

St Barth Summer Camp Yoga Challenge

By Diana Bourel



JULY 15-AUGUST 15, 2023



*At the Hotel Manapany & Spa
Anse des Cayes, St Barth*



Program

Welcome one & all to the 15th edition of
**the Saint Barth Summer Camp
Yoga Challenge & Yoga University**
which will take place
**from July 15 through August 15, 2023,
at the Hotel Manapany & Spa, in Anse des Cayes.**

I've created a stimulating summer program of yoga, meditation, personal growth & self care practices. I will be accompanied by a great team of teachers, artists and healers who will share life skills and experiences you can add to your self care kit.

If you're joining us for the first time, the St Barth Summer Camp Yoga Challenge is an a-la-carte experience offering over 25 classes & activities during the 4-week retreat.

I offer different packages so you can find a formula that suits you. You can join us at any point along the journey & map out how you want to thread the Camp into your day, giving you time to honor your other engagements & commitments.

Diana Bourel
Founder, Art of Self Care.
Creator, St Barth Summer Camp Yoga Challenge
Yoga University.



For each Summer Camp Edition, we take on a New Challenge ...

This year, we will be focusing on movement as an expression of how information is transmitted in the energetic, fluid, and ever changing canvas within which our lives unfold.

Movement is life, and it gives gives direction to everything, & is as present in the universe, the oceans, the atmosphere as it is in our bodies, emotions, & minds.

In Sanskrit, the term *Ujayi* means "victorious breath" or "upward flowing". It is one of the principal "*vayus*" or energetic currents. *Ujayi* calls us to expand, to let in, to move towards that which adds vitality to our lives, bodies, & minds.

It provides a clear & organic direction forward & up, up & out, like the branches of a tree. In pranayama, *Ujayi* is a technique that asks us to activate or soften the diaphragm, to let go of the boundaries of those events in our lives that have kept us locked in the unyielding, the frozen, the not fluid. But it is also an attitude of courage and confidence, a willingness to take risks and engage as we find balance between giving and receiving. During this retreat, you will have the opportunity to explore how this translates into your practice, & ultimately into your daily life..





Hotel Manapany & Spa

is a 5 star luxury eco-resort in Saint Barth, part of the family owned and operated B Signature Hotels & Resorts.

The 43-room luxury boutique resort strikes the perfect blend of casual elegance and service, a perfect fit for the Summer Camp program. Our outdoor practice space faces the ocean, and at night, we practice under the stars.

Our afternoon classes & weekend workshops find shade and comfort in a room that is perfect for learning and practicing together.

The hotel spa makes it easy to book a spa ritual, a massage, get a facial.

The hotel restaurant, with its indoor & outdoor locations, feature regionally sourced foods with the heavenly tastes of gastro cultural fusions.

Enjoy a leisurely meal, hang out at the bar, sip your coffee or soothe your senses with a healthy juice.

The hotel offers St Barth package rates for your Summer Camp stay.

For more information, please contact the hotel directly.

 reservation@hotelmanapany.com

 +590 690 499 921

 @hotelmanapany

 Hotel Manapany By
B Signature Hotels & Resorts

 <https://www.hotelmanapany-stbarth.com>



SAINT-BARTH - ANTILLES

BY B SIGNATURE
Hotels & Resorts



Open to all levels of experience in yoga, meditation and breath work, the St Barth Summer Camp Yoga Challenge is a place where the year round Art of Self Care wellness community opens its doors & invites you to join us.

This retreat consists of 2 sections :

***The St Barth Summer Camp Yoga Challenge from Monday to Friday, Saturday & Sunday mornings.**

This part includes yoga classes on the mat, AquaYoga, Yoga Zen, Yoga Therapy, Sound Bath Therapy, Kriya yoga & hikes.

***Yoga University takes place on Saturday & Sunday afternoons. These multi-disciplinary interactive workshops are led by teachers who will develop the retreat theme through their own lens.**

Hatha Yoga - Yoga Therapy - Aqua yoga
SoundBath - Kriya Yoga - Yoga Zen
Meditation - Hiking

Mindfulness Practices - Yoga University Workshops

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The Art of Self Care

<https://theartofselfcare.com>



Places are limited, register early to save your spot.

St Barth Summer Camp
Yoga Challenge

Weekly Program



Monday

Tuesday

Wednesday

Thursday

Friday

Super Saturday

Sunday

7-9 ^{AM}	Mastering Mindfulness Hatha Yoga Pranayama & Meditation with Diana & Santhanam					7-9 ^{AM}	Discovery hike	8.30-10 ^{AM}	Kriya Yoga with Diana
10-11 ^{AM}	Aqua Yoga with Diana		Aqua Yoga with Diana		Aqua Yoga with Diana	10-11 ^{AM}	Aqua Yoga with Diana		
10-11.30 ^{AM}		Wake Up Yoga with Diana		Wake Up Yoga with Diana		11.30-1 ^{AM} ^{PM}	Asana Lab with Diana		
1.15-2.45 ^{PM}	Yoga Therapy with Diana & Santhanam & *Romain Vallet : July 19 &26 *Eva Greaux : Aug 2 & 9								
7-8 ^{PM}				Meditation Anglican Church		2.30-5.30 ^{PM}	Yoga University Workshops		Yoga University Workshops
7-8.30 ^{PM}	Yoga Zen with Diana & Greg	Sound therapy with Greg	Yoga Zen with Diana & Greg		Yoga Zen with Diana & Greg		*Yoga Zen with Greg : from July 17 to Aug 4 *Sound therapy with Greg : July 18 to Aug 4 *Drumming with Diana : Aug 8 & 15		

Class Venues

Hatha Yoga, Wake Up Yoga, Yoga Zen :
Hotel Manapany, Spa Deck.

