

INSPIRING EXPERIENCES Exclusive LUX* expert-led workshops

For 2017, LUX* 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 at LUX* resorts throughout the year. Discover Tibetan sound healing and stress-busting meditation. Try Vinyasa Flow Yoga combined with mono printing. Steal tips to making the ultimate health tonics. In short: expect uplifting and edifying resort experiences like no other.

“Learning never exhausts the mind” – Leonardo da Vinci

Maybe it's time to give the other side of your brain a workout. The left side is about processing logic, science and mathematics, while the right side handles creativity and the arts. Check the schedule to see which masterclasses will give your grey matter the fresh challenge it craves. Afternoon craft workshops don't get more satisfying than learning the Japanese art of bookbinding. Want to try an innovative new fitness experience? Never usually have the time or motivation to try write a travel story? Let LUX* make it easy and learn skills to last a lifetime.

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. It's time all of us stopped poking at our smartphones, and communicated and connected in human form. These special LUX* sessions will produce everlasting memories for all – create souvenirs, discover hidden talents, enjoy great company, and much more.

“2017 will see LUX* continue its commitment to creating unique guest experiences and taking hotel innovation and travel inspiration to new levels.” – Dominik Ruhl, COO

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.

We invite you to have a look at the calendar of [workshops and masterclasses](#) planned for 2017, and we hope you feel inspired...

[LINK TO calendar online]

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INTELLIGENT LUXURY – COMING UP AT LUX*

MEDITATION & STRESS MANAGEMENT

With Dr Kamalroop Singh

Learn daily meditation exercises to prevent stress and to reach a state of deep relaxation and focus. These simple skills, from breathing exercises, stretches and simple meditation will refresh mind, body and spirit. Three 2 hours sessions held on three consecutive mornings: session 1: the science of managing stress, guided relaxation, simple stretches, deep relaxed breathing; session 2: relaxation response, meditation, breathing exercises, maintaining balance and composure; session 3: simple techniques for daily practice, lifestyle choices and stress.

AQUA SERENA WATER RELAXATION

With Laurelene Chambovet

The healing effect of water has been celebrated for thousands of years: Aqua Serena takes this a step further, releasing stress, tension, muscle fatigue and improving flexibility by floating and being guided by movements in an hour-long water session. Inspired by Atma-Januz and Aguahara, two beautiful techniques which stem from Janzu, this technique is especially beneficial for individuals who are frightened of water. A 90-min morning session and a 90-min afternoon session especially for women and mothers.

January 2017: Mauritius

[LEARN MORE](#)

YOGA & ART

With Lucy Lawes from NamARTste

Start this two-hour workshop with a vinyasa flow yoga class, then have fun print-making with Styrofoam, acetate and bubble printing so you can take home art pieces and greeting cards.

February 2017: Maldives; March: Mauritius and Reunion Island

[LEARN MORE](#)

INSTAGRAM SUCCESS

With Lola Berry

This practical, hands-on two-hour workshop helps you take better Instagram photos and find out the secrets of how to engage with a community keen to see what you have to show and tell.

March 2017: Maldives and April: Mauritius and Reunion Island

[LEARN MORE](#)

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.

April 2017: Maldives and Mauritius

[LEARN MORE](#)

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

[LEARN MORE](#)

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

[LEARN MORE](#)

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

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

[LEARN MORE](#)

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.

[LEARN MORE](#)

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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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* Tea Horse Road Lijiang, Yunnan Province, China, and LUX* Tea Horse Road Benzilan, Yunnan Province, China. LUX* Lijiang and Benzilan hotels are start of a collection of six luxury boutique hotels along an exciting new circuit of distinctive stays allowing guests to discover the legends of the Tea Horse Road first hand.

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* Bodrum, Turkey, LUX* Dianshan Lake, 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
