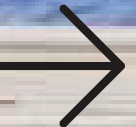




# Wellness at La Veranda

In Harmony With Nature



ORGANIC FARM-TO-BAR



SUN SALUTATION YOGA



VIETNAMESE MASSAGE WORKSHOP



HATHA YOGA



# Organic Cocktail Bar

## FARM FRESH: FARM TO BAR

Le Bar invites you to take a sip of our organic garden-inspired cocktails. From farm to bar, discover 5 organic cocktail creations with ingredients straight from our organic garden and the freshest local produce.

We take pride in these classic cocktail apothecary creations made organic and made without white sugar.

Ask for our fresh menu today.

Venue: Le Bar



## SUN SALUTATION YOGA

# Wellness Activities

## HERE COMES THE SUN

Usher in a perfect morning in this Introduction To Sun Salutation Class. Amidst the sun and sea, energize your body and stretch to strengthen all your muscle groups for another glorious day in island paradise.

Compliments of the House

Day: Mondays, Wednesdays, Thursdays, Fridays and  
Sundays

Time: 8:00 – 9:00 AM

Venue: At The Beach Deck

Contact 368 for Reservations



## VIETNAMESE MASSAGE WORKSHOP



# Wellness Activities

## ART OF HEALING

Le Spa's Master Massage Therapist invites you to a journey of healing. Unleash your potential to restore with our Vietnamese Massage Workshop. Learn an ancient yet accessible Vietnamese Massage sequence to help you and your partner reduce stress and boost your energies.

Compliments of the House

Day: Tuesday, Thursdays & Saturdays

Time: 10:30 – 11:30 AM

Venue: At The Beach Deck

Contact 368 for Reservations



**STRESS REDUCTION YOGA**

**Wellness Activities**

**YOGA BY THE SEA**

Find serenity and leave the stress behind in this Stress Reduction Hatha Class. Let the power of the sea envelope you in this mind-body practice that combines physical poses, controlled breathing and meditation or relaxation.

Compliments of the House

Day: Tuesdays, Thursdays, and Saturdays

Time: 8:00 – 9:00 AM

Venue: At The Beach Deck

Contact 368 for Reservations