Yoga Therapy, Sound Bath Therapy, Yoga University workshops:
Hotel Manapany conference room.

Meditation Circle :
Anglican Church center, Gustavia

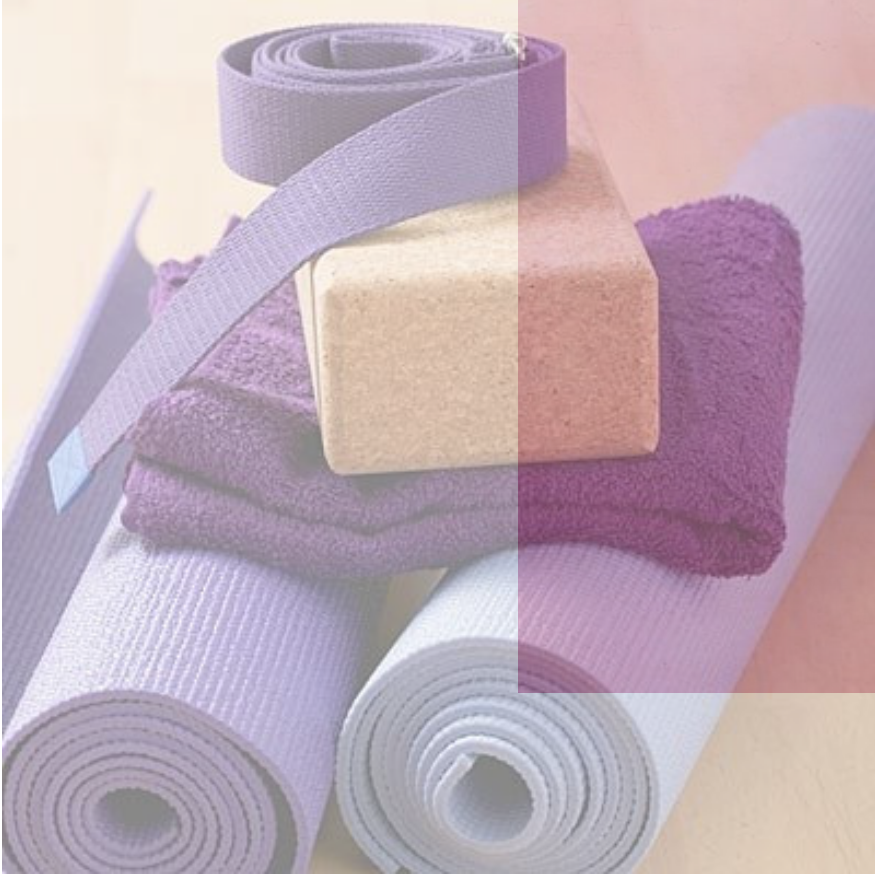
Aqua Yoga :
St-Jean beach by Nikki beach restaurant

Kriya Yoga :
Saline Beach, to the left of the access trail

Discovery Hikes:
New island trails / Week

Please note that space are limited & subject to availability





Mat Class & Practises



HATHA YOGA

MASTERING MINDFULNESS
HATHA YOGA PRANAYAMA
& MEDITATION

DIANA & SANTHANAM
MONDAY THROUGH FRIDAY
FROM 7 TO 9 AM
SPA DECK, MANAPANY

This 2-hour morning practice will focus on asana practice, conscious breath work and end with a sweet and well-deserved relaxation. The classic structure of practice is structured to lead the body and mind through a process of reharmonization and conscious embodiment. The mind becomes spacious, focussed and able to access states of progressively greater attention and relaxed awareness. Though the practice area will be shaded, please bring sun protection & water.



AFTERNOON SESSIONS

This restorative evening practice provides a way to peacefully end the day, stretch your body and let your mind come peacefully home. YOGA ZEN helps to support the autonomic nervous system. You'll practice and prepare a beautiful night of rich sleep while cultivating the quiet that is the source of joy and inner strength. YOGA NIDRA, the conscious relaxation of mind, body and psyche is a tool for clearing the sub-conscious mind of hidden stress. The live mix of powerful music and sound curated by the talented Greg Bosc accompanies Diana with incredible synchronicity and deepens this zone of inner space.



YOGA ZEN

DIANA ET GREG BOSCH
MONDAY, WEDNESDAY & FRIDAY
FROM 7-8: 30 PM
SPA DECK, MANAPANY

WAKE UP YOGA

HATHA YOGA & TUNE UP BALLS

DIANA
TUESDAY & THURSDAY
FROM 10 TO 11.30 AM
SPA DECK, MANAPANY

Through a careful sequencing of poses and the incorporation of therapeutic props, the different categories of yoga postures are practiced for full range awareness of the physical body that houses us. We'll work with mobilizing the diaphragm to free up breath, learn about myo-fascial release & Anatomy lines, stretch muscles, open up the spine to feel for greater mobility, stability & grace. You'll receive detailed instruction on yoga poses & other forms of movement.

YOGA THERAPY

DIANA & SANTHANAM
EXCEPT :
* ROMAIN VALLE. JULY 19 & 26
* EVA GREUX. AUGUST 2 & 9

MONDAY THROUGH FRIDAY
FROM 1.15 PM TO 2.45 PM
IN MANAPANY AIR-CONDITIONED ROOM

Over the four-week Summer Camp, we'll be looking at the body through the prism of Tom Myers' ANATOMY TRAINS and how movement is delivered or restricted through the different fascial sheaths that connect us internally. Superficial front and back lines, the Side lines and Ipso lateral lines will all be part of this study on how to release / lease restrictions and move towards greater freedom and clarity. Posture variations and modifications will be taught, and as importantly, students will learn to listen to their bodies and develop a sense of their authentic working zone. *Osteopath Romain Vallet will join us on Wednesday July 20 & 27 to lead this class.*

SOUND THERAPY

SOUND BATH WITH GREG BOSCH
TUESDAY FROM 7- 8:30 PM
SPA DECK, MANAPANY

The artistry of Greg Bosc and his sound healing activates the quantum healing that occurs as we deep dive into the inner landscapes with this wonderful session of live music therapy. Gongs, bowls, bells and other instruments will take you towards a profound and personal experience of healing that manifests as you need it.

