

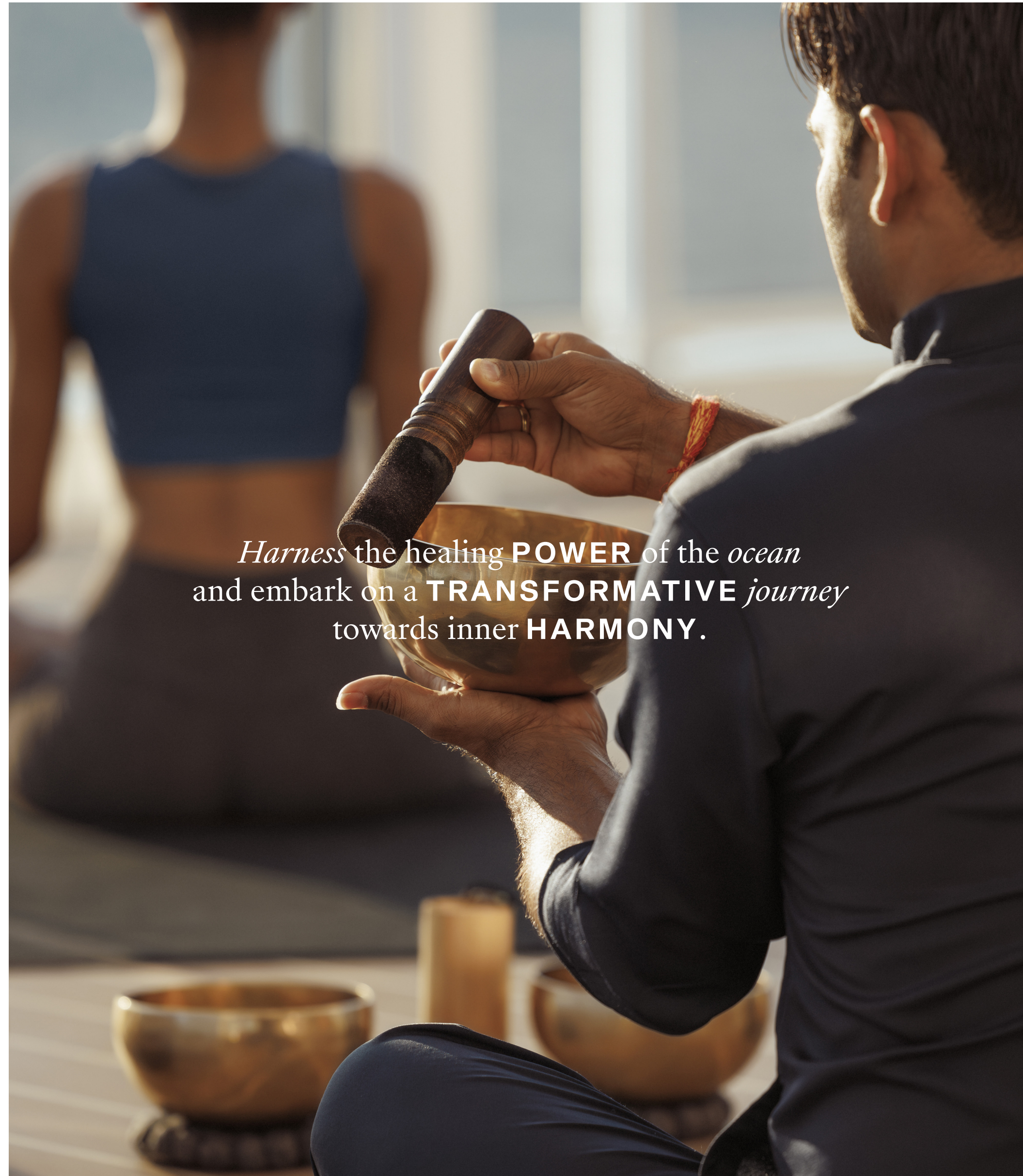
OCEAN WELLNESS

BY EXPLORA JOURNEYS

OCEAN WELLNESS RETREATS



A *bespoke* OCEAN-INSPIRED
wellness JOURNEY



*Harness the healing **POWER** of the *ocean*
and embark on a **TRANSFORMATIVE** *journey*
towards inner **HARMONY**.*

OCEAN WELLNESS RETREATS

Unwind, invigorate, and *transform*.
Inspired by the vast, rhythmic embrace of the ocean,
our wellness philosophy *harmonises* spa, movement, beauty,
and holistic wellbeing, guiding you to a state of deep renewal.

