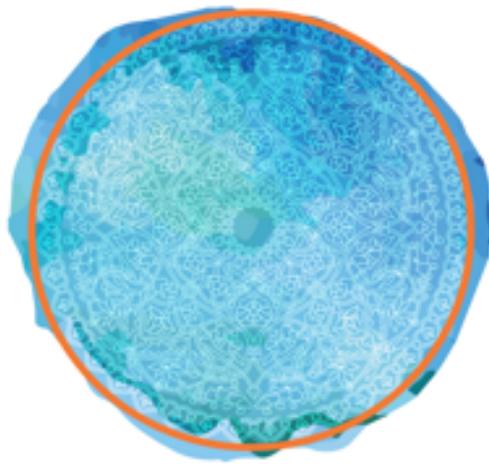


DIANA BOUREL & FRIENDS
THE ART OF SELF CARE
LE BARTHELEMY HOTEL & SPA

PRESENT



ST. BARTH
SUMMER CAMP YOGA CHALLENGE
— R A I S E T H E G A Z E —

JULY 15- AUGUST 15, 2017

@

LE BARTHELEMY HOTEL & SPA
GRAND CUL DE SAC, ST. BARTH

RESERVATIONS and INFORMATION

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ABOUT

ST. BARTH SUMMER CAMP YOGA CHALLENGE

The St. Barth Summer Camp Yoga Challenge is a yearly island wellness event now in its 9th season. Created and run by yoga instructor and transpersonal therapist Diana Bourel, the owner of the Art of Self Care, it was conceived as an experiential celebration of yoga and the healing arts in the incomparable beauty of a St. Barth summer.

This season, it will be held at the beautiful Le Barthelemy Hotel & Spa located in Grand Cul de Sac. A designated waterfront luxury villa will be home to this year's event; an incredible setting in which to deepen your commitment to health.

Open to all levels of practitioners, the month-long yoga, meditation and wellness camp is an a-la-carte experience. You choose the level of immersion and participation you wish, and you can drop in - or out - at any time, making it ideal for St. Barth tourists or summer visitors.

Like every year, the Summer Camp's carefully curated menu offers over 25 group classes / activities per week taught by Camp creator Diana Bourel . The studio work in Le Barthelemy's specially designated pop-up luxury studio, dubbed the YOGA VILLA, is perched right on the beach with a spectacular view of Grand Cul de Sac lagoon. Mat classes and asana work is supported by outdoor discovery hikes , stimulating water work and kriya study, thus providing a steady dose of cardiovascular challenge, lymphatic drainage, fresh air and sunshine while enjoying the island's natural beauty with the St Barth Summer Camp yoga community.

In addition to the Summer Camp program, Yoga University offers rich experiential content through interactive workshops and conferences led by experts passionate about what they do.

The camp's open door policy accommodates walk-in students but for those who want to go deeper, weeklong modules, class packs and the comprehensive summer camp pass allow you to deepen your commitment and dive into a golden summer of self-discovery, personal growth, friendship, learning and fun.

The theme of this year's Summer Camp is "Raise the Gaze". In yoga, the gaze, or 'drishti'— central to our yoga practice – is at once where we cast our attention during poses or meditation, but also, how that attention, carefully placed and mindfully chosen, supports our intentions. Understanding it adds meaning, content and purpose to the life choices we make. I invite you to spend more time in that place.

-Diana Bourel

CLASS DESCRIPTION

MINDFULNESS PRACTICE

MEDITATION

This morning meditation practice will focus on various techniques from different traditions and provide clear, step-by-step instructions. Specific themes allow practitioners to heighten mindfulness, explore and release tension and pain, improve proprioceptive awareness and cultivate a calm, open mind.

Nota : On Thursday evening, evening yoga will be replaced by a meditation circle held from 7 - 8 pm in the Anglican church. All are welcome to attend.

PRANAYAMA

Through inhalation, breath retention and exhalation, we can sculpt the breath to create conditions that enhance awareness. We'll learn cooling breaths, stimulating breaths, purifying breaths, and breaths for creating equanimous mind.

MAT CLASSES

HATHA YOGA

This branch of yoga study emphasizes physical exercise and proper breath to awaken the body and purify the mind. In a carefully sequenced development of poses, the different categories of yoga postures are practiced for full-range access to the body. This class mobilizes joints, stretches muscles, builds strength and opens the body's subtle energy canals.