AQUA YOGA

OCEAN CLASS

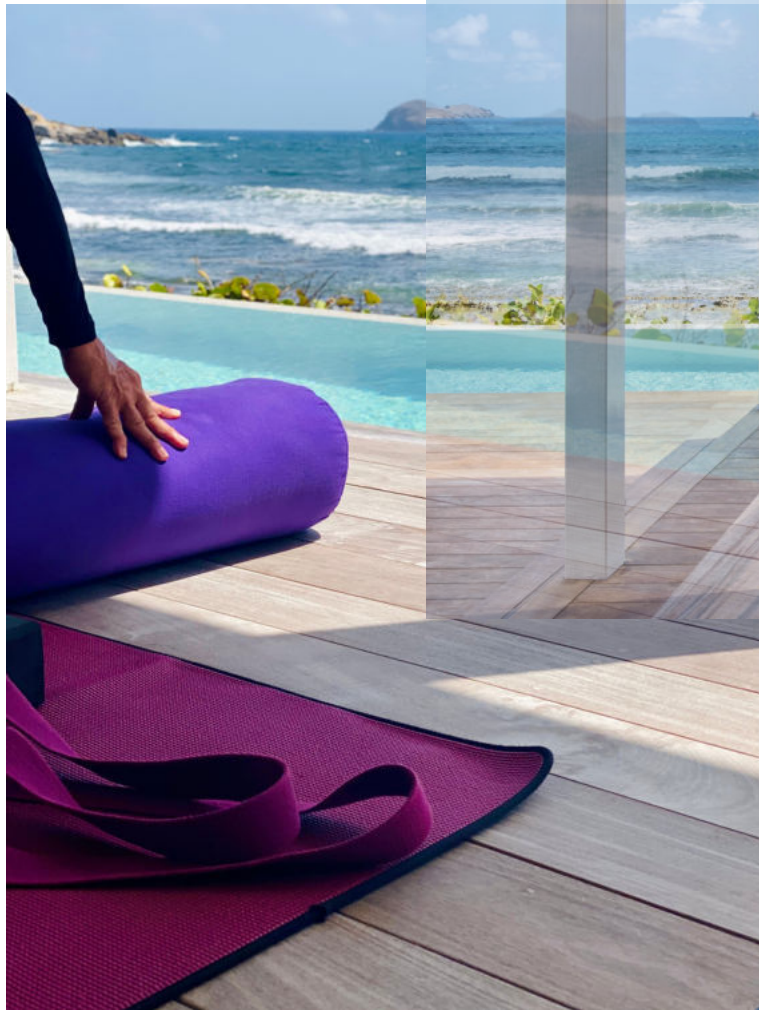
DIANA
MONDAY, WEDNESDAY,
FRIDAY, SATURDAY
FROM 10 -11 AM
ST-JEAN BEACH
BY NIKKI BEACH
RESTAURANT

This signature SBSCYC ocean class created by Diana is a cardiovascular sequence of water drills that Diana has gathered from swim team training, synchronized swimming, water boxing, spinning and dance for an energizing hour of full-body fun. Using water noodles as flotation supports, we work through a range of asana-infused movements. Water resistance & locomotion in a low-gravity environment provides a joint friendly cardiovascular workout in the great outdoors. The water element helps us target and improve micro-circulation, combat cellulite, sculpt & tone muscles. We use techniques for applying bandhas & massaging the fascia for greater movement and glide. This session is ideal for joint mobilization, particularly after injury or surgery. Meet up in your bathing suit with two water noodles and wear adequate sun protection. Safe for all levels, you can dial the resistance up or down as you need. Hats, sunglasses, goggles are all helpful additions.

MEDITATION CIRCLE

DIANA
THURSDAY FROM 7-8 PM
AT THE ANGLICAN CHURCH
CENTER IN GUSTAVIA

This sitting meditation circle meets year-round to practice mindfulness at the Anglican Church center. The circle is open to all, whatever your level or experience. Different meditation techniques and themes are presented from week to week and during Summer Camp, will focus on the quantic field and its relationship to breath and body awareness. Chairs and cushions are available but if you have your own meditation cushion, please bring it.





Super Saturday

ISLAND HIKE

FROM 7 TO 9 AM
DIFFERENT ITINERARY
EACH WEEK

A heart-healthy way to log in your cardio, build endurance, strength and alignment. Every week, we'll take a different hike to be announced beforehand so we can rally around the designated weekly meeting place. Little rituals add a layer of meaning and release, and the laughter and the conversation play their role as well. Enjoy the camaraderie and the views of an island rich in natural beauty. Wear good shoes, sun protection, and bring your personal water supply, a real must in the heat!

AQUA YOGA

FROM 10 TO 11 AM

ST-JEAN BEACH
BY NIKKI BEACH
RESTAURANT



ASANA LAB

FROM 11.30 AM TO 1 PM

SPA DECK,
MANAPANY

We'll highlight the key themes and building blocks of the week and take a close look at the direct, felt experience of practice. 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. And when something isn't yet clear, we'll take the time to detail the experience. It's a great end to a wonderful morning of movement. You'll be ready for lunch after your Super Saturday afternoon.

