



ST REGIS
BORA BORA

Wellness Retreat at The St. Regis Bora Bora Resort

The St. Regis Bora Bora Resort is proud to announce an exclusive partnership with Master Teachers Paalu Ramasamy and Satya Chong Wei Ling from the renowned Tirisula Yoga School of Singapore for two limited availability Wellness Retreats in June 2011.

*When was the last time you made quality time for yourself?
Have you committed to a healthier lifestyle in 2011?
And do you dream of a vacation in Bora Bora?*

Live the answer to these three questions throughout a week of nourishing indulgence combined with five star treatment as you learn or expand your knowledge of Yoga and its healing philosophies.

Only two programs will run in 2011:

- June 17th to June 23rd
- June 24th to June 30th

Please note a maximum of 20 students will be adhered to.

The Tirisula Yoga School

Tirisula's style is ideal for today's modern world based on the Ashtanga Vinyasa style incorporating Vinyasa flow and aspects of Iyengar Yoga's areas of precision and alignment.

Tirisula's emphasis on positive thinking promotes inner peace and harmony.

Master Teacher Paalu Ramasamy

Master Teacher Paalu is an Experienced Register Yoga Teacher (E-RYT) E500 T500 under the Yoga Alliance, USA classification of Yoga teachers worldwide. He is also a Reiki Grand Master under the Usui method and a qualified Pilates Instructor trained in the USA.

Master Teacher Paalu gives talks and workshops covering subjects such as Yoga, Fitness, Nutrition and Yoga Philosophy. To date, Master Teacher Paalu has trained more than 1500 Yoga Teachers and his classes attended by students from all over the world are described as witty, enjoyable, fun and life transforming.

Master Teacher Satya Chong Wei Ling

Master Teacher Satya is a Yoga Alliance, USA Experienced Registered Yoga Teacher (E-RYT 500, T500) and a Master Healer in Reiki under the Usui method.

In addition to teaching Yoga, Master Teacher Satya is an experienced and all-rounded fitness instructor with qualifications in Aerobics, Aqua Aerobics and Pilates.

Her teaching style is interactive with students becoming friends rather than clients thanks to her truthful and jovial personality.

Day One:

Arrival at Bora Bora Airport and boat transfer back to The St. Regis Bora Bora Resort.

Check in and rest of the day at leisure

11:30am-2pm: Lunch at leisure at Te Pahu Restaurant served with the Aparima Bar's fresh fruit or vegetable juice of the day. A selection of Healthy and Vegetarian Suggestions will be available in addition to the regular menu

4pm: Meet with Master Teachers Paalu and Satya at the Miri Miri Spa Lawn

4:45pm: Begin this week of spiritual awakening with an hour's Meditation on the Resort's floating pontoon

7:30pm: Meet at Sushi Take Restaurant for dinner with both Master Teachers and your fellow students

Day Two:

6am: Meet at the Resort's Private Islet Beach for a Sunrise Yoga session with Master Teachers Paalu and Satya

6:30am-10:30am: Breakfast at leisure at Te Pahu Restaurant served with the Aparima Bar's fresh fruit or vegetable juice of the day

Morning at leisure

11:30am-2pm: Lunch at leisure at Te Pahu Restaurant served with the Aparima Bar's fresh fruit or vegetable juice of the day. A selection of Healthy and Vegetarian Suggestions will be available in addition to the regular menu

1pm-4pm: Meet at Miri Miri Spa for an afternoon of pampering and relaxation including one 50mn complimentary treatment to be pre-booked between 1pm and 4pm. Miri Miri Spa facilities including sauna, steamroom, Jacuzzi and fitness centre are all available for free use throughout the afternoon.

5pm: Meet Master Teachers Paalu and Satya on the Miri Miri Spa Lawn for a Sunset Yoga session

6-9:30pm: Dinner on own at leisure in the Resort Restaurant of your choice. A selection of Healthy and Vegetarian Suggestions will be available in addition to the regular menu at Te Pahu Restaurant

Day Three:

6am: Meet Master Teachers Paalu and Satya at the Resort's Private Islet Beach for a Sunrise Yoga session

6:30am-10:30am: Breakfast at leisure at Te Pahu Restaurant served with the Aparima Bar's fresh fruit or vegetable juice of the day

Morning at leisure

11:30am-2pm: Lunch at leisure at Te Pahu Restaurant served with the Bar's fresh fruit or vegetable juice of the day. A selection of Healthy and Vegetarian Suggestions will be available in addition to the regular menu

Afternoon at leisure

4pm: Meet Master Teachers Paalu and Satya at the Resort's floating pontoon for a Sunset Yoga session

6:30pm: Boat transfer departs from the Main Dock for dinner on own off resort at leisure (this dinner is at your own cost)

Day Four:

6am: Meet Master Teachers Paalu and Satya at the Resort Private Islet Beach for a Sunrise Yoga session