YOGA CHALLENGE

Building endurance, strength, stability can be measured in your ability to feel ease within the poses themselves and your ability to manage your breath. This class, a physical and mental gauntlet to any part of you that's been refusing growth, will vary three components to challenge and improve your baseline health : duration of pose, speed of transition from pose to pose, and variety of poses.

YOGA ZEN

This restorative evening practice provides a way to peacefully end the day, stretch your body and let your mind come peacefully home. This practice helps to support the nervous system and prepare a beautiful night of rich sleep while cultivating the quiet that is the source of joy and inner strength.

YOGA FLOW

The dance of consciousness is developed through a pairing of breath, intention and asanas sequenced in a specific, progressive way that cultivates core strength, joint stability and strength, and get the creative yoga juices flowing. Certain transitional moves, repeated, help to raise body temperature, eliminate toxins, and keep the mind unobstructed and clear.

ASANA LAB

Constructing and deconstructing poses allows a granular understanding of alignment to emerge as a direct, felt experience. The excitement of understanding instruction in your own body leads to 'aha' moments as you begin to dive more deeply into a practice that you can call your own.

YOGA THERAPY

This class will look at the medicine of yoga by mapping out the body area by area and looking at injuries and the therapeutic solutions yoga provides. Posture variations and modifications are taught, but as importantly, students will learn to listen to their bodies.

SIGNATURE SUMMER CAMP OUTDOOR CLASSES

AQUAVIT YOGA

Using water noodles as flotation supports and props, we work through a range of asana-infused movements. Water resistance and locomotion provides a joint-friendly cardiovascular workout, promotes micro-circulation, combats cellulite and helps sculpt muscles. This joyful class will leave you feeling tingly and joyful.

ISLAND HIKE

A heart-healthy way to log in your cardio, build endurance, strength and alignment. Every week, we'll take a new and challenging itinerary. Discover St. Barth's astounding beauty while making friends and challenging your quads.

KRIYAS on the BEACH

Through these purification practices and techniques, like gazing, rotation of consciousness and mudras, you'll become familiar with the subtle anatomy that yoga addresses : chakras, meridians, marmas and nadis as the conduits of energy and awareness.



CLASS SCHEDULE

Unless otherwise indicated, all mat classes and Yoga University workshops will be held at the YOGA VILLA, Le Barthelemy Hotel & Spa, Grand Cul de Sac, St. Barth
To attend the Ateliers LE BARTH, please make your reservation by contacting

Alicia Romeo, Spa Manager : aromeo@lebarth.com +590 (0)5 90 77 48 48

Monday , Wednesday and Friday

7 -7h50 am	Meditation Practice
8:15-9:30 am	Wake up! Hatha yoga
12-1 pm	Yoga Therapy (except Monday)
1:15-2:45 pm	Yoga Challenge
3-4 pm	Natural hair care lab (Le Barth by reservation)
6:30-8 pm	Yoga Zen restorative

The Ateliers LE BARTH by reservation

10-11 am	Juice lab (Monday only)
3:30-5 pm	Vegan Baking (Wednesday only)
10-11:30 am	Creative cooking (Friday only)

Tuesday and Thursday

7 -7h50 am	Pranayama Practice
8:30-9:30 am	Aquavit water Yoga- St. Jean Bay by Nikki Beach
1:15-2:45 pm	Yoga Challenge
5 - 6:15 pm	Yoga Flow- Thursday only
6:30-8 pm	Yoga Flow - Tuesday only
7-8 pm	Meditation Circle (Anglican Church Center, Gustavia) Thursday only

The Ateliers LE BARTH by reservation

10:45-11:45 am	Home Massage How-to (Le Barth by reservation) -Tuesday only
	Basics for Glowing skin by La Mer- Thursday only

SUPER Saturday

7-9 am	Power Up Island Hike (new itinerary to be announced every week)
9:30-10:30 am	Aquavit water Yoga- St. Jean Bay by Nikki Beach restaurant
11:30am -1 pm	Asana Lab and the week in review
2:30- 5:30 pm	Yoga University Workshop or conference

The Ateliers LE BARTH by reservation

6-7 pm	Organic Champagne Anyone? (Le Barth by reservation)
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SOUL Sunday