Designed as an immersive *wellbeing experience*
during the days at sea, this exclusive series
of *retreats* offers a sanctuary for restoration,
balance, and self-discovery.

Sail through serene waters while embracing
curated *Ocean Wellness* rituals –
from Chakra Healing Meditation to Gong Baths
under the stars – each designed to cleanse, restore,
and *elevate* your sense of vitality.

*Our Ocean Wellness Retreats include
a series of experiences designed to elevate wellbeing:*

MINDFUL MOVEMENT

Explore dynamic and somatic movement practices that cleanse, restore, and revitalize.
Tailored to enhance both physical and emotional wellbeing.

Sessions include:

Surya Shakti Yoga
Pranayama and Breathwork
Qigong and Energy Flow
Core Revival and Strength
Upper and Lower Body Harmony
Face Yoga and Anti-Ageing Techniques

—

REJUVENATING SEMINARS

Deepen your understanding of holistic wellness
through expert-led discussions and immersive workshops,
providing practical tools to enhance daily life.

Topics include:

Stress Management and Nervous System Regulation
The Science of Sleep and Rest
Wellbeing Immersion and Rituals for Daily Life

TRANSFORMATIVE WELLBEING EVENTS

Experience the vibrational power of sound, aromatherapy,
and therapeutic breathwork in guided group sessions designed to elevate consciousness.

Events include:

The Joy of Reconnection
The Depths of Exploration Ceremony
Closing Circle and Intentions

—

SELF-REFLECTION AND PERSONAL GROWTH

This retreat offers space for contemplation and self-discovery, inviting moments of stillness and insight.

Reflect, journal, and manifest in guided workshops such as:

Journaling for Inner Clarity
Mindfulness and Meditation Practices
Metta and Loving-Kindness Meditations
Manifestation and Vision Board Creation

—

RECONNECT WITH NATURE

Immerse in the profound serenity of open waters,
where sunrises and starlit skies become a part of your healing journey.

Nature-infused experiences include:

Drifting Meditation
Gong Bath under the Stars
Sonic Meditation and Ocean Sound Healing
Sunrise and Sunset Breathwork



“True *wellbeing* is not found in a single practice,
but in the **HARMONY** of *body*, **MIND**, and **SPIRIT** – where balance
becomes second *nature* and **VITALITY** flows **EFFORTLESSLY**.”

–
CARLIE BARLOW

HOSTED BY WELLNESS EXPERT CARLIE BARLOW

With over two decades of experience in shaping transformative wellness experiences worldwide, Carlie Barlow has dedicated her life to guiding others towards a deeper sense of balance and vitality.

Her work seamlessly weaves together the wisdom of Eastern philosophy, yoga, meditation, sound healing, and holistic programme design, creating immersive journeys that nurture both the individual and the collective.

A firm believer in the interconnectedness of physical, mental, and emotional health, Carlie invites you to explore a path of sustainable wellbeing – one where healing is not just a momentary retreat, but a way of life.

ONE-DAY RETREAT
STEP INTO SERENITY

A transformative day of purification and renewal.

Set adrift on open waters, this immersive retreat offers a holistic journey to cleanse the body, calm the mind, and uplift the soul.