Soul Sunday

YOGA KRIYA

FROM 8.30 TO 10 AM
AT SALINE BEACH

Through these purification practices and techniques, we address the inner senses and learn to identify them in our subtle bodies. Practice will include rotation of consciousness, chakra activation, balancing out the subtle canals, and finding inspiration in Come to Saline beach, (far left when facing the beach). In your bathing suit, bring a pareo, sun screen and a water bottle.

SATURDAY

YOGA UNIVERSITY WORKSHOP

SUNDAY

FROM 2.30 TO 5.30 P.M.
AT MANAPANY

Weekend afternoons during Summer Camp are reserved for encounters with some of the thought leaders, healers & artists I greatly admire. This module is called Yoga University, a chance to experience the diversity & genius of this very special group of teachers who add a richness & diversity to the Summer Camp experience.



Yoga University

Each year, Yoga University instructors develop the central theme of Summer Camp through their own special skill set & lens.

This year's theme, Ujayi, will more broadly expand on how we metabolize change & growth, how we approach transformation, how we can learn to make unresolved trauma conscious enough to liquefy & integrate, and how we can shift out of old patterns into our new victories.

This year, we'll be joined by :

GREG BOSC, OLIVIER DORNE, ROMAIN VALLET, SUNDAR BALASUBRAMANIAN, SANTHANAM NARASIMHAN, DR. SUE SIMRING, ROLAND HERLORY, EVA GREUX, MARTA HOBBS, CAITLIN ALEXANDRE, NICCOLE TORAL.

These wonderful teachers will be adding soul, fasciae, science, business, movement philosophy, games & a little bit of clowning around to the Summer Camp experience.

Programm

SATURDAY JULY 15

Greg Bosc
Postural Alignment

SUNDAY JULY 16

Olivier Dorne & Greg Bosc
Energetic, Sonotherapy
& Reliance

WEDNESDAY JULY 19

Romain Vallet
Synchronizing
our inner world

SATURDAY JULY 22

Sundar
Balasubramaniam
Prana Science Applied

SUNDAY JULY 23

Santhanam Narasimhan
Curing fear through Backbends

WEDNESDAY JULY 26

Romain Vallet
Synchronizing
our inner world

SATURDAY JULY 29

Dr Sue Simring
Nervous System
Regulation

SUNDAY JULY 30

ROLAND HERLORY
La Vie en Rose

WEDNESDAY AUGUST 2

Eva Greaux
Osteopathy & Yoga

SATURDAY AUGUST 5

Caitlin Alexandre
Presence through
Ancestral Songs

SUNDAY AUGUST 6

Marta Hobbs
Unraveling

SUNDAY AUGUST 6

Diana Bourel
Where Shall We Begin ?

WEDNESDAY AUGUST 9

Eva Greaux
Osteopathy & Yoga

SATURDAY AUGUST 12

Niccole Toral
The Sacred Clown
Act 1

SUNDAY AUGUST 13

Niccole Toral
The Sacred Clown
Act 2





GREG BOSCH

POSTURAL ALIGNMENT

Greg is a holistic health practitioner known around the island for his sound healing practices, water therapy ATMA Janzu & energetic healing sessions. This is his 8th year participating in Summer Camp & Yoga University. Greg will be sharing some of the newest work he has added to his therapeutic toolbox and working with Holistic Functional Health. This year, Greg will offer us a workshop on the theme of posture imbalances. We will see how different systems can degrade our posture and various ways to remedy it through a holistic approach aimed at optimizing the overall health status, specifically for each individual. A part of this workshop will be dedicated to practices, including series of measurements & tests, as well as stretches, mobilizations, physical exercises, & breathing exercises. We look forward to welcoming many of you there.

SATURDAY JULY 15
2.30-5.30 PM

French/English
Summer Camp Pass : 20€
10-class pack : deduct 1 class
Drop-ins : 50 €



OLIVIER DORNE & GREG BOSCH

ENERGETIC, SONOTHERAPY & RELIANCE

Olivier Dorne & Greg Bosc will co-lead their first joint workshop. Energy is vibrational in nature. Anchoring and attentive consistency make it possible to charge the intention with energy, to focus it. The connection to the divine introduces an additional vibrational charge. During our practices, we will experience how to charge this intentional signal by sound vibrations to assist the work and release certain tensions. We will also see how to unlock these tensions through intention, anchoring and movement, and the consequences that this can have on our ability to feel or to perceive with more finesse & in greater detail the subtle flow of energy.

SUNDAY JULY 16
2.30-5.30 PM

French/English
Summer Camp Pass : 20€
10-class pack : deduct 1 class
Drop-ins : 50 €



