

# RETREAT TO WELLNESS

COMO PARROT CAY

MAY 2ND TO 6TH 2024



Explore new ways of moving and relaxing within nature, reconnecting with both yourself and the world around you. Guided by wellness practitioner Tammy Stokes, this retreat will energise both your body and your mind, connecting you more deeply with your health, and teaching you to approach self-care with confidence and authenticity.





## THURSDAY, MAY 2ND

### WELCOME EVENT

Join Tammy Stokes and your fellow attendees for a welcome elixir (COMO Shambhala Juice Shot) to toast this time we have dedicated to self-care, connection and personal growth. We will take this opportunity to get to know one another, review the itinerary, and to set intentions and personal goals for the memorable and meaningful days ahead.



## FRIDAY, MAY 3RD

### SILENT BEACH WALK AND MORNING STRETCH (MOVING MEDITATION)

**7.00AM**

*Meet at Activities Centre.*

### JUICE AND JOURNALING

**8.00AM TO 8.45AM**

Share in a guided journaling session based on a prompt, whilst enjoying a refreshing and healthful COMO Shambhala Juice. You will be gifted a journal for this practice.

*Meet at Yoga Pavilion .*

### MORNING MASTERY PRACTICE

**9.00AM TO 9.45AM**

A morning routine designed for high performers. Ready the body, mind and spirit for the day with this energising practice, activating muscles, increasing circulation and enhancing focus.

45 minutes, no shoes required.

*Yoga Pavilion*

### LIGHT BREAKFAST AT TERRACE RESTAURANT

**9.30AM TO 10.30AM**

*Terrace Restaurant*

### MINI WELLNESS WORKSHOP: "THE 10 WORD DIET"

**11.00AM TO 11.45AM**

The key to lasting wellness is simple principles that are regularly practiced. In this session, Stokes will demonstrate how ten simple and unforgettable words can help you achieve your health and wellness goals.

### NO EXCUSES FULL BODY WORKOUT

**12.00PM TO 12.45PM**

A functional 45-minute fitness workout that is both simple and progressive. This energising combination offers a total body workout perfect for building into your travel routine.

Athletic shoes required.

*Meet at Yoga Pavilion.*

### LUNCH AT LEISURE

**12.00PM TO 4.00PM**

Followed by free time to explore the resort or book treatments at COMO Shambhala.

*Lotus Restaurant*

### AFTERNOON TEA WITH STOKES

**4.00PM**

Enjoy a COMO conversation about a current health topic or trend over a cup of refreshing tea. This is a fun, informal exchange of conversation and goal sharing.

*Terrace Bar*

### THE BREATH OF JOY

**4.30PM TO 5.00PM**

A breath work session designed to increase feelings of pleasure and happiness.

*Yoga Pavilion*

### "BEST ARMS EVER" BAND WORKOUT

**5.30PM TO 6.00PM**

A specialty 30-minute workout that weaves elements of swimming, Pilates, joint mobility, yoga and breath work into one routine that targets the entire upper body and core.

*Yoga Pavilion*

### NUTRIENT DENSE DINNER AND RELAXATION TIME

**6.00PM TO 9.30PM**

*Lotus or Terrace Restaurant*

# SATURDAY, MAY 4TH

## **SILENT BEACH WALK AND MORNING STRETCH (MOVING MEDITATION)**

**7.00AM**

*Meet at Activities Centre.*

## **JUICE AND JOURNALING**

**8.00AM TO 8.45AM**

Share in a guided journaling session based on a prompt, whilst enjoying a refreshing and healthful COMO Shambhala Juice.

*Meet at Yoga Pavilion.*

## **MORNING MASTERY PRACTICE**

**9.00AM TO 9.45AM**

A morning routine designed for high performers. Ready the body, mind and spirit for the day with this energising practice, activating muscles, increasing circulation and enhancing focus.

45 minutes, no shoes required.

*Yoga Pavilion*

## **LIGHT BREAKFAST AT TERRACE RESTAURANT**

**9.30AM TO 10.30AM**

*Terrace Restaurant*

## **MINI WELLNESS WORKSHOP: "THE 3 F'S OF FITNESS" (FUNCTIONAL, FLOW, FUTURE)**

**11.00AM TO 11.45AM**

A guide to designing a practical and manageable workout routine based on three fundamental principles: functional movements, a graceful flow of action, and exercises that support the future health of the body.

*Yoga Pavilion*

## **PHYSICAL FLOW WORKOUT**

**12.00PM TO 12.45PM**

This workout taps into your physical body through flowing, strength-building routines, whilst also quietening your mind with synchronisation of breath.

Athletic shoes required

*Yoga Pavilion*

## **LUNCH AT LEISURE**

**12.00PM TO 4.00PM**

Followed by free time to explore the resort or book treatments at COMO Shambhala.

*Lotus Restaurant*

## **AFTERNOON TEA WITH STOKES**

**4.00PM**

Enjoy a COMO conversation about a current health topic or trend over a cup of refreshing tea. This is a fun, informal exchange of conversation and goal sharing.

