

Information about our Fitness and Health Retreats



Unwind at Caribbean events Fitness and Health retreat.

A 4 nights and 5 days stay in a gorgeous Villa in Sint Maarten or Saint Martin. Depending on the group size (minimum 4 persons). **Available VIP packages.** All Villa's with a spectacular view, day and night. Looking out on the beautiful ocean or magnificent Simpson Bay lagoon. Providing the perfect sanctuary in which to unwind. All surrounded by space and nature.

We welcome you to our island at the airport.

The retreat offers daily yoga, meditation, breathing techniques and fitness for all levels. The retreat will serve food to feed the soul. You will start your day with simple habits and eat the right food for a healthy lifestyle. Start the day by slowly introducing stretching and meditation to your body around the pool. Daily classes take place throughout the retreat. On this journey we will reconnect with our deeper, innate wisdom. The part of you that simply knows. We will practice with devotion and respect. We will rest, move, laugh and embrace all of ourselves. In a stunning private venue in Sint Maarten / Saint Martin.

It's happening, and we can't wait to welcome you!

“A stronger body is a stronger mind”

- Desiree Winkel



Nestled in serene landscapes, our luxurious villas are the perfect sanctuary for those seeking a rejuvenating fitness and health retreat. Designed to provide an oasis of tranquility and comfort, each villa offer the perfect blend of luxury and wellness, making them the ideal setting for your fitness and health retreat. With top-notch facilities, personalized services, and a focus on holistic well-being, your stay will be both relaxing and invigorating. Come and experience the perfect balance of comfort and health at our exclusive villas.

EXAMPLE OF RETREAT DAY SCHEDULE:

Day 1:

- 2:00 PM onward – Pick up from airport and transfer to Villas for check-in.
- Welcome cocktail (alcohol free)
- Settle in and unpack, unwind at the pool or in nature.
- 6.30 – 7.30 PM Evening Meditation
- 7:30 – 8:30 PM Introduction and Group Dinner at the Villa
- 8.30 PM Social gathering

Day 2:

- 6.45 – 7.15 AM Morning rejuvenate drink
- 7.15 – 8.45 AM Morning breathing - Yoga
- 9.00 – 10.00 AM Food for the soul Breakfast buffet
- 11:00 – 12:30 PM Yoga and meditation
- 1:00 – 2:00 PM Food for the soul light lunch
- 2:00 – 6:00 PM Rest your soul in any way you like (Massage available book in advanced) enjoy a swim at the beach (walking distance) or the pool.
- 6:00 – 7:00 PM Food for the Soul Dinner buffet
- 7:30 – 8:30 PM Fitness / Pilates Evening workout
- 8.30 PM Social Hour Relax
- 10:00 PM In room Relax

Day 3:

- 6.45 – 7.15 AM Morning rejuvenate drink
- 7.15 – 8.45 AM Morning breathing - Yoga
- 9.00 – 10.00 AM Food for the soul Breakfast buffet
- 11:00 – 12:30 PM Yoga and meditation
- 1:00 – 2:00 PM Food for the soul light lunch
- 2:00 – 6.00 PM Group silent walk, Meditation in Nature.
- 6:00 – 7.00 PM Fitness / Pilates Evening workout
- 7:30 – 8:30 PM Food for the Soul Dinner buffet
- 8.30 – 9.00 PM Evening Meditation
- 8.30 PM Social Hour Relax
- 10:00 PM In room Relax

Day 4:

- 6.45 AM Morning rejuvenate drink
- 7.15 – 8.45 AM Morning breathing - Yoga
- 9.00 – 10.00 AM Food for the soul Breakfast buffet
- 10.00 – 11 AM Group discussion on Mindful Eating and unhealthy habits.
- 11:00 – 12:30 PM Fitness / Pilates workout
- 1:00 – 3:00 PM Food for the soul light lunch/Relax your mind table box
- 3:00 – 6.00 PM Rest your soul in any way you like (Massage available book in advanced) enjoy a swim at the beach (walking distance) or the pool.
- 6:00 – 7.00 PM Fitness / Pilates Evening workout
- 7:30 – 8:30 PM Food for the Soul Dinner buffet
- 8.30 – 9.00 PM Evening Meditation
- 8.30 PM Social Hour Relax
- 10:00 PM In room Relax

Day 5:

- 6.45 AM Morning rejuvenate drink
- 7.15 – 8.45 AM Morning breathing - Yoga
- 9.00 – 10.00 AM Food for the soul Breakfast buffet
- 10.30 – 11:00 PM Power fitness for energy
- 12:00 – 12.30 AM Departures



Our Yoga session: Vinyasa, Yin, Yang, Buti MVMT, Primal Flow, Hatha, Ashtanga, Sound bath

Walking and Meditation in Nature

Join us for a rejuvenating fitness and health retreat where we will immerse ourselves in the beauty of nature through a guided walking session and meditation.