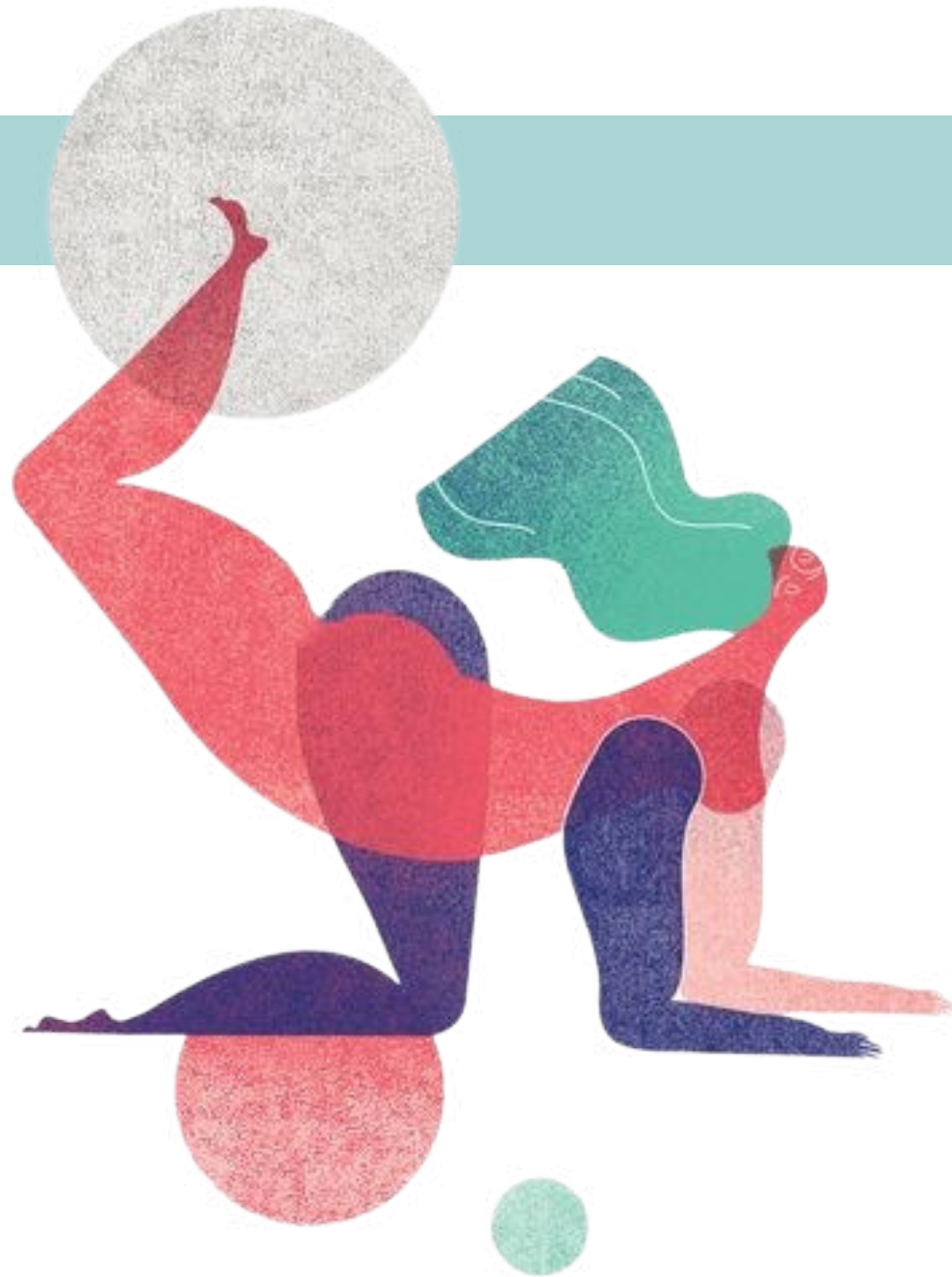
ROMAIN VALLET

SYNCHRONIZING OUR INNER WORLD

An osteopath who combines Eastern medicine with the latest in osteopathic science, Romain has participated in two previous editions of Summer Camp, sharing his work on the body as a coherent energy system. This year, he'll be developing the theme of resonance and harmony throughout the body/mind complex and demonstrating how the fascia is the energetic & vibrational support of our body. Romain will be teaching during the Yoga Therapy class on July 19 & 26 . The class will involve both theory & practice. Come enjoy this wonderful teacher in this interactive workshop event.

WEDNESDAY JULY 19 & 26
13H15-14H45

French with English translation provided.
Summer Camp Pass : free
10-class pack : deduct 1 class
Drop-ins : 35 €





**SUNDAR
BALASUBRAMANIAN**
PRANA SCIENCE APPLIED

Sundar is Founder/Director of Prana Science Institute, who recently procured a grant from the NHS for further research. A Cell Biology researcher studying cellular & a molecular mechanisms involved in resistance to cancer therapy at the Medical University of South Carolina. *Sundar* has been studying salivary biomarkers and the clinical applications of pranayama in treating cancer & other illnesses.

The author of Mind Your Breathing & PranaScience, this engaging speaker, teacher and researcher has much to share with us on yogic science, clinical research, ancient literature, children's health, & chanting, meditating and breathing towards wellbeing for all. His conferences include a TED TALK. Sundar will be teaching for the second time at Summer Camp, deepening the work he started with us. This work is powerful and with the tools you learn, you can practice at home.

SATURDAY JULY 22
2.30-5.30 PM
via Zoom

English with French translation provided.
All participants : 50€



**SANTHANAM
NARASIMHAN**
**CURING FEAR
THROUGH BACKBENDS**

Santhanam hails from southern India & has taught and practiced yoga for the past 4 decades. A disciple of H.S. Arun of Prashanthtyogahshraya in Bangalore, India. The depth of his knowledge in the science & art of yoga, the extensive breadth of his training, practice and teaching & his experience with the therapeutic aspects of practice deepen & improve a practitioner's practice even in a short period of time. *Santhanam* first joined the teaching staff of Summer Camp Yoga University in 2019 & year after year continues to share his wisdom and infectious joy with the group. *Santhanam* favors holding postures for longer periods of time to really extract the greatest therapeutic benefits from practice & likes working with props. This year he'll be co-teaching the morning midday classes and will host a Yoga University workshop on backbends.

SUNDAY JULY 23
2.30-5.30 PM

English with French translation provided.
Summer Camp Pass : free
10-class pack : deduct 1 class
Drop-ins : 50 €



**DR. SUE SIMRING
& DIANA BOUREL**
**REGULATING
THE NERVOUS SYSTEM**

Sue Klavans Simring earned her masters & doctorate of social work from Columbia University. She's taught at NYU Columbia, has a private practice specializing in families & couples in New Jersey. Featured in Dr. Jennifer Ashton's book, "Life after Suicide", Dr. Simring, also a certified yoga teacher specializing & a facilitator in Somatic Experiencing, based on the work of Peter Levine and Dr. Stephen Porges, who is credited with formulating the polyvagal theory. *Sue* will be co-teaching a workshop with Diana that focuses on the nervous system & how to work with Sensations, Images, Behavior, Affect and Meaning (SIBAM) to help clients/patients titrate & pendulate their emotions as a means of metabolizing stressful experiences and working through them in psychotherapy. Diana will be threading in a restorative slow yoga sequence that helps students to integrate these concepts as embodied experiences.

