

ANI

WELCOME TO

# ANGUILLA

SAMPLE WELLNESS ITINERARY

WITH YOGA LOVA LOVA

YOGA  
LOVA+LOVA









# YOGA LOVA LOVA

Embarking on the path of yoga as a perpetual student and acertified instructor, Suzy has devoted herself to the transformative power of Yoga.

Rooted in traditional, rigorous practices, her dynamic approach emphasizes breath, strength, and the purification of the body.

Suzy's favorite mantra, "honor the body, feed the soul, and starve the ego," reflects her philosophy that extends beyond the mat. Choosing to breathe, move, live, and engage with intention, Suzy finds joy in the journey, recognizing the crazy, frustrating, and amazing aspects of life.

A certified instructor in Hatha, Ashtanga, and Vinyasa, Suzy's teachings emanate from her heart. Mindfulness isn't just a practice; it's a way of life for her.

Her retreats are a manifestation of this mindful living, meticulously organized to offer an immersive experience of wholeness and presence.

Suzy invites you to join her on this journey, not just as a guide but as a fellow traveler, eager to connect, share, and illuminate the path to wellness and self-discovery.





## SAMPLE ITINERARY

ÀNI Anguilla welcomes up to 20 guests across the resort.  
Discover this proposed itinerary only available during our May  
Wellness Month with a focus on health, wellness and fun.



ARRIVAL DAY - WELCOME TO PARADISE  
ROOT CHAKRA

ARRIVAL EXPERIENCE

Flights to St Maarten (SXM)  
VIP Transfer to Boat Ferry (25 minutes from St Martin)  
Transfer to ANI Anguilla from Anguilla Ferry Terminal  
at Blowing Point

Flights to Anguilla (AXA)  
Meet and greet at Airport by our team  
Private transfer to ANI Anguilla from Anguilla  
Clayton J. Lloyd Airport

Arrival at ANI Private Resorts

- |                 |   |
|-----------------|---|
| 2.00pm          | <ul style="list-style-type: none"><li>- Welcome drinks and snacks in the living room</li><li>- Introduction of the resort and team members</li><li>- Escort of guests to the rooms</li><li>- Unpacking service available</li><li>- Laundry and ironing services available</li></ul>   |
| Until 5.00pm    | <p>Immerse yourselves in the beauty of our cliff top villa</p> <ul style="list-style-type: none"><li>- Enjoy our two infinity pools with pool butler service</li><li>- Rejuvenating massage treatments or relax in one of the hot tubs</li><li>- Energizing activities such as shuffleboard, kayak, paddle board, tennis lessons are at your disposal</li></ul> |
| 5.00pm - 7.00pm | <p>Opening Ceremony<br/>Earthen Harmony: Root Chakra Yin-Yasa Flow for Deep Grounding</p>   |
| 7.00pm          | <p>Evening cocktails and canapés at ANI</p>   |
| 7.30pm          | <p>Welcome Dinner at ANI</p>  |



