kayaking, Snorkelling, surf ski & Paddle Boarding	Water Sports
10:00-17:00	Intermediate Sailing & Windsurfing	Water Sports
11:00-12:00	Katti Yoga (Hips & Spine)	The Tree House
11:00-11:45	Intermediate Golf Lesson - Chipping (Handicap required)	Coubaril Valley
11:10-12:30	Introduction to Windsurfing	Water Sports
11:10-12:30	Beginners' Water Skiing	Water Sports
11:10-11:55	Mat Pilates	Fitness Studio
11:15-12:00	Aqua Fit	Infinity Pool
12:05-13:00	Water Volleyball	Infinity Pool
13:00-14:00	Lunch With Our Nutritionist (Communal Table)	Cariblue
13:45-15:30	Single Tank Boat Dive (Supplementary)	Scuba
14:00-15:00	Tubing	Water Sports
14:00-16:00	Sailing Lessons (½ hr sessions)	Water Sports
14:00-14:45	Resistance Circuit Training	Gym
15:00-16:00	One on One Personal Training (sign up, ½ hr sessions)	Gym
15:00-17:00	Intermediate Skiing & Wake-Boarding	Water Sports
15:10-15:55	BodyTone	Fitness Studio
15:10-15:55	Aqua Fit	Infinity Pool
16:00-16:30	Weight Loss Q&A	Library
16:00-16:45	Zumba	Fitness Studio
17:00-18:00	Beach Volleyball	The Beach
17:00-17:30	Beginners BodySPIN	The Tree House
17:00-17:50	Shanti Yoga	Fitness Studio
18:00-19:00	Affirmation Meditation	Fitness Studio

# Friday

Time	Activity	Location
07:00-07:50	Spoga (Spin + Yoga)	The Tree House
07:00-07:55	Tai Chi	Coubaril valley
07:00-08:15	Morning Walk to Golf Hill (Inter— Adv, bring water)	Welcome Pavilion
07:00-08:00	Morning Run (Pigeon Island bring Water)	The Beach
07:00-11:00	Golf Competition (Supplementary)	Welcome Pavilion
07:00-07:55	Beach Boot Camp	The Beach
08:00-09:00	Ashtanga Yoga	Fitness Studio
08:30-13:30	2 Tank Boat Dive (Supplementary)	Scuba
08:15-09:00	Introduction to Golf	Coubaril Valley
09:00-10:45	Surf Ski Kayak to Pigeon Point Beach (Supplementary)	Water Sports
09:00-09:45	Elementary Golf Lesson - Full Swing	Coubaril Valley
09:00-09:45	Introduction to Tennis	Coubaril Valley
09:00-09:45	Introduction to Archery	Coubaril Valley
09:00-12:00	One on One Personal Training (sign up, ½ hr sessions)	Gym
09:00-12:00	Discover Scuba Diving	Scuba
09:10-09:55	Body Stretch	Fitness Studio
10:00-10:45	Salsa	Fitness Studio
10:00-10:45	The BodyHoliday Welcome Tour	Concierge
10:00-11:00	Intermediate Skiing	Water Sports
10:00-17:00	Kayaking, Snorkelling, Surf Ski & Paddle Boarding	Water Sports
10:00-17:00	Intermediate Sailing & Windsurfing	Water Sports
11:00-12:00	Traditional Hatha Yoga	The Tree House
11:00-11:45	Intermediate Golf Lesson - Full Swing (Handicap required)	Coubaril Valley
11:10-11:55	Combat Fitness	Fitness Studio
11:10-12:30	Beginners' Water Skiing	Water Sports
11:10-12:30	Introduction To Windsurfing	Water Sports
11:15-12:00	Aqua Fit	Infinity Pool
12:05-13:00	Water Volleyball	Infinity Pool
13:45-15:30	Certified Scuba Shore Dive	Scuba
14:00-15:00	Sailing Lessons (½ hr sessions)	Water Sports
14:00-16:00	One on One Personal Training (sign up, ½ hr sessions)	Gym
14:00-15:00	Tubing	Water Sports
15:10-15:55	Legs, Bums, and Tums	Fitness Studio
15:10-15:55	Mat Pilates	The Tree House
15:00-17:00	Intermediate Skiing & Wake-Boarding	Water Sports
17:00-17:50	Sunset Yoga	Zen Deck