8-10 am	Kriyas and Sun Salutations -Saline Beach. Facing the beach, head left towards the rocks.
3-6 pm	Yoga University Workshop or Conference
	or
4:30-6 pm	Personal Development Integration Circle

RATES

Single class drop-in	25 €
* 5-Pack :	115 €
* *10-Pack :	200 €
* DAYPASS :	50 €
WEEK PASS:	250 € (7 consecutive days)
UNLIMITED SUMMER CAMP:	*400 € for returning students *475 € s for new students
For students under 25:	half price on packages and unlimited passes

**PACKS - valid only for the duration of Summer Camp. No refunds will be granted for any unused classes.

**Private sessions in yoga or healing work with Diana by RDV only and pending availability

CONDITIONS:

- All classes, class packs and passes must be paid in advance, and a waiver release form must be signed before attending your first class.
- If you have any medical conditions, recent injuries or contra-indications, please discuss with Diana prior to participation. If you have any doubts about whether yoga practice is suitable for you, please speak to your medical doctor or healthcare provider prior.

STORMY WEATHER

For your safety, in the event of a tropical storm or hurricane, St. Barth Summer Camp will adhere strictly to the official instructions issued by the collectivé and hotel policy. The program will be suspended until the hurricane warning has been lifted.

Please note, no refunds will be given for 'cause majeure'. Please take precautions and purchase travel insurance if you're traveling from abroad.

WHAT DO I NEED FOR CLASS?

~FOR MAT CLASSES

Please bring your personal yoga mat, a towel and a water bottle.

Mats are available for rent or for purchase . Rental fee : 2 €/ day

All other yoga equipment is provided.

~FOR SIGNATURE SUMMER OUTDOOR CAMP ACTIVITIES

For water classes, you'll need sunscreen and good protection for head and eyes, and 2 water noodles. Come in your movement-friendly bathing suit (think practical!) and bring a towel. Noodles available for sale and loan. **~For power walks**, you'll need a good pair of cross-trainers, sunscreen, a personal water bottle and a hat or cap.

YOGA UNIVERSITY ABOUT YOGA UNIVERSITY

Yoga University opens up an interactive learning experience with facilitators in a range of trending wellness techniques and the art of living. For the first time, venue host Le Barthélemy Hotel & Spa will be proposing rich, new content for healthy eating, better beauty, and self-care. Developed by Alicia Roméo, Spa Manager, you'll learn about home massage, healthy skin and hair care. From Le Barthélemy's kitchen, improve your healthy home cooking skills with workshops in vegan baking, juice ateliers and more. For all Le Barthelemy-sponsored Yoga University events, please contact the hotel to sign up.

~The YOGA UNIVERSITY is an event within an event. While some some workshops are free or donation-based, others are not, to cover facilitator fees.

~A single entrance fee of 25 € will be charged to YOGA U participants who are not enrolled in St. Barth Summer Camp Yoga Challenge.

This year, the Yoga University faculty includes :

- Valentine de Badereau, St. Barth gallery owner
- Greg Bosc, soundscape engineer and digital music composer
- Cyrielle Claire, film and theater actress, social activist
- Geraldine Danon, filmmaker and actress, explorer, environmental activist
- Sue Simring, PhD, psychologist and yoga teacher specializing in yoga for osteoporosis
- Alfredo Zagaceta, visionary painter from the Amazonian school of painting
- Thomas Levy, filmmaker and documentarist
- Marc-Olivier Dorne, deep tissue osteopath,

RESERVATIONS and INFORMATION YOGA U

For weekend workshops organized by Diana Bourel / St. Barth Summer Camp
+590 (0)690 499-921 / contact@theartofselfcare.com / diana.bourel@mac.com
<http://www.theartofselfcare.com>

For all workshops organized and led by Le Barthelemy, contact
Alicia Romeo, Spa Manager : aromeo@lebarth.com +590 (0)5 90 77 48 48

YOGA UNIVERSITY WORKSHOPS

Saving the Amazon and its Plant Medicine Traditions

Thomas Levy, Filmmaker and Documentarist

Saturday, July 15 from 3:30 - 4:30 PM

Free Event for Summer Camp Participants

25 € for non-participants

For the past several years, Thomas Levy has been compiling thousands of images and hours of film footage of the Amazon, its medicine men, musicians and artists. In an attempt to understand more about Ayahuasca, one of the most powerful plant medicines in the world, its therapeutic, social, and sacred uses, he takes us into the heart of the Amazon forest, sharing with us the messages of the Amazonian tribes that urge us to heal the world and our communities by healing ourselves. Thomas will show footage of the documentary he is producing and will share his crowdfunding project to get the film out into the world.

