



the bodyholiday[®]
LeSPORT

**Welcome to
The BodyHoliday Solos
Events
29th August to September
4th, 2010**



The BodyHoliday LeSPORT
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**Give us your body for a week
And we will give you back your mind**

Presents

The Solo Events - 29th August to September 4th, 2010

Dear Guest

It is my pleasure to welcome you to the BodyHoliday Solos week. The BodyHoliday with its unique offering is best suited to attend to the needs of the single traveler hence this week's celebration. The theme also presents a great opportunity for friendship and camaraderie, and I look forward to your participation.

Kind regards



Nigel Theophilus
GENERAL MANAGER

Sunday 29th

7:15-8:00pm Welcome Cocktail - **Deli Deck**

Monday 30th

08:00-09:10am Hatha Yoga with Libby— **Fitness Studio**
10:00-11:00am Learn to Dance Exercise - **Waltz, Fitness Studio - Anthony**
11:00-11:45am Core Strengthening Workshop— **Fitness Studio- Rob Jeffers**
02:00-3:00pm "Stress Buster Circuits" - **Fitness Studio - Roger**
07:00-8:30pm Meet for Cocktails - **Piano Bar— Rodriquez Constantine**
7:30pm & Evening Dinner - **TAO** - Hosted by **Rodriquez Constantine & Steve Biscombe** (please make booking at concierge)

Tuesday 31st

07:00-08:00am Circus Sports with Denny on the **Clubhouse Lawn**— (sign up at the Activities Desk)
9:15-10:00am Restorative Yoga— Fitness Studio— **Abhishek**
05:00-05:45pm T'ai Chi - Group Exercise **Oasis Deck— Edwin**
07:00-08:00pm Meet for Cocktails - **Piano Bar** Hosted by a Bodyguard
08:00pm Evening Dinner - **Clubhouse** - Hosted by Bodyguard.

Wednesday 1st

08:15-09:00am Dedicated group Golf Coaching (Beginners) - **Coubaril Valley**
Edwin/Henix (Please confirm your attendance at the activities desk)
10:00-01:00pm Colombian Emeralds International; Shopping Tour to Point Seraphine (sign up at the Activities Desk) -
12:15-12:30pm Nutrition talk - **TAO** - Rob Jeffers
7:00-08:00pm Oasis Champagne Party - **Wellness Center (Oasis)** - General Manager & staff

Thursday 2nd

07:00-08:00am Wake up with T'ai Chi - **Beach** - Edwin
11:00-11:45am Posture Correction Workshop - **Fitness Studio** - Rob Jeffers
7:00-8:00pm Meet for Cocktails - **Piano Bar**- Hosted by a Bodyguard
8:00pm Evening Dinner - **Cariblue** - Hosted by a Bodyguard

Friday 3rd

07:00-08:00am Circus Sports with Denny on the **Clubhouse Lawn**— (sign up at the Activities Desk)
09:15-10:00am The Body Stretch-**Fitness Studio— Bodyguard**
04:30-07:30pm Sunset Cruise - **Welcome Gazebo**

Saturday 4th

08:00-09:10am Vinyasa Flow (yoga) Fitness Studio—**Libby Jelly**
05:00-07:00pm The **Pigeon Island** Sunset wind down - Sign up at the **Activities Desk** (no later than 10am Saturday 4th)
08:00-12:00am Evening Dinner "BBQ and Bar Beach Party"- **Clubhouse** - Hosted by a Bodyguard

If you would like to reserve your place at Tao for the hosted dinner please indicate this to Concierge when booking. Places are limited to 10 guests, we request that you book only once for a hosted evening.