# Saturday

Time	Activity	Location
07:00-08:30	Morning Walk to Cas En Bas (Inter-Adv, Bring Water)	Welcome Pavilion
07:00-08:00	Bicycling Tour to Pigeon Island	Welcome Pavilion
08:00-09:00	Sivananda Yoga 1	Fitness Studio
09:00-12:00	One on One Personal Training (sign up, ½ hr sessions)	Gym
09:00-09:45	Introduction to Golf	Coubaril valley
09:00-16:00	Tour Of St. Lucia (Supplementary on any day)	Activities desk
09:10-09:55	BodySPIN	The Tree House
09:10-09:55	Body Stretch	Fitness Studio
10:00-10:45	The BodyHoliday Welcome Tour	Concierge
10:00-10:45	Elementary Golf Lesson - Full Swing	Coubaril Valley
10:00-11:00	Intermediate Skiing	Water Sports
10:00-16:00	Intermediate Sailing & Windsurfing	Water Sports
10:00-17:00	Kayaking, Snorkelling & Paddle Boarding	Water Sports
10:00-10:45	Cardio	Fitness Studio
11:00-11:45	Mat Pilates	Fitness Studio
11:00-11:45	Intermediate Golf Lesson - Chipping (Handicap required)	Coubaril Valley
11:10-12:30	Beginners' Water Skiing	Water Sports
11:10-12:30	Introduction To Windsurfing	Water Sports
11:15-12:00	Aqua Fit	Infinity Pool
12:05-13:00	Water Volleyball	Infinity Pool
13:45-15:00	Certified Scuba Shore Dive	Scuba
14:00-14:45	Archery Challenge	Coubaril Valley
14:00-15:00	Tubing	Water Sports
14:00-16:00	Sailing Lessons (½ hr sessions)	Water Sports
15:00-17:00	Intermediate Skiing & Wake-Boarding	Water Sports
15:10-15:55	Aqua Fit	Infinity Pool
15:10-15:55	Box Fit	Fitness Studio
17:00-18:00	Beach Volleyball	The Beach
17:00-18:00	Sivananda Yoga 2	Zen Deck
18:00-19:00	Appreciation Meditation	Fitness Studio



**Makeish Krishna**

Dr. Makeish Krishna holds a graduation in Naturopathy and Yogic sciences from India. He has been working in the field of Yoga and Natural medicine since 5 years in various wellness centers. And he has worked in British Virgin Islands for a couple of years where he developed a large amount of followers for his style from different countries throughout globe. He is a specialist in teaching Integrated style of yoga particularly he is one of the best in teaching traditional Hatha Yoga and Shookshma Vyayam (minute Exercises) as well as therapeutic yoga, special techniques, yoga nidra, meditation. He also specialized in Thai Massage and Ayurvedic Treatments.

## **CLASS DESCRIPTIONS**

### **Traditional Hatha Yoga for Beginners & Level 2**

This class consists of loosening exercises, joint movements, sun salutations followed by a set of traditional Hatha yoga postures in standing, sitting, supine and prone lying positions. It helps to develop balance of the body and mind, increase flexibility and joint mobility. It also helps to reinforce the strength of spine & improves body flexibility.

### **Ashtanga Yoga**

It is a system of yoga transmitted to the modern world by Sri K. Pattabhi Jois . It involves synchronizing the breath with a progressive series of postures—a process producing intense internal heat and a profuse, purifying sweat that detoxifies muscles and organs.

### **Shanthy Yoga -Restorative**

It's a relaxing style of practice that leaves you feeling open and refreshed. You will hold the poses for long.

### **Prana Yoga or Pranayama**

Pranayama or Breathing Exercise promotes proper breathing which can bring more oxygen to the blood and the brain, & control Prana; the vital life energy.

### **Marma Yoga**

This class has limited poses where we focus on the energy point and the poses will be repeated and maintained for longer duration. It helps to bring the energy from abundant parts to lacking parts which helps to balance the energy channels in our body.

### **Hamsa yoga (swan)**

Swan is the symbol of gracefulness, purity and peace. Hamsa yoga also refers to breath as it moves within the body; the individualized consciousness propelled by the breath. This class starts with flowing movements from one to the next with deeply concentrated breathing and ends with hamsa meditation.

### **Katti Yoga - for Hip & Spine**

This yoga helps to correct & maintain the natural curvature of the spine. There will be specific postures to strengthen the back and abdominal muscles and help the body maintain a proper upright posture and movement. It eases back pain by stretching and strengthening the muscles of the back.

### **Vinyasa Yoga**

Commonly called Vinyasa flow or Just flow. You will be definitely moving, flowing from one pose to the next. Other than starting with a Sun Salutation, no two classes will be alike.

### **Hara Yoga - Yoga for Gut Health**

This helps to detoxify your body as well as stimulate digestion. Yoga balances all systems of the human anatomy by massaging the glands and organs of the body. Organs such as the pancreas and other endocrine glands are activated when they are stretched or compressed initiating an increase in the volume of oxygenated blood to the cells.

