



GLOBAL WELLNESS DAY

Your day of mindful movement, calming rituals, and wellness experiences inspired by island serenity.



JUNE 13, 2026

FLOW IN TO WELLNESS

7:30 to 8:15 AM

Begin the day with a gentle flow designed to restore balance and awaken the senses. Guided movement, mindful breathing, and moments of stillness come together in a calming experience that encourages presence, renewal, and connection.

CREATE YOUR CALM

11:00 to 11:45 AM

An immersive wellness experience where you craft your own aromatherapy bath salt blend using natural ingredients and essential oils, creating a personalized ritual of relaxation and restoration.

THE ART OF BREATHING

6:00 to 6:45 PM

A calming guided breathing session designed to ease tension, quiet the mind, and leave you feeling grounded, restored, and refreshed.