



Harmonize your Body, Mind & Spirit!

Choose from any or all of our
Therapies, Treatments, Classes & Courses

Pilates Retreats • Yoga Retreats
Massage & Therapeutic Treatments
Lifestyle & Weight Management Coaching
Creative Harmony ~ Painting, Sculpting and Writing Retreats
All tailored to suit your needs, schedule or Dominica holiday



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Creative Harmony:

Re-ignite your creativity. Experience Gallery & Artists' Studio visits, workshops with Dominica's leading artists/writers, Cultural & Heritage Tours/Talks and on-on-one Coaching to help you liberate your creativity. Some artist materials will be provided at the Villa.

Body Harmony

Awaken your inner strength. In powerful exploratory Pilates and Bodywork sessions held privately and in small groups you will rediscover your 'Powerhouse' and find your fountain of energy. You will be indulged in massage, and other natural spa treats, energetic walks and waterfall swimming. Break with destructive habits and develop a healthier approach to life. With One-on-one motivational sessions you will be more empowered to keep on track when you get back home.

Active Harmony

Release your inhibitions and take a walk on the *wild side*, The Caribbean's Nature Island offers an escape from the everyday into a pristine environment; Scuba Diving, Whale Watching and Snorkeling, Hiking through the Valley of Desolation or Historic Slave Routes, River Tubing and more. Allow yourself to literally swim against the currents and release the daily grind of life.

Mix & Match from the options below to create your truly harmonizing Dominica Experience

Treatments, Therapies, Classes and Courses prices vary depending on duration of session booked, number of persons and number of session booked consecutively
Massage & Therapeutic Treatments
Private or Small Group Pilates Classes
Private or Small Group Pilates Retreat Courses
Private or Small Group Yoga Classes
Private or Small Group Yoga Retreat Courses
Lifestyle Consultation, Posture Analysis & Movement Assessment
Full Fitness Assessments: (includes the following) Cardiovascular, Strength, Heart Rate check, Blood Pressure check, Body Fat% Assessment and a Body Mass Index Calculation
Weight Management Coaching
Well-being & Lifestyle Coaching sessions
Creative Coaching Sessions. Painting, Sculpting, Writing
Heritage & Cultural Talks & Workshops
Hikes, Walks and Inner Quest Adventures & Experiences

Email Carla for full Package details: carlaarmour@hotmail.com
or skype her on [carla.armour](https://www.skype.com/name/carla.armour)