

WELLNESS FESTIVAL - SCHEDULE OF EVENTS



FRI, JAN 8
5 PM – 7 PM
LOGGIA /
TERRACE GREEN

WELLNESS VENDOR SHOWCASE

Pure Treats, Saucha, Beauty Shape, Tea Time in Cayman, Cayman Sports, Island Naturals, Palettas America, Reviv, Rachel Christ Jewelry, Glazed with Nature, Lively you Candles, 345 Activewear, Isy B. and many more.

SAT, JAN 9
9:30 AM – 10:30 AM
SEABRIDGE GREEN

ULTIMATE WORKOUT BY F45

Get your heart rate pumping with a 45-minute HITT workout by F45 whilst the DJ blasts the tunes. Post workout join or spectate 2 challenges for a chance to win a spa treatment and brunch for 2!

SAT, JAN 9
11 AM – 3 PM
POOL

POOLSIDE HEALTHY SHOTS AND ACAI BOWLS

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

SAT, JAN 9
11:30 AM – 1 PM
AVE

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.
Paid Event: \$25 per person

SAT, JAN 9
12:30 PM – 1:15 PM
POOL

AQUAFIT WITH ALESSIA

Water Aerobics! Join this high energy, low impact, fun fitness class in the pool. It is easy to follow and guaranteed to get you moving!

SAT, JAN 9
2 PM – 4 PM
BALLROOM

SPEED 'DATING' LIFE COACHING

Join members of the Cayman Islands Professional Coaches Association as we explore your intentions for 2021 through fun one-on-one speed coaching. Enjoy a variety of tea options provided by Cayman Tea Time.

SAT, JAN 9
3 PM – 4:15 PM
BALLROOM

CHAIR DANCE WITH QUINTESSENTIAL 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.

SAT, JAN 9
4.45 PM – 6 PM
POOL LAWN

RYDE SUNSET PARTY

Cayman's first ocean front sunset Ryde event. Enjoy the ocean breeze and watch the sunset while listening to the tunes of our DJ. Have your friends cheering and enjoy post workout handcrafted cocktails and healthy bites.

SAT, JAN 9
7:30 PM
AVE

BACK TO ROOTS DINNER

Exclusive culinary experience created by our Executive Chef Massimo de Francesca, featuring local produce and introductions from our island farmers. Paid event: \$58 per person.

WELLNESS FESTIVAL - SCHEDULE OF EVENTS



SUN, JAN 10
9 AM – 11:30 AM
BEACH DECK

SUNSHINE, SINGING BOWLS AND SAVASANA

Power yoga experience with Kiristen Cousins, followed by a calming Vinyasa Flow and a Live Sound Bowl Healing with Erika Mazzei, Energy Healing Facilitator and Meditation Instructor.

SUN, JAN 10
9:30 AM – 10:30 AM
SEABRIDGE GREEN

ACROYOGA

Join this playful, fun but also therapeutic session that brings together yoga, acrobatics and Thai massage. Green juice and cold towels will be provided.

SUN, JAN 10
11 AM – 3PM
POOL

POOLSIDE HEALTHY SHOTS AND ACAI BOWLS

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

SUN, JAN 10
12 PM – 1 PM
BALLROOM

BALLET BEATS WITH QUINTESSENTIAL MOVEMENT

Ballet Beats is designed to strengthen and lengthen muscles, improve cardiovascular stamina, challenge reflexes and enable underused accessory muscles to activate. Full body workout inspired by ballet technique.

SUN, JAN 10
2 PM – 4 PM
BALLROOM

SPEED 'DATING' LIFE COACHING

Join members of the Cayman Islands Professional Coaches Association as we explore your intentions for 2021 through fun one-on-one speed coaching. Enjoy a variety of tea options provided by Cayman Tea Time.

SUN, JAN 10
5 PM – 6 PM
SEAFIRE BEACH

BUBBLES AND BOARDS

Let's combine the philosophies of yoga with the fun of Prosecco! Enjoy a sunset Paddle Board Yoga class with Head Instructor, Kiristen Cousins, followed by a glass of Prosecco to balance all the hard work.

MON, JAN 11
9:30 AM – 10:15 AM
BEACH DECK

SEAFIRE FIT WITH CAYMAN SPORTS

Staying in shape has never been easier or more fun – come and get your heart rate pumping with Cayman Sports.

MON, JAN 11
11 AM – 12 PM
BALLROOM

CHAIR DANCE WITH QUINTESSENTIAL 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.

MON, JAN 11
2 PM – 4 PM
BALLROOM

SPEED 'DATING' LIFE COACHING

Join members of the Cayman Islands Professional Coaches Association as we explore your intentions for 2021 through fun one-on-one speed coaching. Enjoy a variety of tea options provided by Cayman Tea Time.

MON, JAN 11
5 PM – 6 PM
BEACH DECK

VINYASA & VINO

Experience a fun twist on yoga with Kalyn. Classes combine Vinyasa-based yoga postures and some wine, of course!

WELLNESS FESTIVAL - SCHEDULE OF EVENTS



MON, JAN 11
5:30 PM – 7 PM
SEAFIRE SPA

SOUND BOWL HEALING EXPERIENCE

Enjoy the exclusive use of spa facilities followed by sound healing experience by Erika Mazzei, Energy Healing Facilitator and Meditation Instructor at 6:15 PM.

MON, JAN 11
7 PM
COCCOLOBA

INDUSTRY NIGHT SPECIALS

Come and enjoy your favorite tacos on Monday night. \$8 margaritas and \$5 tacos (so.many.options.) and front row seats to that sensational sunset.

MON, JAN 12
ALL DAY
POOL

\$99 KYD CABANA SPECIALS

The ultimate way to unwind and recharge. Reserve a luxury Pool Cabana at a promotional rate available exclusively over our Wellness Festival (includes a bottle of Prosecco).

TUE, JAN 12
9:30 AM – 10:15 AM
BEACH DECK

SEAFIRE FIT WITH CAYMAN SPORTS

Staying in shape has never been easier or more fun – come and get your heart rate pumping with Cayman Sports.

TUE, JAN 12
ALL DAY
THE SPA AT SEAFIRE

\$99KYD SPA SPECIALS

Experience our special treatments available at promotional prices and enjoy use of the award-winning spa facilities.

TUE, JAN 12
ALL DAY
POOL

\$99KYD CABANA SPECIALS

The ultimate way to unwind and recharge. Reserve a luxury Pool Cabana at a promotional rate available exclusively over our Wellness Festival (includes a bottle of Prosecco).