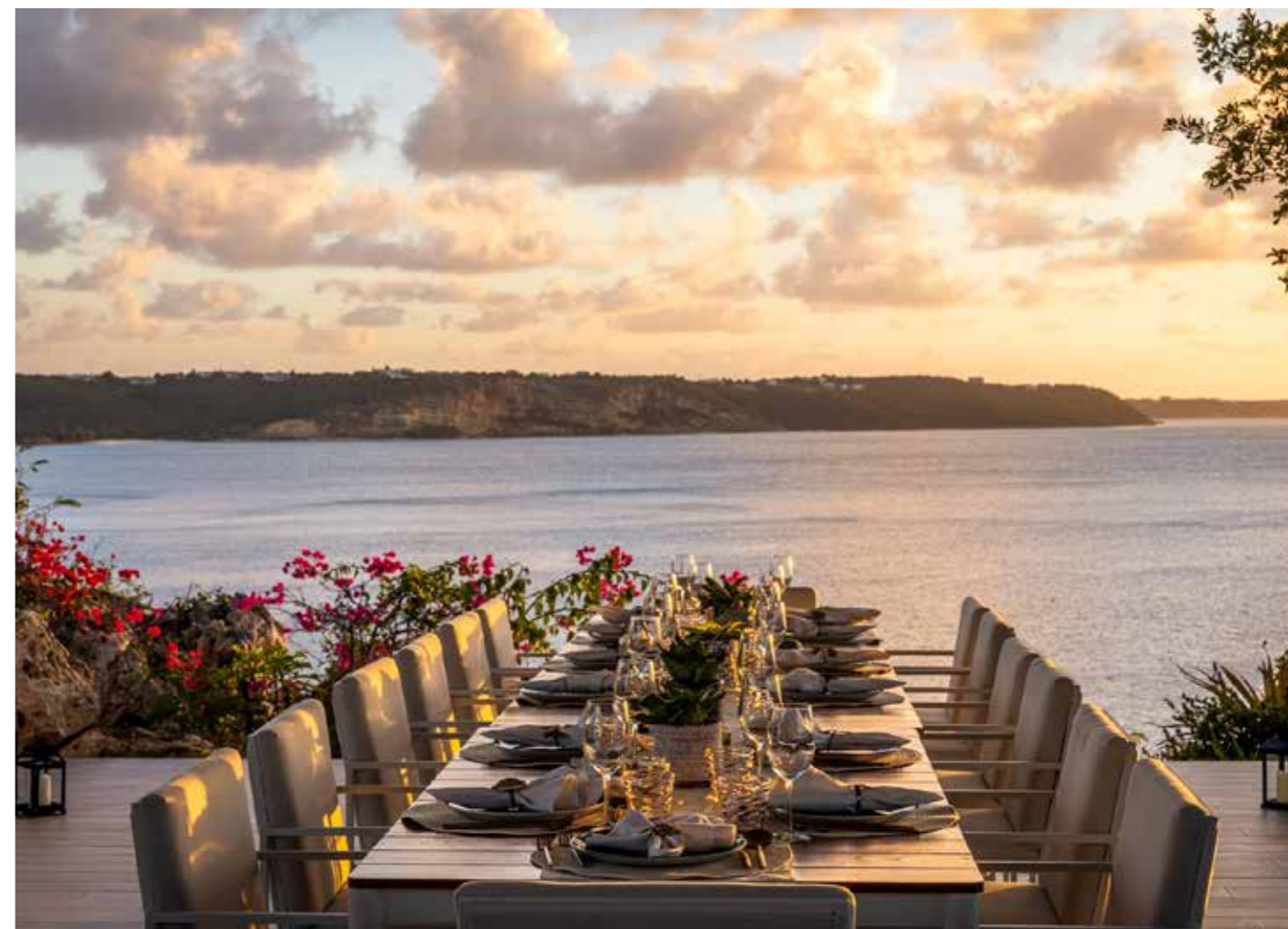


**DAY TWO - SACRAL CHAKRA**

- 7.00am            Enjoy Coffee and Tea station
- 7.30am - 9.00am    Fluid Essence: Vinyasa Flow for Sacral Chakra Radiance
- 9.00am            Breakfast at your leisure
- 10.00am - 12.30pm *Optional*  
*Discover Anguilla by Moke accompanied by a team member. These open-air cars can comfortably seat 4 persons each. Visit insta-perfect historic areas and the famous Arch\**
- Or
- Immerse yourselves in the beauty of our cliff top villa
- Enjoy our two infinity pools with pool butler service
  - Rejuvenating massage treatments or relax in one of the hot tubs
  - Energizing activities such as shuffleboard, kayak, paddle board, tennis lessons are at your disposal
- 1.00 pm            Rooftop lunch at ANI
- 2.00pm -4.30pm    - Enjoy our two infinity pools with pool butler service
- Rejuvenating massage treatments or relax in one of the hot tubs
  - Energizing activities such as shuffleboard, kayak, paddle board, tennis lessons are at your disposal
- 5.00pm -7.00 pm    Sacred Yin practice and Orange Waves Soundbath
- 7.30pm            Dinner at the resort
- 8.30pm            Moonlight Movies under the stars on ANI lawn

