

SAILING & WELLNESS ADVENTURE RETREAT

THE GRENADINES

1-8 AUGUST 2026



Live aboard our stunning catamaran and gently cruise 7 sparkling islands in the Caribbean paradise of the Grenadines.

This carefully curated, highly unique charter offers:

Daily yoga, meditation, breathwork, sailing, snorkelling

Optional hiking/scuba-diving/massage/learn to sail/paddleboard/kitesurf/wingfoil
/swimstroke analysis/sound-healing

Passionately homemade vegetarian food

Let the wind, sun & sea wash away your worries as you settle into the peaceful rhythm of island life

Connect with the elements, your body and mind.

Contact Cathy for more details: cathytayl@gmail.com