Trance Dance to the beat of your inner drummer

Greg Bosc, Soundscape engineer and composer

Saturday, July 15 from 4:30-6:00 PM

Free Event for Summer Camp participants

25 € for non-participants

To open Yoga University this year, St. Barth Summer Camp Yoga Challenge will be hosting digital musical artist Greg Bosc who has composed tracks for electronic trance festivals, films, digital apps and more. A longtime yogi, Greg will be leading Summer Camp participants in a free flow celebration of music and movement. Listen to the music, dance like no one is looking, and let your bliss flow!

" I find that music is a powerful tool that can support your yoga practice. It improves your focus and helps the mind to let go of its habitual chatter. When composing or curating music, I look for a music that will calm the mind and take it on a journey towards the self-awareness and being centred in the present moment. "

-Greg Bosc

***Enjoy Greg's music during St. Barth Summer Camp's Yoga Zen classes!**

The Art of mindfulness and breath

Olivier Dorne, Deep Tissue Osteopath

Sunday, July 23 from 3 -5 PM

Workshop is free to St. Barth Summer Camp participants

25 € pour les non-participants

Marc Olivier Dorne will be leading a workshop on an extremely simple and effective way to learn how to meditate and how to go within. Invented by Pierre Tricot in an attempt to improve his diagnostic and treatment skills as an osteopath, the mindfulness technique is based on three key parameters of mindfulness : presence, attention, and intention.

It uses one simple biofeedback prop: an inflated party balloon. Through it, we can increase our proprioceptive skills, to feel subtle movement at the tissular and organic levels of the body and to feel the craniosacral movement, or pulse. By breaking down the different components of awareness, we move beyond the chattering mind and become more fully present. This interactive workshop is appropriate for all level of meditator,

A state-certified physical therapist since 1991, a Pilates instructor, Olivier became licensed as an osteopath in 2003 and has dedicated himself to that treatment modality. After training with Pierre Tricot, he co-created a new deep tissue approach to osteopathy which he has practiced and taught for the past 7 years. He runs workshops in the West Indies, France and Switzerland. Every month, Olivier spends a few days consulting and treating patients in St. Barth at the Gustavia-based spa, Excellence des Sens.

Painting the Sacred

Valentine de Badereau and Art of Self Care present a painting workshop with Alfredo Zagaceto and Greg Bosc

Saturday, July 29 and Sunday July 30 from 2:30- 5:30 pm

35 € per afternoon, 50 € for both sessions.

Art is a natural expression of our creativity and the awakening mind. Pablo Amaringo wanted to spread his true love for nature, ayahuasca and art and founded the Usko-Ayar Amazonian School of Painting in 1988 with the help of the anthropologist and ayahuasca researcher Luis Eduardo Luna. In this school he taught young local artists to draw inspiration from nature, cosmos and their own personal experiences. This life perspective is called 'Vegetalismo'. This institution won the United Nations award in 1992. One of Pablo's students, **Alfredo Zagaceta**, visionary Amazonian artist, will lead 2 afternoon painting workshops. Hosted by artist and gallery owner **Valentine de Badereau**, Alfredo will be joined by **Rokananda (Greg Bosc)**, soundscape engineer, who will be curating some fantastic sacred music during our time in the zone.

"I had this burning desire to learn and although in the beginning I struggled, with perseverance and practice I became really skilled and Pablo recognized this and used me as an example to show others what they could achieve, too. I feel very lucky to have had the experience of receiving his teachings directly, first hand. He showed me many special techniques that I would like to share today with artists and students. It gives me great pleasure that I can continue his work and his message through my own work. Perhaps one of the most important things he taught me was to find my own style and to have my own vision. This has not only helped in my painting but also has been a great lesson for all aspects of my life, to believe in myself and have faith in what I can do."