SATURDAY JULY 29
2.30-5.30 PM

English with French translation provided.
Summer Camp Pass : free
10-class pack : deduct 1 class
Drop-ins : 50 €



**ROLAND
HERLORY**

LA VIE EN ROSE

Roland has been a participant in the St Barth Summer Camp Yoga Challenge since its start, & his presence is always a joyful mainstay of the yearly community of yogi perennials. He doesn't discuss business while he's on the mat, so for those of you who don't know his incredibly rich story, we cordially invite you to spend an afternoon with him. *Roland* has been in the fashion industry for 40 years and has a passion for art. He'll take us on his life voyage with stops at the House of Dior, Hermes, Villebrequin & Sonia Rykiel. He'll talk about the artisanal movement in fashion, how to combine tradition with modernity and be both grounded and bold. Come discover his delicious humor, kindness & flair for a Sunday well-spent.

**SATURDAY JULY 30
2.30-5.30 PM**

In French
Summer Camp Pass & class pack : free
Drop-ins by donation



EVA GREAUX

OSTEOPATHY & YOGA

"*Eva* offer osteopathic treatment, aquatic osteopathy & therapeutic massage. Graduated from ESO Paris, I did many internships in hospitals then settled on my native island. I practice with passion, always listening to patients in order to accompany & treat them for a better state of health. I set new standards of excellence in St Barths by combining osteopathy with massage, health with well-being. I practice in my office in Lurin or at home, villa, hotel or yacht.

**WEDNESDAY AUGUST 2 & 9
13.15-14.45 PM**

French with English translation provided.
Summer Camp Pass : free
10-class pack : deduct 1 class
Drop-ins : 35 €