### **Pranic Energisation Technique (PET)**

This is an advanced technique of yoga which we use our prana shakti to energise our entire body. Each and every system and organ of our body can be revitalized by this process of particular utility in PET is the strengthening of the immune system.

### **Mind Sound Resonance Technique (MSRT)**

MSRT is one of the advanced Yoga techniques for achieving the goal of positive health, will- power, concentration, good memory and deep relaxation. MSRT generates Resonance throughout the body by repetition of mental sounds. This helps in revitalizing the internal energy in the body.

### **Cyclic Meditation**

Cyclic Meditation is the combination of simple YOGA postures and Meditation techniques. A cyclic of alternating stimulation and relaxation is used to go in to deep silence.

### **Paddle board Yoga**

Is your Yoga routine getting a little stale? If you're looking for a new challenge, yoga on a stand up paddle board will reinvigorate you and push you to become and even better yogi than you thought possible all while enjoying the natural splendor of floating on water. Which is originated in Rishikesh, India.

### **Dhyana - Meditation**

It has different kinds like transcendental or Chanting meditation, chakra meditation, Yoga Nidra meditation, Spiritual Eye gazing meditation, etc. It gives you calm mind, more positive thinking and you will get intuitive power which leads to your inner guidance and more benefits.

### **Purna Yoga**

This session is a Mix of gentle yoga posture, breathing and end with Meditation Techniques which gives complete pleasure of yoga and suit all levels

**To book Private session with Makesh please contact wellness center or call us on 7856 or 7858**

## Personalised Wellness Programmes



The Personalised Wellness Programmes target the most important goals of all our guests: Improved fitness, anti-aging, preventative health, weight loss, stress management, detoxing, extra pampering and mental relaxation.

We have a devoted Wellness Specialist, Deanne who is available to guide you via a complimentary consultation to discuss a blend of exclusive treatments and activities into a customised programme that best suits your goals.

Call Ext **7869/ 7823** or ask for her at the Concierge Desk!

### Lucas Jahn - Osteopath



Osteopathy is a form of holistic manual therapy that predominantly is used to treat a wide variety of musculoskeletal conditions. It is built on the belief that the body works as a self-regulating entity that has the capacity to heal itself. To achieve the desirable function of the body, osteopaths use a wide range of techniques to affect muscles, ligaments, bones, joints and in some cases even organs.

### Raj Kumar - Kalari Master

Raj Kumar is our Kalari Master from an 800 year old unbroken oral tradition Chavutti massage and Kalari massage. The Master holding a rope suspended from the ceiling performs the massage with the feet. The body is massaged the full length of the body, from tip to toe, in one long powerful stroke again and again. These long flowing strokes iron out any knots in the muscular skeletal system, lengthen the whole spine, and open up the intervertebral spaces. Expect to feel taller, deeply relaxed and invigorated.



## DR. MAHA - BodyScience

After completing a Medical Degree in holistic medicine from Dr. MGR Medical University, India, Mahalingam “Maha” Lakshmanan worked as a Wellness Naturopathic consultant. He taught traditional yoga, breathing techniques and different types of meditation to the guests. He also worked on Cruise lines for three years as a Holistic Consultant and Acupuncturist.



BodyScience utilises both Western science and Ayurvedic principles. The programmes at BodyScience are based on non-invasive diagnostics that are able to detect imbalances in key nutrient and hormone systems, heart and circulation health and stress reserve measurement.

The aim of BodyScience is to take people to a place of more efficient cellular and improved metabolic function and a better immune function through a combination of detoxification treatments, great healthy food, specialised body treatments, as well as the use of advanced nutritional supplements, specifically aimed at correcting any measured imbalances.

**To book consultation with our Bodyscience Doctor call us on 7858 or 7856**

## Albertha

**Swe-Thai Yoga Massage** – This is a unique style massage that combines the ancient eastern knowledge of a highly revered form of medical massage with the western knowledge of specific and advanced soft tissue therapy. It prepares the muscles for sporting activities by loosening muscles and joints, treats muscles after sports to loosens stiffness, lengthens muscles and increases flexibility and mobility, corrects body alignments and dissolves energy blockages, tone the body and strengthens joints.

### Other treatments

- Knee Therapy
- Hip Therapy
- Hamstring Stretch and Support
- Thai Yoga Massage
- Muscle & Joint Relief
- Ultimate Shoulder and Neck Relief
- Therapeutic Sports Massage



**Visit the wellness centre help desk or call telephone extension 7852 to book or to have a free 15 minute consultation.**

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**LeSPORT**

Thank you for joining us here at  
The BodyHoliday.

We hope that your stay was truly enjoyable  
and we look forward to seeing you next time.



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**Please note that this schedule is correct at the time of printing.  
Please view the Activities Board in the Clubhouse for the latest  
information**