

WELLNESS FESTIVAL - SCHEDULE OF EVENTS



Friday, June 24

6 PM – 8 PM
LOGGIA /
AERIE LAWN

WELLNESS MARKET

Discover your path to wellness and interact with our plethora of experts and artisans. Spa at Seafire, Hair by Pasquale, Saucha, Body Treats, Raffinee, Zest, Island Naturals, Light + Heart Soy Candles, Sunlight Collective, Santosha, Sage Boutique, Delaney's Handcrafted, Isy B. and many more.

7 PM - 10 PM
AVE

BACK TO ROOTS at AVE

Enjoy a four course farm to table dinner with locally sourced ingredients, organic produce and catch, hosted by Cayman's farmers alongside Ave's culinary team. Reserve your experience by calling +1-345-746-4111 or emailing RestaurantReservations@seafireresortandspa.com. Paid event: KYD \$68 per person

Saturday, June 25

7:30 AM – 8:30 AM
BEACH DECK

VINYASA + KUNDALINI

With Bliss Yoga Cayman
Reset Your Energy: Strong Vinyasa + Powerful Kundalini Pranayama and Meditation

9 AM - 10:30 AM
BEACH DECK

ULTIMATE WORKOUT WITH F-45

With experts from F45
Get your heart rate pumping with a 45-minute HITT workout by F45 whilst the DJ blasts the tunes. Then enjoy some well-deserved post workout snacks by Zest's, Chef Mo.

11 AM - 12 PM
AVE TERRACE / BAR

KOMBUCHA BREWING MASTERCLASS

With Saucha
Join Britta Bush as she demonstrates how she makes her Kombucha and talks about the benefits of probiotics and healing foods.

12 PM - 2 PM
POOL DECK

POOLSIDE HEALTHY SHOTS AND ACAI BOWLS

With Green2Go and Island Naturals
Relax and unwind by the pool while enjoying some nourishing shots by Green2Go and acai bowls by Island Naturals.

12:30 PM - 3:30 PM
AVE

VEGAN BRUNCH

Happiness is finding out there's a vegan option! Start your wellness weekend off with a healthy vegan brunch of mouthwatering dishes to satisfy your mind and body. Reserve your experience by calling +1-345-746-4111 or emailing RestaurantReservations@seafireresortandspa.com. Paid event: KYD \$85 per person

3 PM - 4 PM
BEACH DECK

PUPPY PLAY

With Cayman Humane Society + One Dog at a Time
Explore the mental health benefits our furry friends bring. Join our islands much loved animal charities and enjoy some puppy cuddling and play time on the beach deck! Much more than just puppy play, learn about how to nurture your pet and all the wonderful benefits caring for an animal can do for your wellbeing.



4 PM – 5 PM

SOUND BOWL EXPERIENCE

With Cenza

Take in the evening sky and enter a path to enlightenment through the magical tones of crystal sound bowls.

5:15 PM – 6:15 PM
SEABRIDGE LAWN

SUNSET RYDE PARTY

Enjoy the breeze and watch the sunset while listening to the tunes of our DJ at this popular ocean front Ryde event. Have your friends cheering and enjoy post workout Toast.

Sunday, June 26

7 AM – 9 AM
SPA at Seafire

RISE & SHOP AT THE SPA

Treat yourself this morning! Pick up your morning coffee and make the most of some exclusive retail promotions at the SPA - up to 50% off!

7:30 AM – 8:30 AM
SEAFIRE BEACH

PADDLEBOARD YOGA

With Kiristen Cousins

Enjoy a Paddle Board Yoga class with Head Instructor, Kiristen Cousins. Kiristen's fun personality, incredible teaching skills and genuine care means this class is perfect for all yogi levels.

9 AM – 10 AM
BEACH DECK

HITT WITH HEATHER

45 minutes with Heather Robertson

An intense body-weight workout that will have you sweating from head to toe. 30 minutes of compound, full body exercises followed by a well deserved full body stretch to have you feeling energized and ready to take on the day.

