



24 February 2010

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SAY GOODBYE TO STRESS IN SAINT LUCIA

Cotton Bay Village launches holistic 'Rejuvenation through Stress Management' retreat

Saint Lucia's only member of Small Luxury Hotels of the World, Cotton Bay Village has teamed up with renowned holistic health instructor Astrid Sri-Devi Zimmerman to create a programme especially designed to help guests to relax body and mind, and learn stress management techniques that they can take home and apply in their daily lives. Recently named Saint Lucia's best spa and relaxation resort in the TripAdvisor Traveller's Choice Awards, Cotton Bay Village is the perfect place for workaholics to switch off the Blackberry and reconnect with themselves.



A result of the tensions and frenetic pace of modern living, stress can affect body, mind and soul in many ways, resulting in a negative impact on wellbeing. The new 'Rejuvenation through Stress Management' programme gives guests the opportunity to relax, regain peace of mind and learn how to handle everyday pressures; boost self esteem; and look and feel better... all at a serene and picturesque luxury beachside retreat. Running from March 14 – 28, 2010, the retreat comprises two week-long courses which can also be booked as a 14-night programme.

After starting each day with freshly brewed herbal teas, yoga and breathing exercises, guests will be guided by instructor Astrid Sri-Devi through a series of workshops adapted to suit each individual's needs and stress levels. The course combines breathing techniques, posture exercises and massage with Hui Chun Gong and Kundalini yoga, as well as Chi Gong, meditation, dancing, reflexology and the Five Tibetans rites. At meal times guests can enjoy a menu of healthy, freshly prepared dishes which have been expertly tailored to a nutritional plan, while the programme also includes an excursion to explore the spectacular sights of the beautiful island of Saint Lucia, including the iconic Pitons.

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Prices for the 'Rejuvenation through Stress Management' programme start from US\$2,895 (approx. £1,875) per person, including:

- Seven night's accommodation in a two-bedroom Tamarind Suite, based on two sharing.
- Special welcome dinner
- Daily fruit breakfast, lunch and three-course dinner as per the programme's nutritional plan
- Morning and evening classes
- Complimentary spa treatments at Cotton Bay Village's Heaven Spa
- Island sightseeing excursion
- Course materials
- Return airport transfers

The programme runs from 14 to 28 March 2010. 14-night packages start from US\$5,579 (approx. £3,615) per person. For reservations or further enquiries please call tel: 0208 874 9900, e-mail: reservations@cottonbaystlucia.com or visit www.cottonbayvillage.com.

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Note to editors:

Enjoying a beautiful beachside location on the serene east coast of Saint Lucia, Cotton Bay Village is a cool Caribbean cocktail of private villas and a world-class destination resort, served in a tropical village setting that epitomises barefoot elegance. With just 74 luxury residences and villas, Cotton Bay Village is Saint Lucia's only member of the prestigious Small Luxury Hotels of the World portfolio and is an oasis of peace, offering a refined yet relaxed experience and a warm, welcoming environment. Exceptional levels of service, with staff on hand to cater for every need and a wide range of resort facilities, ensure that Cotton Bay Village is the perfect home away from home.

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