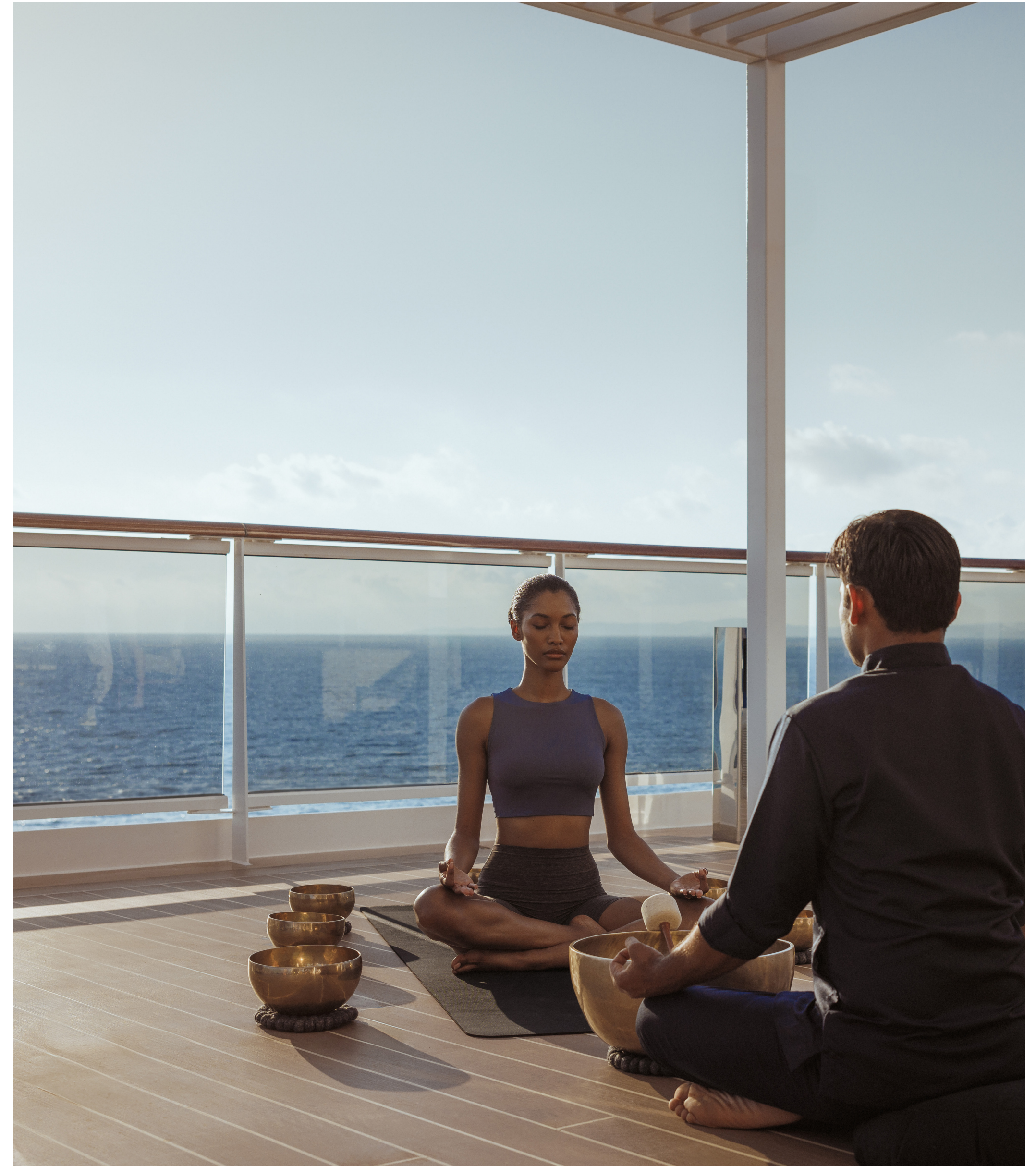
Through a harmonious blend of yoga, pranayama, reflective practices, and transformative wellbeing experiences, we invite you to release stress and embrace a profound sense of serenity.

TWO-DAY RETREAT
THE DEPTHS OF EXPLORATION
A sanctuary for restoration and self-discovery.

Over the course of two days, immerse yourself in a haven of rejuvenation.

Guided by expert practitioners, this retreat weaves together sound healing, meditation, and insightful seminars, creating space for deep introspection and renewal.

Awaken a greater sense of self-awareness and compassion, leaving you with a lasting feeling of balance, clarity, and inner peace.







