

Holistic Wellness

Flavia received her training at leading international schools and now teaches Ashtanga, Vinyasa, and Yin Yoga for all levels. Her gentle and mindful approach encourages breathing, movement, and a deep reconnection with yourself.

Yoga

On the Yoga Deck at Eden Rock – St Barths or in your villa, escape to the rhythm of the waves.
Yin, Vinyasa, Ashtanga...

Private session	60 minutes - 160€
Additional participant	60€
Group sessions	50€

Reiki

Reiki is an inner journey, working on your chakras to rebalance energy flow and promote deep wellbeing and serenity.

Private session	60 minutes - 160€
Additional participant	60€

Meditation & Pranayama

Private session	60 minutes - 160€
Additional participant	60€

Streching

Private session	60 minutes - 160€
Additional participant	60€

Sound Healing

Experience an immersive sound journey combining singing bowls and therapeutic percussion to encourage relaxation, energy rebalancing, and inner harmony.

60 minutes - 200€

