

LEARNING NEVER EXHAUST THE MIND Exclusive LUX* expert-led workshops

Throughout this year at LUX* Resorts & Hotels invites you to try something new. A unique calendar of expert-led workshops has been curated to inspire curious minds – creative artists and leading specialists will be sharing their secrets, all designed to inspire fresh ideas and approaches to life.

The benefits of these LUX* expert-led masterclasses aren't just about the tips you take away or what you make – it's about enjoying quality time with friends or loved ones. Make the most of these precious experiences as a couple or family – or make new friends. These special LUX* sessions will produce everlasting memories for all – create souvenirs, discover hidden talents, enjoy great company, and much more.

Holidays are often when people make life-changing decisions, and this schedule of enlightening experiences aims to shift guests' perceptions. Can't paint? Sure you can. Maybe you just haven't tried since you were small. In these digital times, old-fashioned activities and good-for-the-soul hobbies have fallen by the wayside. Would Winston Churchill still wind down with watercolours today? Chances are, only if he took a LUX* holiday.

LUX* invite you to have a look at its upcoming calendar of [workshops and masterclasses](#) planned for the second half of the year, and we hope you feel inspired...

WATERCOLOUR & WINE

With Sally Conwell

Learn about paint application, brush-work, colour-mixing, rendering light and shade – with a nice glass of white or red. Beginners and those practised in drawing and painting will find out the practical skills and techniques used in watercolour painting for illustrative work, typography or fine art in this two-hour class.

June 2017: Mauritius and Reunion Island

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THE ART OF TRAVEL WRITING

With Juliet Kinsman

Leave this two-hour travel-writing workshop feeling enthused and full of ideas and insightful tips to fill a travel journal with engaging stories. Write more imaginative, engaging travel stories and learn how to convey your experiences best. Discover how to use language in a more entertaining way, cultivate a more original style of writing and explore how to share stronger travel stories on social media.

July 2017: Maldives and Mauritius

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TIBETAN SOUND HEALING

With Phoebe Joel

Understand how to access your intuition and gain confidence in listening to your inner voice through balancing and grounding your energy using yogic tools. Experience the deep vibrations and soothing sounds of ancient Tibetan singing bowls during a sound meditation as well as through fun group activities.

August 2017: Maldives and September: Mauritius

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DIY KOMBUCHA & HEALTH TONICS

With Gillian Kozicki from Cultured Artisans

Kombucha is a fermented health drink originating from China, which is believed to be the key to improving digestion and boosting the immune system. Reconnect with the art of fermenting in this hour-and-a-half masterclass, and explore the benefits of making beet kvass, master tonic and rejuvelac.

August 2017: Maldives; September: Mauritius; October: Mauritius and Maldives.

[LEARN MORE](#)

DIY CHINESE MEDICINE THERAPIES

With the Moxa Punk

This ancient system of health therapies is also a philosophy of maintaining one's own vitality. Tai chi, qigong, and diet are as much a part of Chinese medicine as acupuncture and Chinese herbs; learn the techniques of cupping and scraping to relieve aches, pains, and muscle tightness, to help recovery from colds and flu.

November 2017: Maldives and Mauritius and September: Mauritius

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JAPANESE BOOKBINDING

With Michelle Lackenby from Paperazzi Design Studio

In this three-hour bookbinding class guests will be trained in binding techniques and make their very own books in beautiful handmade suminagashi marbled papers. Discover Japanese stitch, Japanese stab binding, Hemp stitch and tortoiseshell binding and create Japanese journals to use as photobooks and diaries.

December 2017: Maldives and Mauritius

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And throughout the year...

THE ART OF MAURITIAN PIROGUE

With Ti Regate

Guests at LUX* Le Morne will have the chance to experience the story of the Mauritian pirogue with specialist boating instructor, Ti, before enjoying a ride in these traditional narrow boats in the lagoon's turquoise blue water.

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It's always a privilege to spend time with inspiring individuals who are happy to share their unique wisdom and skills. So it's with great delight that LUX* Resorts & Hotels invite you to spend time with leading practitioners from diverse, creative and inspiring walks of life at our resorts.

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**For further information, contact Axelle Mazery, Group Press & PR Manager LUX* Resorts & Hotels
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LUX* Resorts & Hotels helps people to celebrate life by delivering consistently on the promise of a different kind of Luxury; hospitality that is Lighter.Brighter. LUX* stages exceptional experiences in different locales – whether on the Beach, in the City or in Nature – by banishing thoughtless patterns and being more simple, fresh and sensory than our competitors.

The resorts and hotels in the LUX* portfolio include LUX* Belle Mare, Mauritius; LUX* Le Morne, Mauritius; LUX* Grand Gaube, Mauritius; LUX* South Ari Atoll, Maldives; LUX* Saint Gilles, Reunion Island, LUX* Bodrum, Turkey, LUX* Tea Horse Road Lijiang, Yunnan Province, China, and LUX* Tea Horse Road Benzilan, Yunnan Province, China.

Other new properties in the pipeline and opening soon LUX* Al Zorah, United Arab Emirates; LUX* North Male Atoll, Maldives; LUX* Sud Sauvage, Reunion Island, LUX* Tuscany, Italy, LUX* Dianshan Lake, China, LUX* Lakes, Chengdu, China, LUX* Phu Quoc, Vietnam and LUX* Grand Baie Mauritius

LUX* Resorts & Hotels is a member of Lux Island Resorts Co Ltd, which is listed on the Stock Exchange Market of Mauritius and is an affiliate member of IBL, a major economic player in the Indian Ocean, leader of the "Top 100" Mauritian companies. IBL is active in key sectors of the Mauritian economy, representing a portfolio of approximately 300 subsidiaries and associated companies.

Other properties managed by LUX* Resorts & Hotels are Tamassa, Bel Ombre, Mauritius; Merville Beach, Grand Baie, Mauritius and Hôtel Le Récif, Réunion Island, as well Ile des Deux Cocos, Mauritius, a private paradise island.

100% CARBON FREE HOLIDAYS AT LUX* RESORTS & HOTELS

LUX* Resorts & Hotels strongly believes in sustainable tourism development, and has embarked in a journey towards a carbon clean future through its project "Tread Lightly". Tread Lightly is the offsetting 100% of the carbon emissions emitted during guests stay. The carbon offsetting contribution is used to support various offsetting projects in developing countries within the regions where LUX* is operating. To learn more about the LUX* Tread Lightly €1 per day voluntary participation carbon-offsetting fee, please visit www.luxtreadlightly.com