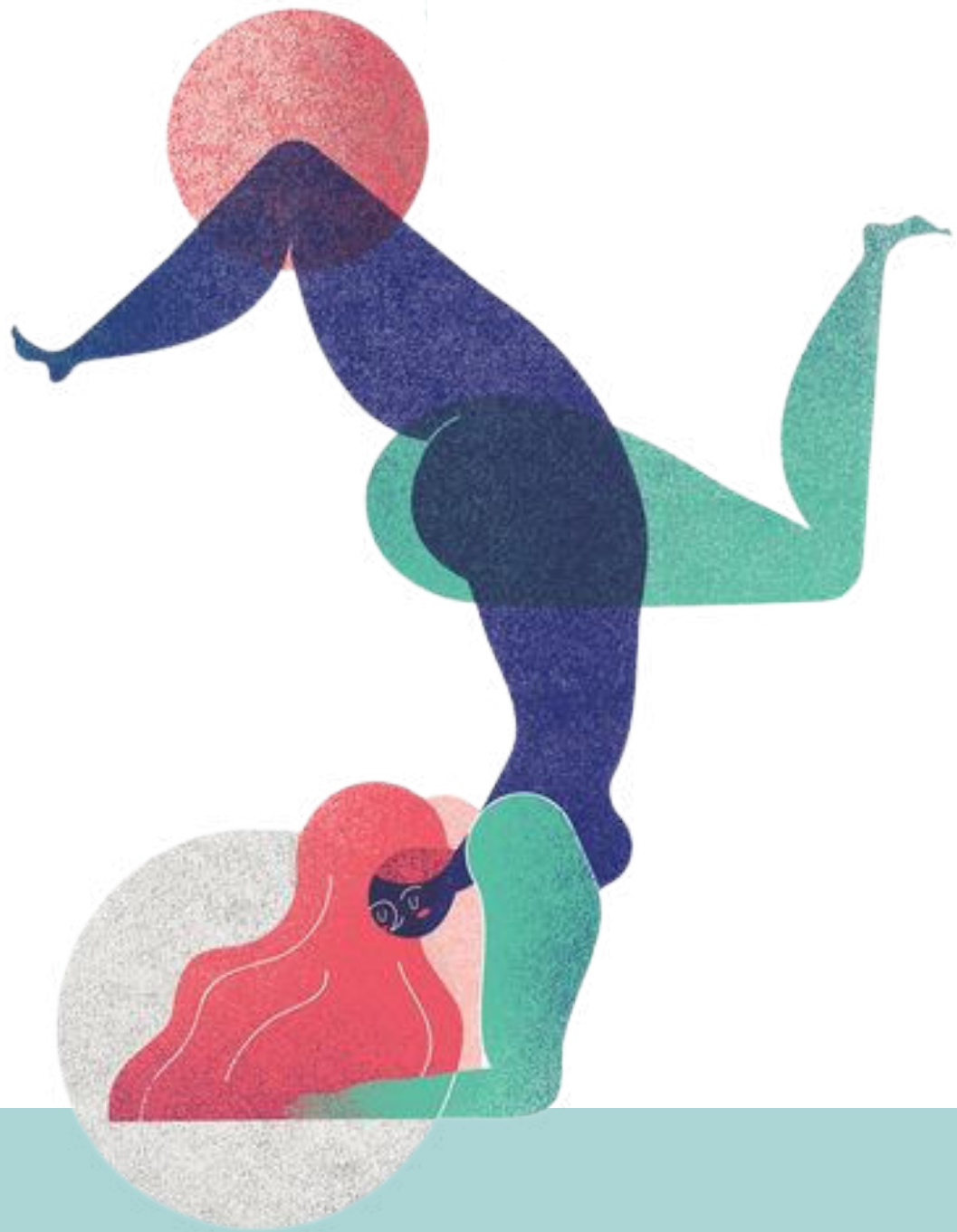
CAITLIN ALEXANDRE

**PRESENCE THROUGH
ANCESTRAL SONGS**

Just as *Ujaji* breathing can soften the diaphragm and expand a deepened awareness of self & the relationship to the body, the voice has the capacity to activate the body in a similar way especially when singing deeply and fully into one's true nature. Our voices, the tenor, the intonation, the resonance are a clear reflection of every grandmother, grandfather, & ancestor who came before. *Caitlin* provides the opportunity to tune into the quality of one's own voice through the activation of old world songs from ancient tongues and cultures from around the world. She creates a container of safety in which people experience the beauty of lifting together in song. *Caitlin* will present songs that run deeply within our genetic coding, allowing the possibility to fully embrace and remember who we are. Through the songs we sing, the songs & practices *Caitlin* shares, one will leave feeling embodied, embraced, and held through the activation of sacred sound.

**SATURDAY AUGUST 5
2.30-5.30 PM
via Zoom**

English/French
Summer Camp Pass : 20€
10-class pack : deduct 1 class
Drop-ins : 50 €





MARTA HOBBS

UNRAVELING

Marta is a storyteller, a truth seeker, soul-led mentor and entrepreneur. Drawing on her life experiences of childhood trauma, immigration and assimilation, successful business venture as well as the healing and spiritual journey, her mission is to help others find their freedom. She details finding her own way to freedom and coming home in her best-selling book called “Unraveling,” available on Amazon worldwide. As the creator and teacher of SoulCare(TM) – a practice to slow down the body, quiet the mind, and reconnect with the soul. Marta guides others toward healing, self-discovery and heart-centered living. In this 90-minute workshop, she’ll talk about her life, her book, her practice, and will lead a session of SoulCare, a guided meditation she created and offers at the Four Seasons in New York.

SUNDAY AUGUST 6

2.30-4 PM

English with French translation provided.
 Summer Camp Pass : free
 10-class pack : free
 Drop-ins by donation



DIANA BOUREL

WHERE SHALL WE BEGIN?

An afternoon of storytelling and play

As we connect to our vitality, our sense of wonder, play, connection and creativity increase. The creator of Summer Camp invites you for an afternoon of soulful play.

Where Should We Begin

A Game of Stories : is a card game created by renowned therapist, podcast host, & author Esther Perel. It’s objective is to unlock the storyteller within and offer a framework for asking each other questions, eliciting more details, & strengthening relationships in the process “The quality of our relationships determines the quality of our lives,” Perel often says. “And this is true in your intimate life, but it’s also true in your friendships, and it’s true in your work life.” “It’s really about relationship enhancing, relationship creation, connecting, reconnecting, countering social anxiety, controlling social atrophy,” Perel explains.

This workshop allows you to experience the game in small breakout groups where you can begin to stretch and nourish your social trust muscles.

SUNDAY AUGUST 6

4 - 5.30 PM

English with French translation provided.
 Summer Camp Pass : free
 10-class pack : free
 Drop-ins by donation



NICCOLE TORAL

THE SACRED CLOWN

Pathos and Joy Embodied

Nicole Holds a masters degree in Counseling & a certificate in Transformation Eco-Psychology from Southwestern College, at conscious centered Graduate program. She is a certified DARING WAY TM facilitator and Bhakti Flow Yoga teacher. Co-founder of the Mesa Vista Wellness Center in Santa Fe, NM, Nicole will be leading a 2- day workshop on the Sacred Clown. Nicole, a BIPOC clown, has been studying clown with WiseFool(a social circus) in Santa Fe. for the past 7 years and has performed cabarets, all-clown shows, & recently her 2-woman show called "Love is..." The workshop runs both Saturday and Sunday, you can come either day or both . It will include warm ups to help “land” in our clowns and our space, & then move into solos, duos for scene work. Breathing into your space as a performer and breathing with the audience to find moments of stillness, joy & laughter by exploring themes like failure, success and status are all part of the material that will be covered.

SATURDAY & SUNDAY

AUGUST 12 & 13 2.30-5.30 PM

Unlimited Pass and Package :
 50€/Workshops, 90€/2 Workshops
 Drop-ins : 60€ /Workshop, 110€ /2 Workshops





Rates

Unlimited full access Summer Camp pass :

Unlimited access during the Summer Camp
From July 15 to August 15,
Monday to Friday,
Saturday morning & Sunday morning.

900 €

New students :

975 €

One week unlimited full access pass:

7 consecutive days during the Summer Camp
Monday to Friday,
Saturday morning & Sunday morning.

325 €

10-class pack :

10 classes of your choice
any time throughout the Summer Camp
Monday to Friday,
Saturday morning & Sunday morning.

300 €

Day Pass :

any number of classes from
7 am to 8:30 pm
in one given day

100€

Single class pass :

Can be purchased for Aqua Yoga, Hike,
Kriya on the Beach, Sound Bath & Zoom classes
Mat classes pending space availability

35 €

***Does not include Yoga U workshops**

PRE-REGISTRATION REQUIRED !



REGISTRATION

Attention !

The number of spots available this year are limited and will be assigned on the basis of early registration. Once you've selected the type of subscription you want, contact me via WhatsApp, email or SMS and I will send you a remote secure link to pay via credit card.

You can also pay by wire transfer.

Once I have received your payment, a signed copy of your registration and waiver form, you are officially registered. Please note that you are not required to attend the entire month. It is possible to come for the time you are in St Barth by purchasing a Weekly pass or a 10-pack.