~ Alfredo Zagaceta

Special thanks to Valentine de Badereau and on-island hosts Lindy and Art Shuttleworth

Calm Mind, Strong Bones

Saturday, August 5 from 2:30 pm -5:30 pm

Sue Simring and Diana Bourel

50 €

Sue Simring will be leading a workshop on creating an effective yoga practice for osteoporosis and osteopaenia. She'll also be available for a limited number of private sessions.

" Basically, this workshop will be an exploration on how I integrate psychological strategies into a therapeutic yoga practice for osteoporosis, and how I use yoga and meditation in my psychotherapy practice. It's not sufficient to only know the poses, a healing approach needs to address possible resistance and defenses that will interfere with an effective practice, as well as positive strategies to increase a sense of well being. "

~Sue Simring

SUE KLAVANS SIMRING, Ph.D. is a practicing psychotherapist, who is on the faculty of Columbia University School of Social Work. Sue specializes in treating troubled couples. She is also certified as a 200 RYT yoga instructor by Charlotte Stone of the Stone Center for Yoga and Health in New Jersey. Sue has been incorporating yoga and meditation into her psychotherapy practice for appropriate clients. She has also been teaching yoga to cancer survivors and hospitalized psychiatric patients. Most recently, Sue has been working with Loren Fishman, MD (author of Yoga for Osteoporosis: The Complete Guide) on the application of yoga to the prevention and treatment of bone diseases and is now certified in his method.

Emotional Freedom through Theatre

Sunday, August 6, from 3-5 pm

Cyrielle Clair, Actress, Director and Producer, Social Activist

Donations will go to CARE France

Cyrielle Clair is a French stage and film actress who has appeared in 55 films and television shows, as well as producing and starring in many theatre productions in Europe. The ambassador of Care-France, an association that combats poverty in the world, who also supports organizations helping Tibetan children, Cyrielle was awarded the Order of Arts and Letters and is also decorated as a chevalier of the French Legion of Honour. Her sensitivity both on and off stage is an inspiration, and she uses the dramatic arts to raise awareness on social issues that need community awareness and attention. During this workshop, Cyrielle will be teaching us how through theatre, we can contact, express and manage our emotions.

"I think we can raise ourselves through culture. True culture is knowing oneself, being able to recognize the essence of oneself, and to love oneself through the appearance that is our physicality, through the play of consciousness as we 'try on' different personalities. This is the transpersonal journey that takes one from the "me" to the "not me". As we make that journey, and by accepting ourselves, we can learn to accept others, no matter how different they may be, and to recognize, appreciate and love them. "

-Cyrielle Clair

Protecting our Oceans Human Adventure serving Science

Saturday, August 12, from 3-5 pm

Géraldine Danon, French actress, filmmaker, author and environmental activist

Donations will go to an environmental charity designated by Geraldine Danon

Aboard the Fleur Australe, a 20-meter sail boat specially designed for extreme conditions, French actress and filmmaker Geraldine Danon, her husband, sailor Philippe Poupon and their children have been sailing from pole to pole in a tireless effort to raise environmental awareness, particularly on the critical need to protect one of our planet's greatest treasures, our oceans. They have braved storms, glaciers, high seas and icebergs, educating communities they encounter about the importance of environmental preservation. The boat is a traveling laboratory equipped with radar and ultrasound equipment that can test water samples for saline content and temperature. A camera submerged 30 cm under the water's surface is able to capture images about the pollution levels of the various zones traveled.

Author of several books, actress - filmmaker Geraldine's recounting of her family's profoundly human voyage in service to science on the Fleur Australe is now a 15-series documentary which has been aired on TFI and France O.

During this special afternoon, Géraldine will talk about the gaze that comes from traveling the planet and how that gaze, when it is turned towards toward our planet and the environment, can be a critical and necessary tool for urgent, skillful, mindful action.

"We're not looking to moralize, but to sound an alarm on the state of our planet."

-Geraldine Danon

ST. BARTH SUMMER CAMP SCHOLARSHIP FUND

Every year, Diana Bourel awards a few summer camp passes to ardent students short on cash. If you'd like to contribute to help students who want to attend camp but are financially unable to participate, please contact Diana.

You can also gift an Unlimited Summer Camp pass to the person of your choice with a SBSC gift certificate.