OCEAN WELLNESS

BY EXPLORA JOURNEYS

RETREATS PROGRAMME

18-25 March 2025 | EXPLORA II

STEP INTO SERENITY

One-Day Retreat



ST JOHN'S - Tuesday 18 March

14.30 - 15.15

STEP INTO SERENITY - RETREAT WELCOME
Astern Lounge, deck 5

AT SEA - Wednesday 19 March

7.45 - 8.30

SURYA SHAKTI - DETOXIFICATION YOGA
Sky Bar on 14, deck 14

8.30 - 9.00

METTA MEDITATION AND LIVE SOUND HEALING
Sky Bar on 14, deck 14

12.00 - 12.30

RELEASE AND UNWIND
Fitness Studio, deck 10

16.00 - 16.45

WELLBEING IMMERSION EXPERIENCE SEMINAR
Astern Lounge, deck 5

17.00 - 17.30

SUNSET YOGA WITH ACOUSTIC GUITAR
Sky Bar on 14, deck 14

20.00 - 21.00

GONG BATH UNDER THE STARS
Deck 12

AT SEA - Friday 21 March

14.30 - 15.15

STEP INTO SERENITY - RETREAT WELCOME
Astern Lounge, deck 5

AT SEA - Saturday 22 March

7.45 - 8.30

SURYA SHAKTI - YIN YOGA
Sky Bar on 14, deck 14

8.30 - 9.00

CHAKRA HEALING MEDITATION
Sky Bar on 14, deck 14

12.00 - 12.30

LOWER BODY HARMONY
Fitness Studio, deck 10

16.00 - 16.45

JOURNALING SEMINAR
Astern Lounge, deck 5

17.00 - 17.30

SUNSET PRANAYAMA
Deck 12

20.00 - 21.00

GONG BATH UNDER THE STARS
Deck 12

An exclusive experience fee applies, programme subject to changes

DEPTHS OF EXPLORATION

Two-Day Retreat

ST JOHN'S - Tuesday 19 March

14.30 - 15.15

**THE DEPTHS OF EXPLORATION
RETREAT WELCOME**
Astern Lounge, deck 5

AT SEA - Wednesday 20 March

7.45 - 8.30

SURYA SHAKTI - CLEANSING YOGA
Sky Bar on 14, deck 14

8.30 - 9.00

ENERGISING PRANAYAMA
Sky Bar on 14, deck 14

12.00 - 12.30

CORE REVIVAL
Fitness Studio, deck 10

16.00 - 16.45

SLEEP AND REST SEMINAR
Astern Lounge, deck 5

17.00 - 17.30

YIN YOGA
Deck 12

AT SEA - Friday 21 March

7.45 - 8.30

SURYA SHAKTI - YOGA NIDRA
Sky Bar on 14, deck 14

8.30 - 9.00

DRIFTING MEDITATION
Sky Bar on 14, deck 14

12.00 - 12.30

UPPER BODY HARMONY
Fitness Studio, deck 10

16.00 - 16.45

FACE YOGA WORKSHOP
Astern Lounge, deck 5

17.00 - 17.30

THE JOY OF RECONNECTION
Deck 12

AT SEA - Saturday 22 March

14.30 - 15.15

**THE DEPTHS OF EXPLORATION
RETREAT WELCOME**
Astern Lounge, deck 5

AT SEA - Sunday 23 March

7.45 - 8.30

SURYA SHAKTI - ROCKET YOGA
Sky Bar on 14, deck 14

8.30 - 9.00

MANTRA MEDITATION
Sky Bar on 14, deck 14

12.00 - 12.30

ANTI-AGEING STRENGTH
Fitness Studio, deck 10

16.00 - 16.45

POSITIVE AFFIRMATION AND CRYSTAL SEMINAR
Astern Lounge, deck 5

17.00 - 17.30

CANDLELIGHT YOGA WITH ACOUSTIC GUITAR
Sky Bar on 14, deck 14

AT SEA - Monday 24 March

7.45 - 8.30

SURYA SHAKTI - KUNDALINI YOGA
