



MANDARIN ORIENTAL  
CANOUAN

# Elements of Tranquility: Wellness Retreat with Laura Dodd



## WELLNESS RETREAT WITH LAURA DODD

Embark on a journey of tranquillity, guided by nourishing practices that nurture physical, emotional, and spiritual well-being. This transformative retreat invites you to explore the elements—Earth, Water, Air, and Fire—through rejuvenating yogic practices and mindful connections to nature. Cultivate inner harmony, vitality, and enduring serenity while enjoying award-winning wellness facilities and fresh, locally inspired organic cuisine. Re-discover the art of living in balance throughout this luxurious experience of relaxation and restoration—a once-in-a-lifetime escape to truly reset.

### RETREAT PERIOD

1st session: 29 March – 2 April 2025

2nd session: 4 April – 8 April 2025

### PACKAGE INCLUDES

- Exceptional wellness itinerary tailored by Laura Dodd
- 4-night stay in an ocean-view suite inclusive of daily breakfast
- One-time welcome dinner under the stars
- One-time farewell dinner at the Godahl Beach
- Daily yoga sessions with Laura Dodd
- Daily MO signature massage experience
- Daily curated recreational activities

*All Mandarin Oriental, Canouan guests enjoy the following amenities:*

- VIP airport concierge assistance in Barbados (BGI)
- Roundtrip airport transfers on Canouan Island (10-minute drive)
- Welcome beverage
- Afternoon Tea from 3pm to 5pm
- Butler service
- Use of pool cabanas and beach chaises
- Use of three floodlit tennis courts
- 24-hour fitness facilities
- Wireless internet access
- Twice-daily housekeeping
- Pirates of Canouan Kids' Club (ages 3 thru teens)

**BOOK NOW**



ABOUT MANDARIN ORIENTAL, CANOUAN  
Nestled along a white powdered stretch of Godahl Beach,  
Mandarin Oriental, Canouan is the Caribbean's off-the-beaten-  
path destination, with all-ocean-view colonial-style suites and  
Italian-designed Patio Villas, showcasing the natural beauty of  
the island.

## Arrival Day: Earth | Stability & Grounding

*Connect with the earth element, fostering a sense of strength, stability, and grounding within ourselves.*

### *On arrival* Welcome Wellbeing Gifts and Mocktails

### 5PM - Welcome Circle and Post Flight Yoga Flow

Begin your retreat journey with a warm welcome circle, fostering connection and grounding after your travels. Together, we'll set intentions for the days ahead in a serene and supportive environment

### 5.30PM - 60 min Flow Yoga and Meditation

#### Root to Rise Flow

This session emphasizes grounding postures and strength-building standing poses, aligning with the earth element to foster a sense of safety, security, and deep connection to the world around us. Grounding, linking to the root chakra, Muladhara, forms the foundation for personal growth, providing stability to rise, grown and evolve. The practice concludes with a soothing rooting meditation.

### 7.30PM - Welcome Dinner under the Stars

A warm welcome to the retreat with a beautifully set dinner under the stars, offering a chance to meet fellow guests and begin the journey to serenity.

## Day 2: Water | Fluidity & Flow

*To embrace the fluidity of the water element, encouraging adaptability, emotional release, and the flow of energy.*

### 7:30 AM – L'ance Guyac Beach - Morning Meditation and Water Cleansing Ritual

Connect with the water element through a peaceful meditation, followed by a gentle cleansing ritual in the ocean.

### 9:00 AM - Lagoon Breakfast

A light, nourishing breakfast by the ocean, setting a calm and peaceful tone for the day.

### 10:30 PM – Underwater Exploration: Snorkeling Adventure

Immerse yourself in the vibrant underwater world of the Canouan Reef and connect deeply with the water element. This guided snorkeling session invites you to explore marine life, experience the serenity of the ocean, and cultivate a sense of flow.

### 4:00 PM - 60 min Slow Flow and Yin Yoga

#### *Fluid Flow*

A gentle sequence inspired by the essence of the water element, crafted to promote flexibility, and cultivate a sense of fluidity and adaptability. This practice connects to the Svadhisthana chakra, resonating with the water element, fostering emotional balance and creative energy. The session concludes with deeply restorative Yin postures focused on hip opening, inviting a profound sense of flow and ease into both body and mind.

### 5:15 PM - 60 min Oriental Chi

#### *Signature Treatment*

A grounding, rejuvenating treatment inspired by ancient healing traditions, helping you restore balance and vitality while reconnecting with the earth.

### 7.30 PM - *Optional* Group Dinner



## Day 3: Air | Clarity and Connection

*The air element embodies expansion, lightness, and the feeling of being connected.*

### 7:30 AM - 60 min Dynamic Morning Yoga

#### *Expand the Heart*

A revitalizing Morning Practice flowing through uplifting backbends, awakening the heart chakra, Anahata, allowing the free flow of love, compassion, and forgiveness. The practice gently concludes with soothing restorative expansive postures to leave you feeling open and serene.

### 9:00 AM – Lagoon Breakfast

A light, refreshing breakfast to energize your body and uplift your spirit, with a serene ocean view to fuel your body and set the tone for a peaceful day.

### 4:00 PM – 60 min Intelligent Movement

#### *Signature Treatment*

A treatment designed to promote mobility, enhance physical vitality, and clear mental tension, perfectly aligned with the airy, free-flowing nature of the element.

### 5:30 PM – 60 min Sky Gazing

#### *Breathwork Session*

Engage in mindful sky gazing and expansive pranayama, breathwork practices, to enhance clarity, openness, and freedom, deeply connecting with the air element.

### 7:30 PM - *Optional* Group Dinner



A woman with dark hair tied back, wearing a white backless top, stands on a beach. Her hands are clasped behind her back. The background is a soft-focus view of the ocean and sky.

## Day 4: Fire | Transformation & Vitality

*To awaken your inner vitality and embrace transformation through the energizing power of the fire element.*

### 7:30 AM - 60 min Dynamic Morning Yoga

*Ignite your Inner Fire*

An energizing sequence to ignite your Agni, your inner fire, awaken vitality, and fuel transformation for your day ahead. This practice centers on the core, activating the Manipura chakra, and cultivating both inner and outer strength. It integrates transformative breathwork to awaken and empower your being.

### 9:00 AM - Power Breakfast

Replenish your energy with a vibrant, nutrient-rich breakfast overlooking the ocean, perfect for sustaining you through the day.

### 4:00 PM – 60 min Digital Wellness Escape

*Signature Treatment*

Disconnect from the digital world with this rejuvenating treatment, offering relaxation and deep reconnection with yourself, in harmony with the transformative energy of fire.

### 5:45 PM - Fire Ritual & Beach Bonfire

Embrace the fire element with a ceremonial fire ritual, followed by a tranquil moment at the bonfire as the sun sets, symbolizing transformation, and renewal.

### 8.00PM - Final Night Dinner

A serene beachfront dinner under the stars, illuminated by glowing lanterns. The sound of gentle waves and the view of the stars complements a wellness-inspired gourmet menu featuring fresh, local ingredients and biodynamic wine.



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