Single classes are only available for outdoor classes & Sound Bath. If you register for Unlimited weekly pass, indicate the week(s) you will be participating. Drop in classes are only available if space provides, for the Aqua yoga, Discovery Hike, Sound Bath or remote attendance via Zoom.

For Yoga University workshops, some workshop are free to unlimited pass participants, others are 50€ for the 3 hour workshops.

If you are not a Summer Camp participant or you have a 10-pack and would like to attend a workshop, the cost is €50 and is based on availability of spots.

PAYMENT

Payment by credit card, secure remote payment link, cash, bankwire: **FR32 3000 2061 7800 0007 0601 X29**

Please note that some of the Yoga University workshops are free to participants with an unlimited Summer Camp pass, others are not.

For Yoga University workshops, some workshop are free to unlimited pass participants, others are 50€ for the 3 hour workshops.

If you are not a Summer Camp participant or you have a 10-pack & would like to attend a workshop, the cost is €50 and is based on availability of spots. All classes.

Class packs & passes must be paid in advance, and a waiver release form must be signed before attending your first class.

Passes are valid only for the duration of Summer Camp.

No refunds will be granted for any unused classes.

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 local government and hotel policy. In case of mandatory confinement, 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.

YOGA PROPS

What do you need ?

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 OUTDOOR CAMP ACTIVITIES

For water classes, Aqua Yoga you'll need sunscreen & good protection for head and eyes, 2 water noodles. Come in your movement-friendly bathing suit (think practical!), bring a towel. Noodles available for sale -15 €/ pair

For power walks

you'll need a good pair of cross-trainers, sunscreen, a personal water bottle and a hat or cap.



REGISTRATION FORM

FOR YOUR PARTICIPATION IN ST BARTH SUMMER CAMP EDITION 15
From July 15 to August 15, 2023
at hotel Manapany & Spa, Anse de Cayes.

NAME :

CONTACT EMAIL/ PHONE/ WHATSAPP:

PACKAGE CHOSEN

DATES YOU PLAN TO ATTEND

PAYMENT METHOD AND AMOUNT

Does your current general condition (psychological, medical, physical) or any specific condition (back problems, recent surgery, medical treatment, pregnancy) limit your ability to participate safely in this workshop?

Yes NO If yes, explain why.

Location of pain	Nature : chronic / acute	Injury/ surgery	Contraindications
Joint pain			
Digestive problems			
Cardio			
Respiratory			
Other			

WAIVER OF RESPONSIBILITY

FOR YOUR PARTICIPATION IN ST BARTH SUMMER CAMP EDITION 15
From July 15 to August 15, 2023
at hotel Manapany & Spa, Anse de Cayes.

In consideration for my participation in the 15 Edition 2023 St Barth Summer Camp Yoga Challenge & Yoga University at
the Manapany Hotel & Spa in Anse des Cayes,

I voluntarily and expressly waive any claim that I have or may acquire against Diana Bourel
Art of Self Care / St Barth Summer Camp Yoga Challenge & Yoga University,
the Manapany Hotel and its personnel.

I agree to respect my teachers, fellow students, hotel staff and property.

I agree to respect my health and the health of teachers, hotel staff and fellow participants.

I agree to self-monitor my health during the retreat and to self-isolate
if i exhibit a fever or other signs of illness or Covid 19 and provide medical proof (antigenic test)
that I am not contagious to others before returning to Camp.

I agree to respect the privacy and confidentiality of any information shared by other students.

I understand that I will be taking part in physical training and exercise and wellness techniques.

Should I injure myself during the course work, I understand that it is my responsibility to seek proper medical care
and expressly waive any claim present or future that I have or may acquire
against Diana Bourel or any other instructor.

I understand that if there is a hurricane warning and Camp is suspended,

I will not be reimbursed for cause majeure

Should I fail to respect these conditions of admission,

I understand that I may be refused entry or further participation in the Yoga Challenge.

In this case, I waive the right to make any claim against Diana Bourel, Art of Self Care SASU,
the Manapany Hotel or or any of the teaching body.

I have read and understood this waiver form .

Signature _____

Date : _____





Undergrad

Psych major UNCC.

Graduated in communication and marketing from F.I.T in NY.

Yoga Yoga & other Certifications

Sivandanda Vedanta school in 2000 at the 500h.

level Ashtanga Yoga Montréal at the 300h level.

Forest School Yoga Tuning Glenn Black 250h level.

Completed YOGA Synergy. Anatomy with Simon Borgia Oliver 200h.

Certified Acupuncture from IFVMTO.

Certified "l'Alchimie des Possibilités®" (trainer and facilitator).



Transpersonnal Work

Bioenergetic Practitioner under Patrick Drouot.

Kinesiology facilitator with the Corps-Mémoire School under Françoise Tainon.

Created "COMING HOME" transpersonal work.



Study of traditional plant medicine in the tradition

Amazonian mesa with master vegetalista Don Jose Campos.

Yoga & Wellness Retreats

St Barth Summer Camp Yoga Challenge and Yoga University 15 editions.

Big Sky Yoga Retreat in Montana, USA 3 editions.

Private Yoga Detox retreats in New York, Canada, France.

Guest Consultant at Chiva-Som, Kamalaya in Thailand.

Plant Medicine wellness retreats Panama, Peru.



Current Research & Training

Enrolled in the ATMAjourney certification program Psychedelic-Assisted Therapist.

Trauma-resolution and healing training and research in science-based self care practices that include nervous system regulation & other trauma sensitive therapies.



Professional Activities

Private and group yoga instruction.

Private and group retreats.

"Coming Home" transpersonal work consultation for personal growth.



*" This is one
of my favorite moments
of the year,
and I am so happy
to be sharing it with you ".*



THE ART OF SELF CARE

YOGA - MEDITATION - PERSONAL DEVELOPMENT - SPIRITUAL RETREATS

By Diana Bourel