*NB Please note italics and \* denotes additional excursion costs*







DAY THREE - SOLAR PLEXUS

- 7.00am Enjoy Coffee and Tea station
- 7.30am Breakfast at your leisure
- 8.45am Private transfers to Rendezvous Bay
- 9.00am - 10am Beach Bliss Fusion: Paddle & Core Yoga Adventure
- 10.00am Relax on the beach under a sun lounger
- 1.00pm Caribbean Style Beach Barbeque lunch steps away from the ocean where our team transforms the beach for your pleasure. Enjoy crystal kayaks, standup paddle boards, beach games or snorkel and swim
- 3.30pm Private transfers back to ÀNI Anguilla
- 3.45am Visit ÀNI Art Academies Anguilla, meet the artists and get to know more about our inspiring non-profit organization
- 5.00pm - 6.30pm Solar Ember Symphony: Fire Vinyasa Flow & Sound Alchemy
- 7.00pm Evening cocktails & canapés
- 7.30pm Dinner at ÀNI
- 9.00pm Dance the night away with local DJ







#### DAY FOUR - HEART CHAKRA

- |                   |  |
|-------------------|--|
| 7.00am            | Enjoy Coffee and Tea station   |
| 7.30am - 9.00am   | Heart opening workshop   |
| 9.00am            | Breakfast at your leisure  |
| 10.00am - 12.00pm | Silent Hike and Meditation to our local Limestone Beach  |
| 1.00pm            | Lunch at ANI   |
| 2.00pm - 4.30pm   | <ul style="list-style-type: none"><li>- Enjoy our two infinity pools with pool butler service</li><li>- Rejuvenating massage treatments or relax in one of the hot tubs</li><li>- Energizing activities such as shuffleboard, kayak, paddle board, tennis lessons are at your disposal</li></ul> |
| 5.00pm - 7.00pm   | Heart Harmony Expedition: Short Flow, Sacred Cacao Ceremony & Soundbath  |
| 7.30pm            | Light Dinner   |

