



WATERFRONT
WELLNESS



HAWKINS ISLAND

A Luxury Wellness Escape

HAWKINS ISLAND DAY RETREAT

THE EXPERIENCE

Step away from the everyday and spend a serene day on Hawkins Island reconnecting with nature and yourself. Thoughtfully curated to restore balance and elevate your energy, this experience blends movement, nourishment, and deep relaxation in an unforgettable island setting.

Move through guided sessions or simply surrender to stillness. This day is yours to enjoy, your way.

DATE & TIMES

Saturday, May 16th

9:15am – 5:00pm

Private boat transfer departs Waterfront Marina at 9:30am, returning at 5:00pm

INVESTMENT

Standard: **\$375**

Waterfront Wellness Members: **\$345**

INCLUDED IN YOUR EXPERIENCE

Seasonal Nourishing Lunch

Private beach & loungers

Scenic walking trails

Kayaks & paddleboards

Putting Green

Rooftop villa lounge

Hot tub

YOUR DAY FLOW

Welcome Yoga & Intention Setting

Morning Guided Experience

Seasonal Nourishing Lunch

Afternoon Guided Experiences

Closing Sound Bath & Gentle Stretch

GUIDED EXPERIENCES

Forest Bathing & Grounding – take a walk and experience the natural history and artifacts of Hawkins Island. Explore the medicinal and edible flora and fauna of Bermuda.

Combating Post Meal Blood Sugar Spikes – learn how to regulate blood sugar to optimize energy and prevent fatigue.

Re-align and Restore - take part in a pilates based movement session focusing on posture, alignment and releasing tension from modern-day habits.

(You are always welcome to opt out of scheduled sessions and enjoy the island at your leisure.)

OPTIONAL INDULGENCES

In-villa massage (RMT) / Reflexology / Reiki

If you would like an optional indulgence, please indicate your selection upon booking and a member of our team will reach out to schedule your session. Receipts will be provided for insurance reimbursement.

A NOTE ON RESERVATIONS

In the event of inclement weather or unforeseen circumstances, a full refund will be issued.

Should the purchaser become unable to attend - cancellations within 72 hours of your scheduled retreat are eligible for a 50% refund.