



LaSource

GRENADA

At LaSource, the team believes that amazing things happen when you introduce your body to your mind which is why it is the Caribbean's leading holistic resort. The guest experience at LaSource include dives, a daily spa treatment, yoga, pilates, tai chi and a master class schedule. The resort provides exclusive holidays of rejuvenation with the featured Oasis Spa and its 17 treatment rooms. Its 100 guest rooms, among the best in the Caribbean, are set in tropical gardens and surrounded by the sea on three sides.

THE ULTIMATE ALL-INCLUSIVE SPA GETAWAY

Master Classes



The MindBody Reformer Programme:
15-22 July, 1-8 August,
13-20 September, 3-10 October 2012

Exclusive to LaSource, this programme is individually tailored to your wellbeing and includes education, fitness, wellbeing and relaxation.



Yogalates & Fitness Retreat:
5 – 8 August 2012

Mentored by Crunch Studio's Sara Ivanhoe in LA, Trevor Laurency will be in residence at LaSource in early August.



Yogalates & Pilates Retreat:
14 - 28 October 2012

Niedra Gabriel has been teaching Pilates and yoga for over 33 years and has taught in Los Angeles, New York, London, Tel-Aviv, Austria, Germany, Florida, St. Lucia and will bring her knowledge to Grenada.



Circus Arts Training:
14 - 28 October 2012

Robert Carreiro created the Carreiro circus arts training program and ran his gym teaching this program in Los Angeles for 30 years.



Sleep School:
25 November - 2 December 2012

The first overseas Sleep School in partnership with leading UK insomniac specialist Dr Guy Meadows.