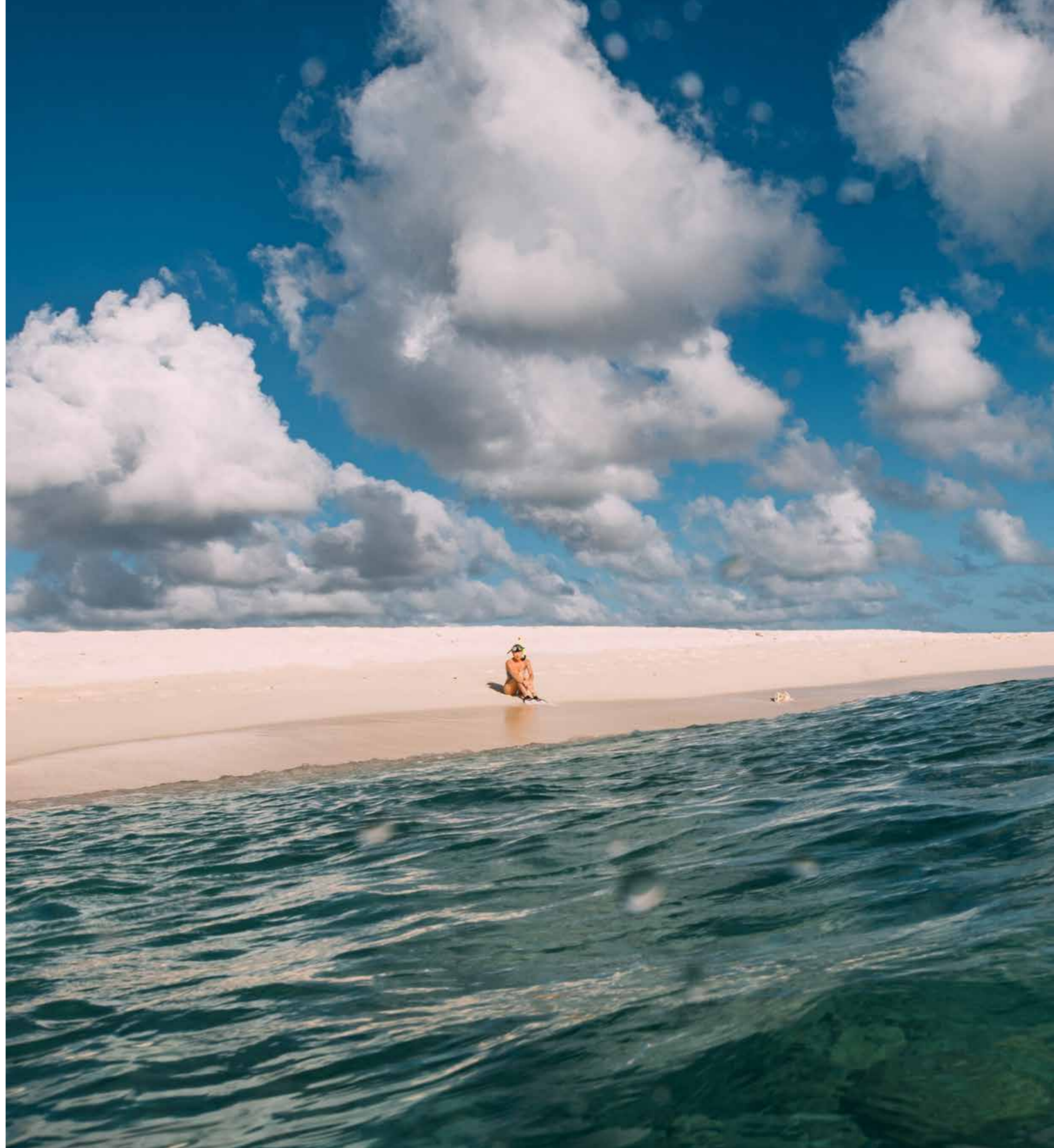






DAY FIVE - THROAT CHAKRA

- 6.30am Enjoy Coffee and Tea station
- 7.00 am - 9.00am Partner Yoga “Speak Your Truth” Workshop
- 9.00am Breakfast at your leisure
- 10.30am -12.30pm Experience a two-hour boat cruise around the island. Snorkle and swim off the boat
- 12.30pm Lunch
- 2.00pm -5.30pm
- Enjoy our two infinity pools with pool butler service
  - Rejuvenating massage treatments or relax in one of the hot tubs
  - Energizing activities such as shuffleboard, kayak, paddle board, tennis lessons are at your disposal
- 6.00 -7.00 pm Echoes of Expression: Flow, Chants & Harmonic Sound journey
- 7.30pm Cocktails and canpes
- 7.45pm Dinner at ANI







#### DAY SIX - ELEVATE & ILLUMINATE

- |                  |  |
|------------------|--|
| 6.30am           | Enjoy Coffee and Tea station   |
| 7.00 am - 9.00am | Elevate & Invert: Playing with the Art of Inversions Workshop  |
| 9.00am           | Breakfast at your leisure  |
| 10.00am          | <ul style="list-style-type: none"><li>- Enjoy our two infinity pools with pool butler service</li><li>- Rejuvenating massage treatments or relax in one of the hot tubs</li><li>- Energizing activities such as shuffleboard, kayak, paddle board, tennis lessons are at your disposal</li></ul> |
| 12.00 noon       | Cooking class with Head Chef, Karan  |
| 1.00pm           | Lunch  |
| 2.00pm           | <ul style="list-style-type: none"><li>- Enjoy our two infinity pools with pool butler service</li><li>- Rejuvenating massage treatments or relax in one of the hot tubs</li><li>- Energizing activities such as shuffleboard, kayak, paddle board, tennis lessons are at your disposal</li></ul> |
| 3.30pm           | Enjoy a hike down by rope to visit Little Bay, one of the most secluded and private beaches in Anguilla where you can snorkel, swim and sunbathe   |
| 5.00pm - 7.00 pm | Chakra Symphony: Recap Seven-Energy Flow   |
| 7.30pm           | Closing ceremony and dinner  |