9 AM – 11 AM
AERIE LAWN

PLANT SWAP + SALE

With Blair Ebanks

There's no such thing as too many plants. Explore a variety, bring along those you'd like to share with others and swap to expand your love for nature.

10 AM – 12 PM
SEABRIDGE ROOM

BUBBLES AND BRUSHES

With Art Nest

Stroke and sip with the professionals from Art Nest. Slow down and enjoy the therapeutic effects of acrylic painting, while we pour the organic bubbles.

11 AM – 12 PM
BALLROOM

CARNIVAL DANCE CLASS

With Quintessential Movement

Join us for this high-energy cardio carnival dance class with Quintessential Movement and get your jumps and waves in by learning fun choreography to sweet soca music. You will break a sweat in a fun and liberating kind of way!

12 PM – 1 PM

SOUND BOWL EXPERIENCE

With Cenza

Take mid-day siesta and enter a path to enlightenment through the magical tones of crystal sound bowls.

12 PM – 2 PM
POOL DECK

POOLSIDE HEALTHY SHOTS AND ACAI BOWLS

With Green2Go and Island Naturals

Relax and unwind by the pool while enjoying some nourishing shots by Green2Go and acai bowls by Island Naturals.



1 PM - 2 PM
BALLROOM

CHAIR DANCE CLASS

With Quinttessential Movement

You will never look at a chair the same way again! Class will combine chair tricks and a routine that will get your heart rate up and while bringing out your inner diva.

3 PM - 4 PM
BALLROOM

BALLET BEATS

With Quinttessential Movement

Ballet Beats is designed to strengthen and lengthen muscles, improve cardiovascular stamina, challenge reflexes and enable underused accessory muscles to activate. No experience necessary!

5:15 PM - 6:15 PM
SEABRIDGE LAWN

SUNDOWN DANCE PARTY

With Quinttessential Movement

Join us for this high-energy cardio dance class with Quinttessential Movement and get your workout in by learning fun choreography to most popular dance songs. You will break a sweat in fun and liberating kind of way!

5:30 PM - 6:30 PM
BEACH DECK

SUNSET YOGA

"Attune to the Ground in You" with Bliss Yoga Cayman

Heart Opening Flow Yoga alongside a live band playing magical tunes, finishing with an exquisite sunset savasana.

Monday, June 27

7:30 AM - 8:30 AM
BEACH DECK

VINYASA + NIDRA

With Bliss Yoga Cayman

Complete your Weekend Grounding and Clarifying with Vinyasa + Yoga Nidra

9 AM - 10 AM
BEACH DECK

BEACH BUMS + TUMS SESSION

45 minutes with Heather Robertson

This body-weight, mat based class will target the abs and booty! Flow through a series of core and glute activating exercises and be ready to feel the burn in all the right places.

10 AM - 12 PM
SEABRIDGE ROOM

CAVA AND CANDLES

With Art Nest

Create and sip with the professionals from Art Nest. Slow down and enjoy the therapeutic effects of candle making, while we pour the organic bubbles.

12 PM - 2 PM
POOL DECK

POOLSIDE HEALTHY SHOTS AND ACAI BOWLS

With Green2Go and Island Naturals

Relax and unwind by the pool while enjoying some nourishing shots by Green2Go and acai bowls by Island Naturals.

12:30 PM - 2 PM
AVE

LUNCH WITH ZEST

With Chef Maureen (Mo) Cubbon and Nadine Dumas

Today is a good day to have a great lunch! Enjoy an interactive lunch hosted by Zest's Chef Mo and Mind-Body Nutrition Expert, Nadine Dumas. Learn how to incorporate 'mindful eating' into your daily routine - without compromising on flavor! *Paid event.

5:15 PM - 6:15 PM
SEAFIRE BEACH

SUNSET PADDLEBOARD YOGA

With Kiristen Cousins

End this Summer Solstice enjoying a Paddle Board Yoga class with Head Instructor, Kiristen Cousins. Kiristen's fun personality, incredible teaching skills and genuine care means this class is perfect for all yogi levels.