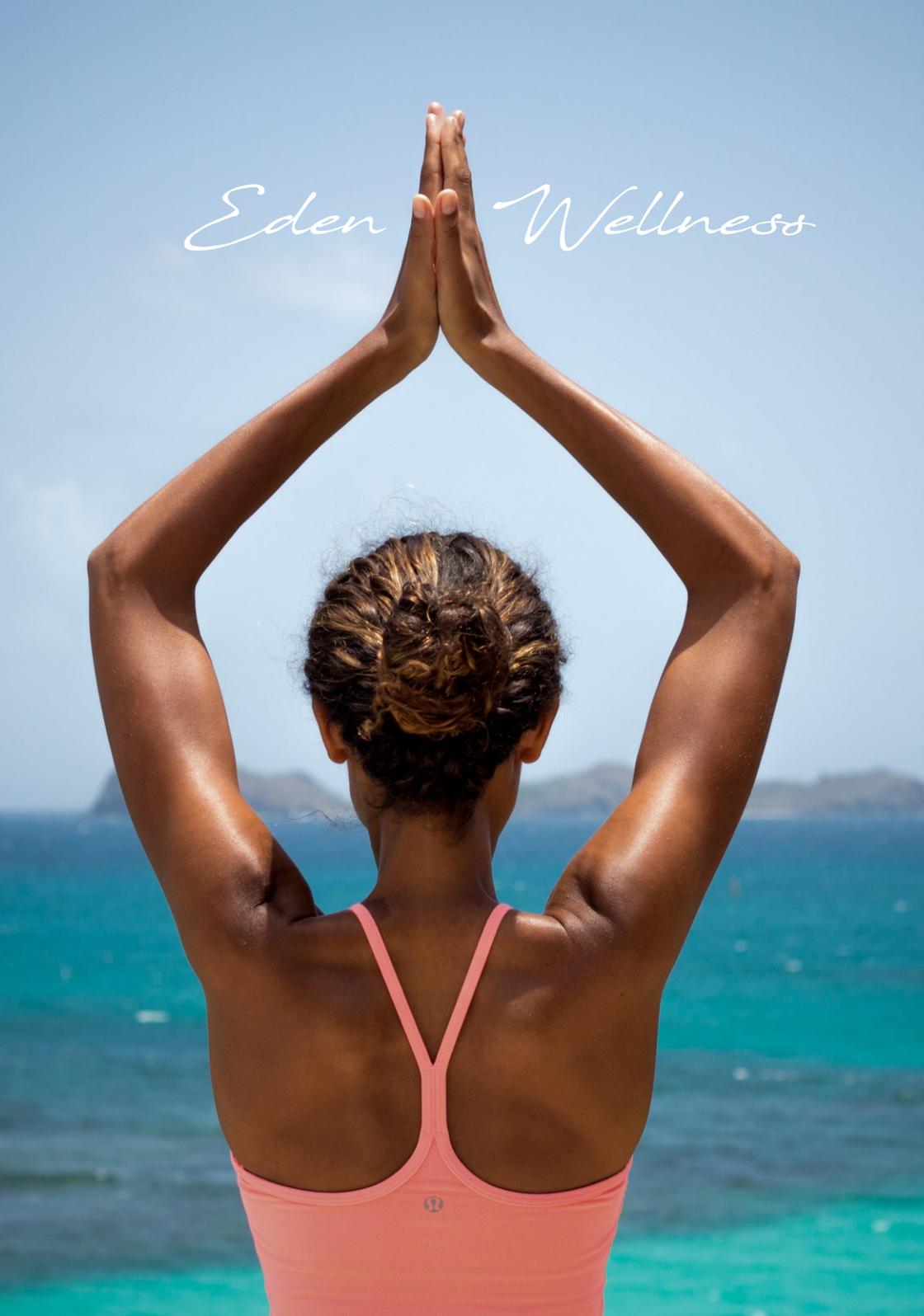


*Eden Wellness*



## *Eden Wellness*

Eden Rock - St Barths offers private wellness coaching for all levels, from beginner to more advanced classes with a wide range of activities. The one-on-one Wellness menu includes yoga & meditation for a more focused approach.

# *Activities*

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# Activities

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## Yoga

Start your morning or end your day with an energizing, relaxing or detoxifying yoga class. All classes emphasize on proper alignment, movement with breath, and thoughtful sequencing.

|                           |               |
|---------------------------|---------------|
| <b>Private session</b>    | 60 min - 150€ |
| <b>Additional person*</b> | 50€           |

## Meditation

Ground and center yourself by becoming more present during a guided, mantra, or breath meditation.

|                           |               |
|---------------------------|---------------|
| <b>Private session</b>    | 60 min - 150€ |
| <b>Additional person*</b> | 50€           |

## Pilates

Pilates allows you to correct bad postures, restore physical vitality and stimulate the mind. Classes are done without using any machine.

|                           |               |
|---------------------------|---------------|
| <b>Private session</b>    | 60 min - 120€ |
| <b>Additional person*</b> | 20€           |

\*Maximum number of participants upon request

# Activities

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## Hike

Discover the island on foot while enjoying the scenic surroundings and breathtaking views.

|                           |                     |
|---------------------------|---------------------|
| <b>Private session</b>    | 75 to 90 min - 150€ |
| <b>Additional person*</b> | 50€                 |

## SUP Yoga

Stand Up Paddle (SUP) yoga allows you to take your practice out into the ocean, replacing your mat with a paddleboard. The surrounding ocean, the fresh breeze, and the warm sun make it hard not to be fully present.

|                           |               |
|---------------------------|---------------|
| <b>Private session</b>    | 75 min - 200€ |
| <b>Additional person*</b> | 100€          |

\*Maximum number of participants upon request

# *Kids Wellness*

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# Kids Activities

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## Kids Yoga

Yoga poses and exercises that children of all ages can enjoy to help cultivate self-health, relaxation, and inner fulfillment and body awareness.

|                           |               |
|---------------------------|---------------|
| <b>Private session</b>    | 45 min - 100€ |
| <b>Additional person*</b> | 30€           |

## Kids Meditation

Simple and accessible meditation lesson to help children and teens relieve anxiety, improve self-esteem, feel great and develop a positive mental attitude.

|                           |               |
|---------------------------|---------------|
| <b>Private session</b>    | 45 min - 100€ |
| <b>Additional person*</b> | 30€           |

Activity from 4 years old

\*Maximum number of participants upon request

A photograph of two women standing on the edge of a large, dark, textured rock formation. They are both wearing athletic gear: tank tops, leggings, and sneakers. The woman on the left is wearing a light blue tank top, black leggings, and a blue cap. The woman on the right is wearing a white tank top, black leggings, and a pink cap. Both have their arms raised in celebration. The background shows a clear blue sky, a deep blue ocean, and a rocky coastline with some green vegetation. The word "Information" is written in a white, cursive font in the upper right corner, with a thin white horizontal line underneath it.

# *Information*

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# Terms and Conditions

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Please contact your concierge for more information and to make a reservation.

Classes open to all, subject to availability.

Please note that all classes cancelled less than 24 hours prior the appointment will be charged in full.



EDEN ROCK

ST BARTHS

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