Sky Bar on 14, deck 14

8.30 - 9.00

OCEAN DRUM IMMERSION MEDITATION
Sky Bar on 14, deck 14

12.00 - 12.30

CORE REVIVAL
Fitness Studio, deck 10

16.00 - 16.45

MANIFESTATION AND VISION BOARD SEMINAR
Astern Lounge, deck 5

20.00 - 21.00

THE DEPTHS OF EXPLORATION CLOSING CIRCLE
Deck 12

An exclusive experience fee applies, programme subject to changes

A GRAND JOURNEY FROM CARIBBEAN COVES TO IBERIAN CHARMS

SAN JUAN TO LISBON

7 - 28 March 2025 | *EXPLORA II*

DATE		ARR	DEPT
07.03	SAN JUAN		19:00
08.03	Gustavia	09:00	21:00
09.03	St. John's (Antigua)	09:00	20:00
10.03	Basseterre	08:00	18:00
11.03	Spanish Town (Virgin Gorda)	08:00	18:00
12.03	At Sea		
13.03	At Sea		
14.03	Miami	07:00	19:00
15.03	At Sea		
16.03	At Sea		
17.03	San Juan	08:00	17:00
18.03	St. John's (Antigua)	09:00	17:00
19.03	At Sea		
20.03	At Sea		
21.03	At Sea		
22.03	At Sea		
23.03	At Sea		
24.03	At Sea		
25.03	Funchal (Madeira)	09:00	17:00
26.03	At Sea		
27.03	Leixões (Porto)	10:00	18:00
28.03	LISBON	08:00	



PORTO



A GRAND JOURNEY FROM CARIBBEAN COOL TO IBERIAN IDYLLS

MIAMI TO LISBON

14 - 28 March 2025 | *EXPLORA II*

DATE		ARR	DEPT
14.03	MIAMI		19:00
15.03	At Sea		
16.03	At Sea		
17.03	San Juan	08:00	17:00
18.03	St. John's (Antigua)	09:00	17:00
19.03	At Sea		
20.03	At Sea		
21.03	At Sea	07:00	19:00
22.03	At Sea		
23.03	At Sea		
24.03	At Sea	08:00	17:00
25.03	Funchal (Madeira)	09:00	17:00
26.03	At Sea		
27.03	Leixões (Porto)	10:00	18:00
28.03	LISBON	8:00	



SAN JUAN



A GRAND JOURNEY FROM BOMBA CARIB BEACHES TO CASTANETS OF SPAIN

MIAMI TO BARCELONA

14 March - 3 April 2025 | *EXPLORA II*

DATE		ARR	DEPT
14.03	MIAMI		19:00
15.03	At Sea		
16.03	At Sea		
17.03	San Juan	08:00	17:00
18.03	St. John's (Antigua)	09:00	17:00
19.03	At Sea		
20.03	At Sea		
21.03	At Sea	07:00	19:00
22.03	At Sea		
23.03	At Sea		
24.03	At Sea	08:00	17:00
25.03	Funchal (Madeira)	09:00	17:00
26.03	At Sea		
27.03	Leixões (Porto)	10:00	18:00
28.03	Lisbon	08:00	00:00
29.03	Lisbon		15:00
30.03	Cadiz	09:00	21:00
31.03	Málaga	09:00	23:00
01.04	At sea		
02.04	Palma de Mallorca	10:00	20:00
03.04	BARCELONA		20:00



FUNCHAL (MADEIRA)



A GRAND JOURNEY FROM CARIBBEAN COOL TO PORTUGUESE SHORES

SAN JUAN TO LISBON

17 - 28 March 2025 | *EXPLORA II*

DATE		ARR	DEPT
17.03	SAN JUAN		17:00
18.03	St. John's (Antigua)	09:00	17:00
19.03	At Sea		
20.03	At Sea		
21.03	At Sea		
22.03	At Sea		
23.03	At Sea		
24.03	At Sea		
25.03	Funchal (Madeira)	09:00	17:00
26.03	At Sea		
27.03	Leixões (Porto)	10:00	18:00
28.03	LISBON	08:00	