During our retreat, participants will engage in a nature walk, allowing the serene environment to enhance physical activity and promote overall well-being. The guided walk will be an opportunity to connect with the natural world, breathe in fresh air, and enjoy the sights and sounds of our surroundings.

In addition to walking, we will incorporate a meditation session in peaceful outdoor settings. This guided meditation will help participants relax, focus their minds, and cultivate mindfulness, fostering a deeper connection to both themselves and the environment. Together, we will create a harmonious balance of movement, mindfulness, and nature, promoting physical fitness, mental clarity, and emotional peace. Take the first step toward a healthier, more balanced lifestyle.

Immerse Yourself in a Gong Sound Bath Experience

A Journey of Renewal and Relaxation

Are you in search of a unique, restorative experience that promises to rejuvenate your mind, body, and spirit? Look no further. We invite you to join us for an extraordinary journey into the world of gong sound baths—a beautiful, renewing, and deeply relaxing experience that will leave you feeling refreshed and revitalized.

What is a Gong Sound Bath?

A gong sound bath is a form of sound therapy that uses the powerful vibrations and resonant sounds of gongs to create a meditative and healing environment. Unlike traditional baths with water, a sound bath immerses you in waves of sound, encouraging deep relaxation and a sense of well-being. The rich, complex tones of the gongs can help to realign and balance your body's energies, promoting physical, mental, and emotional harmony.

The History of Gong Sound Healing

Gong sound healing has roots in ancient cultures, particularly in Asia. For centuries, gongs have been used in spiritual and healing practices, revered for their ability to induce states of deep meditation and consciousness. In contemporary times, gong sound baths have gained popularity as an effective way to relieve stress, improve sleep, and enhance overall health.

The Benefits of Gong Sound Baths

The benefits of gong sound baths are manifold. Here are just a few of the ways this practice can enhance your well-being:

- **Stress Reduction:** The soothing sounds of the gongs help to calm the nervous system, reducing stress and anxiety levels.
- **Improved Sleep:** Many participants report better sleep quality following a gong sound bath, as the deep relaxation helps to quiet a restless mind.
- **Pain Relief:** The vibrations from the gongs can have a pain-relieving effect, helping to alleviate chronic pain and tension in the body.
- **Enhanced Creativity:** The meditative state induced by the sound bath can lead to heightened creativity and clarity of thought.
- **Emotional Release:** The immersive sound experience can facilitate the release of pent-up emotions, leaving you feeling lighter and more balanced.

RETREAT DATES 2025:

All our retreats starting on a Saturday “check in” and Wednesday is “check-out”

Or Wednesday “check in” and is Sunday “check-out”

Bookings need to be made 8 weeks ahead of date to secure a private venue.

- April 5th – 9th 2025
- April 9th – 13th 2025
- May 17th – 21th 2025
- June 7th – 11th 2025
- June 11th – 15th 2025
- July 12th – 16th 2025
- July 16th – 20th 2025

Room Choice Villa's Sint Maarten / Saint Martin PRICE IS PER PERSON!

Master Bedroom King bed \$ 3950 pp.

Bedroom Queen \$ 3800 pp.

Bedroom 2 X single bed \$ 3550 pp.

Price includes:

- Beautiful Villas accommodation with private room or shared with your family / friend
- Airport pick up on retreat start day
- 1 Massage of choice (deep tissue, relax or Swedish) of 50 minutes
- All classes yoga, breathing, fitness
- All food for the soul and drinks
- Health assessment

Our retreat features multiple villas, each designed to provide an unforgettable stay, regardless of the number of guests. Every room in our villas is a sanctuary of comfort and elegance, ensuring a restful and delightful experience.

The Bedrooms

Every villa in our collection boasts:

- **Quality Beds:** All rooms come with comfortable beds. The furnishings create a cozy yet sophisticated atmosphere.
- **Bathrooms:** Each room is equipped with a bathroom. Some rooms feature en-suite bathrooms for added privacy, while others have bathrooms located just outside the room, maintaining convenience and accessibility.
- **Views:** Guests can enjoy breathtaking views from their rooms. Whether you prefer the lively ambiance of the pool deck or the tranquil scenes of nature, our villas offer the best of both worlds.

We invite you to experience the luxury and comfort of our villa retreat, where every bedroom is designed with your utmost relaxation in mind.

* **[Schedule a free call on the retreat page to get more information.](#)**

* **<https://calendly.com/cemoretreat/insights-fitness-and-health-retreats-and-training?month=2025-03>**