

**CHEVAL BLANC ST-BARTH ISLE DE FRANCE INVITES GUESTS  
TO EXPERIENCE THE ART OF SELF CARE AT THE  
ST BARTH SUMMER CAMP YOGA CHALLENGE**



**IMMERSIVE PROGRAM CREATED BY WELLNESS PRACTITIONER  
DIANA BOUREL EXPLORES THE THEME OF  
“FROM FRAGMENTATION TO RE-EMERGENCE, CELEBRATING OUR GOLDEN BROKENNESS”**

**St-Barth, June 2021**

Cheval Blanc St-Barth Isle de France invites guests to a month-long wellness workshop from July 15 to August 15, 2021 led by Diana Bourel, a yoga teacher and therapist with more than 30 years of experience. Gathering together practitioners from around the globe and experts in modalities from yoga to sound healing and from osteopathy to breathing techniques, the month-long study is designed to be accessible for guests on the island for only a few days while also providing a deeper level of immersion for those committed to a longer wellness journey.

Bourel created the program to help guests better understand the mind body effects of the past year and how to embrace and transform these changes. The daily weekday schedule offers several morning, afternoon and evening yoga practices, including mid morning daily aqua yoga on Flamands Beach to complement more traditional on land sessions. Evening meditation and Zen practices will help guests wind down from the day. On the weekend, Yoga University includes guided hikes and aqua yoga alongside workshops and discussions with international guest teachers and healers.

The weekday ateliers are complimentary for guests of the Maison. Saturdays and Sundays Yoga University with international speakers are open to guests with a supplement.

Bourel has been practicing in St-Barth since 1999 and has developed the “Art of Self Care” a multi-modal, broad spectrum approach wrapped around a core of yoga, meditation, personal growth, and mindfulness practices. Bourel designed this summer’s program to directly address the challenges faced as the world reopens, stating: “As the chaos subsides, we are coming back out, re-emerging in a sort of happy disbelief to the lives reshaped by Covid. There is an eagerness to get ‘back to normal’ but in taking another look, we may see that things have shifted.”

Embracing the theme of “From Fragmentation to Re-emergence, Celebrating our Golden Brokenness”, the ateliers will explore how to transform the challenges of the past year. Bourel explains, “In the yogic philosophy, the idea of unmani encompasses the formless awareness, an understanding of the impermanence and change as central to the human experience. In cultivating compassionate sensitivity and investigating our flaws and breaks not as events that need to be hidden or concealed but as milestones to be applied in our path forward, we begin to repurpose and recompose with the fragments of our new reality.”

St Barth Summer Camp Yoga Challenge guest teachers include:

- Dr. Sue Simring – Columbia University trained therapist, whose mind body approach creates depth and understanding about how the body holds emotions
- Greg Bosc – Soundscape artist and healer will offer a guided meditation supported by sound therapy
- Santhanam Narasimhan – Leading Iyengar yoga instructor will co-teach morning classes
- Sundar Balasubramian – Cell biology researcher who is the founder and director of PranaScience Institute, studying the effects of pranayama, the practice of yogic breathing techniques
- Jessica Toral – Herbalist trained in the Meso-American healing traditions of Peru will share how to biodiversify the world view of wellness
- Niccole Toral – Cofounder of Mesa Vista Wellness in Sante Fe, who incorporates ancient healing practices from North and South America
- Olivier Dorne – Practitioner of deep tissue osteopathy who helps the body release metabolic or emotional trauma stored in the body
- Romain Vallet – Osteopath who combines eastern medicine with the latest in osteopathic science

For information and reservation enquiries:

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## NOTES TO EDITOR

### About Cheval Blanc St-Barth Isle de France

Cheval Blanc St-Barth Isle de France, the first Palace outside of Metropolitan France, is the third Maison to join the Cheval Blanc portfolio in 2014. Located on Baie des Flamands – one of the island’s finest beaches – it is home to 61 rooms, suites, and villas offering breathtaking panoramic ocean views or leading onto lush tropical gardens. La Case is a popular restaurant on Saint-Barthelemy headed up by Jean Imbert; and the stylish poolside The White Bar serves a variety of refreshing cocktails and light dishes whilst La Cabane is perfect for a relaxed meal in the Caribbean. Exclusive Guerlain rituals can be enjoyed at the Cheval Blanc Spa, nestled in the heart of the Maison’s tropical gardens.

The interior décor by Jacques Grange encapsulates all the charm of seaside homes with the specific Caribbean spirit. The Cheval Blanc team offers a highly personalized Art de Recevoir service, continuously ensuring guests are surprised and delighted with bespoke customized experiences, from private picnics on the beach, to a St Barth discovery onboard a bespoke Cheval Blanc Mini Moke to an exclusive shopping trip in Gustavia or a romantic cruise at sunset, each may be created to ensure every guest returns home with fond memories.

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### About LVMH Hotel Management

Developed by LVMH Hotel Management, Cheval Blanc is a brand of exceptional Maisons. The first one, Cheval Blanc Courchevel, opened in 2006 in Courchevel, followed by Cheval Blanc Randheli, which opened in the Maldives in autumn 2013. The brand has continued its development with the opening of Cheval Blanc St-Barth Isle de France in the French West Indies in October 2014, Cheval Blanc St-Tropez in 2019 as well as future projects, namely within La Samaritaine in Paris. LVMH Hotel Management also runs White 1921 Courchevel and White 1921 Saint- Tropez.

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