*Terrace Bar*

## **HA BREATH**

**4.30PM TO 5.00PM**

A breath work session to increase energy and release stored, non-serving emotions in the heart.

*Yoga Pavilion*

## **"BEST ARMS EVER" BAND WORKOUT**

**5.15PM TO 5.45PM**

A specialty 30-minute workout that weaves elements of swimming, Pilates, joint mobility, yoga and breath work into one routine that targets the entire upper body and core.

*Yoga Pavilion*

## **NUTRIENT DENSE DINNER AND RELAXATION TIME**

**6.30PM TO 9.30PM**

*Lotus or Terrace Restaurant*





*The most common excuse for not exercising is time. But if you've got an excuse, I've got the solution.*

**Tammy Stokes, International wellness retreat host**







## SUNDAY, MAY 5TH

### **SILENT BEACH WALK AND MORNING STRETCH (MOVING MEDITATION)**

**7.00AM**

*Meet at Activities Centre.*

### **JUICE AND JOURNALING**

**8.00AM TO 8.45AM**

Share in a guided journaling session based on a prompt, whilst enjoying a refreshing and healthful COMO Shambhala Juice.

*Meet at Yoga Pavilion.*

### **MORNING MASTERY PRACTICE**

**9.00AM TO 9.45AM**

A morning routine designed for high performers. Ready the body, mind and spirit for the day with this energising practice, activating muscles, increasing circulation and enhancing focus.

45 minutes, no shoes required.

*Yoga Pavilion*

### **LIGHT BREAKFAST AT TERRACE RESTAURANT**

**9.30AM TO 10.30AM**

*Terrace Restaurant*

### **MINI WELLNESS WORKSHOP: "MASTER YOUR MIND"**

**11.00AM TO 11.45AM**

Learn why training your brain is as important as training your body in this transformative daily practice.

*Yoga Pavilion*

### **STRENGTHEN AND LENGTHEN WORKOUT**

**12.00PM TO 12.45PM**

Strengthening exercises are followed by exercises that lengthen and tone the body. Stokes' signature method of training the body and mind, this workout is designed to help you build strength without feeling muscles feeling tight or heavy.

*Yoga Pavilion*

### **LUNCH AT LEISURE**

**12.00PM TO 4.00PM**

Followed by free time to explore the resort or book treatments at COMO Shambhala.

*Lotus Restaurant*

### **AFTERNOON TEA WITH STOKES**

**4.00PM**

Enjoy a COMO conversation about a current health topic or trend over a cup of refreshing tea. This is a fun, informal exchange of conversation and goal sharing.

*Terrace Bar*

### **NADI SHUDDHI BREATH**

**4.30PM TO 5.00PM**

A breath work session that promotes balance in body and mind, and peace in the heart.

*Yoga Pavilion*

### **"BEST ARMS EVER" BAND WORKOUT**

**5.15PM TO 5.45PM**

A specialty 30-minute workout that weaves elements of swimming, Pilates, joint mobility, yoga and breath work into one routine that targets the entire upper body and core.

*Yoga Pavilion*

### **NUTRIENT DENSE DINNER AND RELAXATION TIME**

**6.30PM TO 9.30PM**

*Lotus or Terrace Restaurant*

MONDAY, MAY 6TH

**MORNING FAREWELL**

**8.00AM**

*Meet at Yoga Pavilion.*

**JUICE AND JOURNALING**

**8.00AM TO 8.45AM**

A final guided journaling and COMO Shambhala Juice session, in which we make a promise to ourselves.

*15 minutes*

**DEPARTURES**



ABOUT  
TAMMY STOKES

Tammy Stokes is an international wellness retreat host, brand consultant, media personality and entrepreneur with over 30 years' experience in the wellness industry.

She has a unique, dynamic method of shaping the physical and mental attitudes of those she works with, and believes an authentic approach to health is the key to happiness and self-improvement.

Stokes is the author of Live Your Healthiest Life, founder of West Coast Workout and creator of Cafe West Express.



RATES

**GARDEN ROOM**

Single Occupancy US\$8,296

Double Occupancy US\$11,791

**OCEAN FACING ROOM**

Single Occupancy US\$8,860

Double Occupancy US\$12,355

**INCLUSIONS**

- Four nights of accommodation with daily full board
- Access to Workshop Program with Tammy Stokes
- One 60-minute signature COMO Shambhala massage
- Return airport transfers
- Goodie bag upon arrival
- Welcome Elixir

**TERMS AND CONDITIONS**

- Rates are subject to additional tax, service charges and facility fee (27 per cent)
- Cancellations are permitted 30 days prior to the retreat date. For any cancellation received less than 30 days in advance, deposits paid will be forfeited
- We accept all major credit cards – Mastercard, Visa and Amex
- A payment link will be emailed to you upon confirmation of your booking for the deposit









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PARROT CAY

To book or to find out more,  
please contact COMO Parrot Cay.

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