6:30am-10:30am: Breakfast at leisure at Te Pahu Restaurant served with the Aparima Bar's fresh fruit or vegetable juice of the day

10am: Meet at Lagoon Restaurant for Healthy Cuisine Class followed by lunch on the Lagoon Restaurant Terrace

2pm: Meet at the Resort's Private Islet for a *"How to eat healthily according to your body's constitution"* Workshop

5pm: Meet Master Teachers Paalu and Satya at the Miri Miri Spa Lawn for a Sunset Yoga session

6-9:30pm: Dinner on own at leisure in the Resort Restaurant of your choice. A selection of Healthy and Vegetarian Suggestions will be available in addition to the regular menu at Te Pahu Restaurant

Day Five:

6:30am-10:30am: Breakfast at leisure at Te Pahu Restaurant served with the Aparima Bar's fresh fruit or vegetable juice of the day

9am: Depart from the Main Dock for a full day's Hiking excursion retracing the old Valley of Polynesian Kings' trail up Bora Bora's mountain. A Yoga session with Master Teachers Paalu and Satya will be held at the end of the ascension followed by a specially prepared picnic lunch

3pm: Return to the Resort

3:30pm: Meet Master Teachers Paalu and Satya at the Resort's Main Pool for an Aqua Yoga session

5pm: Meet Master Teachers Paalu and Satya for an hour's meditation on the Resort's Oceanside facing the reef

6pm-9:30pm: Dinner on own at leisure in the Resort Restaurant of your choice. A selection of Healthy and Vegetarian Suggestions will be available in addition to the regular menu at Te Pahu Restaurant

Day Six:

6am: Meet Master Teachers Paalu and Satya at the Resort's Private Islet Beach for a Sunrise Yoga session

8am-10:30am: Breakfast at leisure at Te Pahu Restaurant served with the Bar's fresh fruit or vegetable juice of the day

Day at leisure including a half hour one on one session with one Master Teacher to review the week's progress and receive advice for continued Wellness

10am-Noon: One on one sessions

11:30am-2pm: Lunch at leisure at Te Pahu Restaurant served with the Bar's fresh fruit or vegetable juice of the day. A selection of Healthy and Vegetarian Suggestions will be available in addition to the regular menu

2pm-5pm: One on one sessions

6pm: Meet Master Teachers Paalu and Satya at the Resort's Private Islet for a Farewell Beach Cocktail

6:30pm: Polynesian Buffet Dinner at Te Pahu Restaurant followed by a Polynesian Traditional Tamure Dancing Performance on the Beach

Day Seven:

7am: Meet Master Teachers Paalu and Satya at the Resort's Main Pool for an Aqua Yoga session

6:30am-10:30am: Breakfast at leisure at Te Pahu Restaurant served with the Bar's fresh fruit or vegetable juice of the day

Morning at leisure

11:30am-2pm: Lunch at leisure at Te Pahu Restaurant served with the Bar's fresh fruit or vegetable juice of the day. A selection of Healthy and Vegetarian Suggestions will be available in addition to the regular menu

Rest of day at leisure until boat transfer back to Bora Bora Airport
Late check out subject to availability on the day

Things to bring with you:

Yoga mat and Yoga attire, Proper walking shoes and Swimming attire

Pricing:

From 1 346 875xpf per person including:

- Accommodation for one or two persons in Overwater Villa
- Government taxes of 14% on accommodation
- Daily full Breakfast in Te Pahu Restaurant for one person
- Four 2 course Lunches in Te Pahu Restaurant for one person
- One Cooking Class at Lagoon Restaurant with Lunch for one person
- One $\frac{3}{4}$ Day Hiking Excursion with Picnic Lunch for one person
- Four 3 course Dinners in one of the 3 Resort Restaurants for one person
- One Polynesian Buffet Dinner at Te Pahu Restaurant for one person
- Extensive daily Yoga Schedule for one person
- One Healthy Eating workshop for one person
- One 50mn Treatment at Miri Miri Spa for one person
- One Farewell Beach Cocktail for one person

Conditions:

This offer is subject to limited availability and specific stay dates, subject to availability at time of booking and usual booking conditions.

Full prepayment will be required prior to arrival.

Return Boat Transfers between the Airport and Resort, a daily city tax of 150xpf per person, one dinner off resort during the week, all beverages (except those on the breakfast buffet and the daily fresh juice served with breakfast and lunch) as well as any incidentals or activities not specified in the program will be subject to additional cost and the responsibility of the guest.

Accommodation and taxes are based on single or double occupancy however all other inclusions are limited to one person per Villa.
Supplements will be charged for the second person where applicable.

Please note Master Teachers Paalu Ramasamy and Satya Chong Wei Ling are outside suppliers of The St. Regis Bora Bora Resort.

Reservations:

Please contact Ms Karine Vanhee to reserve the exclusive Wellness Retreat

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