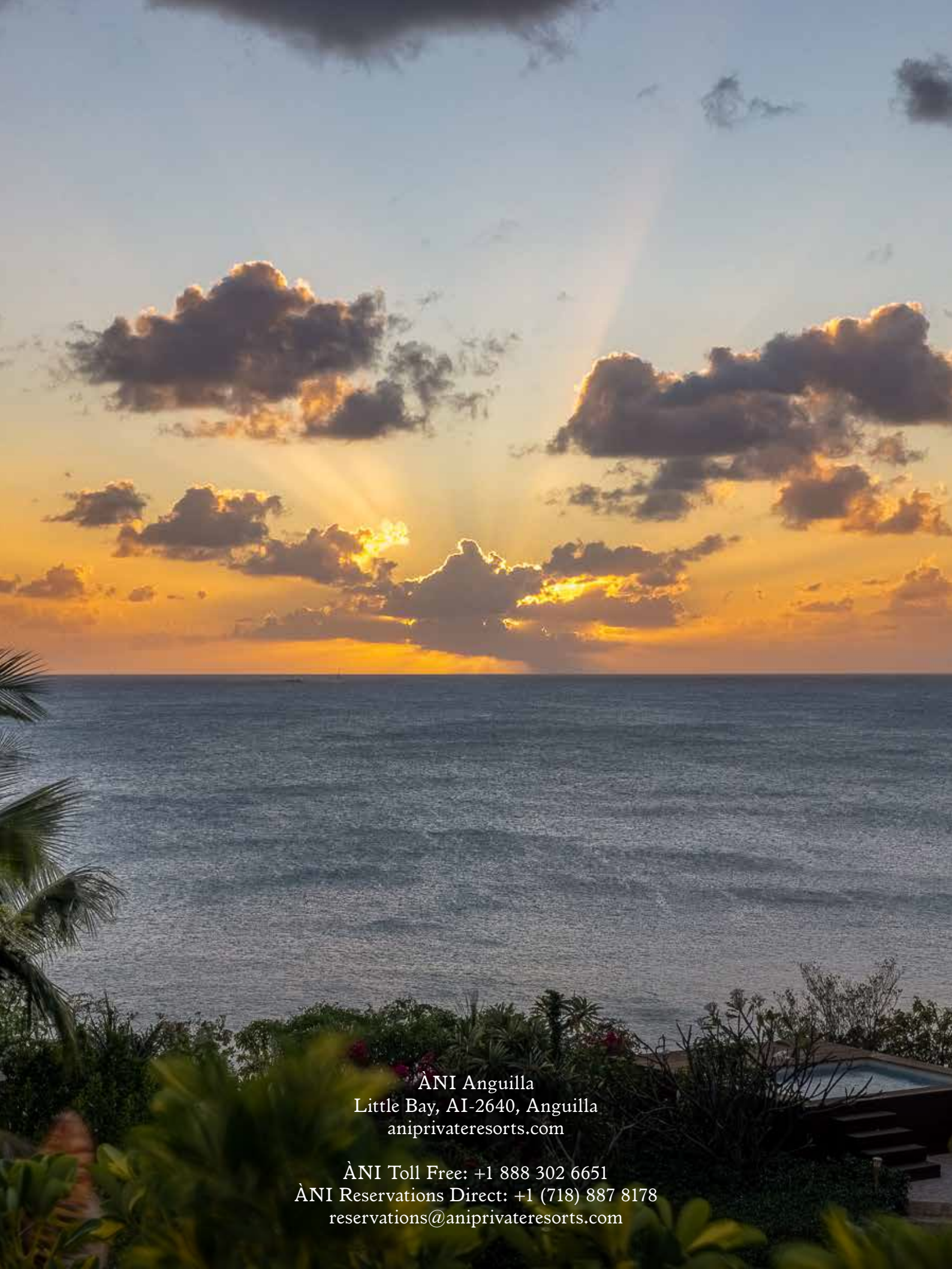


#### DEPARTURE DAY - FAREWELL TO PARADISE

7.00am	Enjoy a tennis lesson, get some hitting session with our inhouse tennis pro or simply relax by the pool with a good book
Until 11:00am	Breakfast at your leisure
11:30am	Private transfers from resort to Ferry Terminal and Clayton International Airport
12:00pm	Private Boat to St Maarten
1.30pm	Departure from Clayton International Airport
3.30pm	VIP Departure Experience Departure from Princess Juliana International Airport

*NB Transfers will be organised as per flight schedules.*





ANI Anguilla  
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