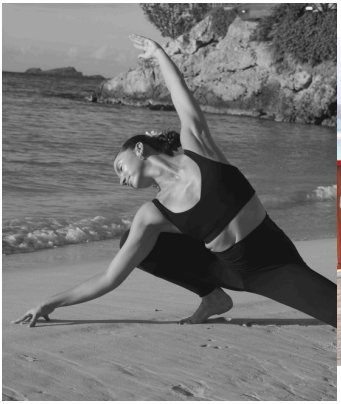


MEET OUR HOUSE EXPERTS

Adèle & Flavia







Adèle began her journey abroad at the age of 19, driven by a desire to discover new cultures and perspectives.

Her path into holistic wellbeing began with her first yoga teacher training in Bali and has since taken her across more than 10 countries. With over 500 hours of yoga studies, her expertise has expanded to include Ayurveda and massage, sound healing, Qi Gong, somatic practices and coaching.

Through eight years of teaching and her experience within five-star properties around the world, Adèle has developed an approach centered on nervous system regulation and holistic wellbeing, combining her knowledge to create deeply personalized experiences for each guest.

Flavia has been trained at leading international schools. She teaches Ashtanga, Vinyasa and Yin Yoga, adapting each practice to all levels and individual needs.

Her approach is gentle, mindful and deeply attentive, creating space to reconnect with the body through conscious movement and breath. Whether through a dynamic flow or a slower, more restorative practice, she encourages each guest to move with awareness, listen to their body and find a sense of balance.

Through her teaching, Flavia invites you to slow down, be present and cultivate a deeper connection with yourself, both on and beyond the mat.

8. Holistic

Holistic Well-Being: Take care of yourself from the inside out by taking the time to experience one of our energetic practices.
It will regulate your nervous system, release stress, anxiety, by relaxing your body, mind and spirit.
Let yourself be curious and open up to new experiences!



Yoga

On the Eden Rock – St Barths Yoga Deck or in the privacy of your villa, take a moment to breathe, unwind and reconnect with yourself. Yin, Vinyasa, Ashtanga and more.

Private session	60 minutes - 160€
Additional person	60€
Group classes	60€

Reiki

Reiki is an inner journey that works with the body's energy centers to restore energetic balance and encourage a deep sense of wellbeing and serenity.

Private session	60 minutes - 160€
Additional person	60€

Meditation & Pranayama

Private session	60 minutes - 160€
Additional person	60€

Stretching

Ideal after a workout, deep stretching techniques help release muscle tension and promote relaxation.

Private session	60 minutes - 160€
Additional person	60€

Sound Healing

An immersive vibrational journey combining Tibetan and crystal singing bowls, percussion and other instruments. Experience a deeply soothing, full-body vibrational massage and a unique sensory journey.

Private session	60 minutes - 200€
Additional person	60€

Meditation & breathwork

Through breathing techniques, pranayama and guided relaxation, take a moment to quiet the mind and reconnect with the present.

Private session	60 minutes - 160€
Additional person	60€

Sonic massage

Tibetan singing bowls are placed on the body, allowing their vibrations to resonate through the muscles, fascia and skin. This soothing experience encourages relaxation and supports a sense of balance throughout the body.

Private session	60 minutes - 200€
Couple	400€

Reflexology & Sonic Massage

A combination of two complementary practices. Foot and hand reflexology is followed by a sonic massage using vibrational sound to encourage relaxation and energetic balance.

90 minutes - 280€

Energitic Massage

Inspired by Ayurvedic traditions, this massage focuses on your energetic wellbeing, inviting you to release tension, reconnect with yourself and restore a sense of inner balance.

60 minutes - 200€

Please arrive with a clear mind and a sober body to fully enjoy your holistic experience. Alcohol consumption before your session is not recommended.