ANTIGUA





OCEAN WELLNESS

BY EXPLORA JOURNEYS

RETREATS PROGRAMME

2-9 April 2025 | EXPLORA I

STEP INTO SERENITY

One-Day Retreat

MIAMI - Wednesday 2 April

14.30 - 15.15

STEP INTO SERENITY - RETREAT WELCOME

Astern Lounge, deck 5

AT SEA - Thursday 3 April

7.45 - 8.30

SURYA SHAKTI - DETOXIFICATION YOGA

Sky Bar on 14, deck 14

8.30 - 9.00

METTA MEDITATION AND LIVE SOUND HEALING

Sky Bar on 14, deck 14

12.00 - 12.30

RELEASE AND UNWIND

Fitness Studio, deck 10

16.00 - 16.45

WELLBEING IMMERSION EXPERIENCE SEMINAR

Astern Lounge, deck 5

17.00 - 17.30

SUNSET YOGA WITH ACOUSTIC GUITAR

Sky Bar on 14, deck 14

20.00 - 21.00

GONG BATH UNDER THE STARS

Deck 12

AT SEA - Thursday 3 April

14.30 - 15.15

STEP INTO SERENITY - RETREAT WELCOME

Astern Lounge, deck 5

AT SEA - Friday 4 April

7.45 - 8.30

SURYA SHAKTI - YIN YOGA

Sky Bar on 14, deck 14

8.30 - 9.00

CHAKRA HEALING MEDITATION

Sky Bar on 14, deck 14

12.00 - 12.30

LOWER BODY HARMONY

Fitness Studio, deck 10

16.00 - 16.45

JOURNALING SEMINAR

Astern Lounge, deck 5

17.00 - 17.30

SUNSET PRANAYAMA

Deck 12

20.00 - 21.00

GONG BATH UNDER THE STARS

Deck 12



An exclusive experience fee applies, programme subject to changes

DEPTHS OF EXPLORATION

Two-Day Retreat

AT SEA - Saturday 5 April

14.30 - 15.15

THE DEPTHS OF EXPLORATION

RETREAT WELCOME

Astern Lounge, deck 5

AT SEA - Sunday 6 April

7.45 - 8.30

SURYA SHAKTI - POWER YOGA

Sky Bar on 14, deck 14

8.30 - 9.00

SOUND MEDITATION

Sky Bar on 14, deck 14

12.00 - 12.30

UPPER BODY HARMONY

Fitness Studio, deck 10

16.00 - 16.45

SLEEP AND REST SEMINAR

Astern Lounge, deck 5

17.00 - 17.30

CANDLELIGHT YOGA WITH ACOUSTIC GUITAR

Sky Bar on 14, deck 14

AT SEA - Monday 7 April

7.45 - 8.30

SURYA SHAKTI - ROCKET NIDRA

Sky Bar on 14, deck 14

8.30 - 9.00

MANTRA MEDITATION

Sky Bar on 14, deck 14

12.00 - 12.30

ANTI-AGEING STRENGTH

Fitness Studio, deck 10

16.00 - 16.45

POSITIVE AFFIRMATION AND CRYSTAL SEMINAR

Astern Lounge, deck 5

20.00 - 21.00

GONG BATH UNDER THE STARS

Deck 12

AT SEA - Monday 7 April

14.30 - 15.15

THE DEPTHS OF EXPLORATION

RETREAT WELCOME

Astern Lounge, deck 5

AT SEA - Tuesday 8 April

7.45 - 8.30

SURYA SHAKTI - YIN YOGA

Sky Bar on 14, deck 14

8.30 - 9.00

CHAKRA HEALING MEDITATION

Sky Bar on 14, deck 14

12.00 - 12.30

LOWER BODY HARMONY

Fitness Studio, deck 10

16.00 - 16.45

FACE YOGA WORKSHOP

Astern Lounge, deck 5

17.00 - 17.30

CANDLELIGHT YOGA WITH ACOUSTIC GUITAR

Sky Bar on 14, deck 14

AT SEA - Wednesday 9 April

7.45 - 8.30

SURYA SHAKTI - KUNDALINI YOGA

Sky Bar on 14, deck 14

8.30 - 9.00

OCEAN DRUM IMMERSION MEDITATION

Sky Bar on 14, deck 14

12.00 - 12.30

CORE REVIVAL

Fitness Studio, deck 10

16.00 - 16.45

MANIFESTATION AND VISION BOARD SEMINAR

Astern Lounge, deck 5

20.00 - 21.00

THE DEPTHS OF EXPLORATION CLOSING CIRCLE

Deck 12

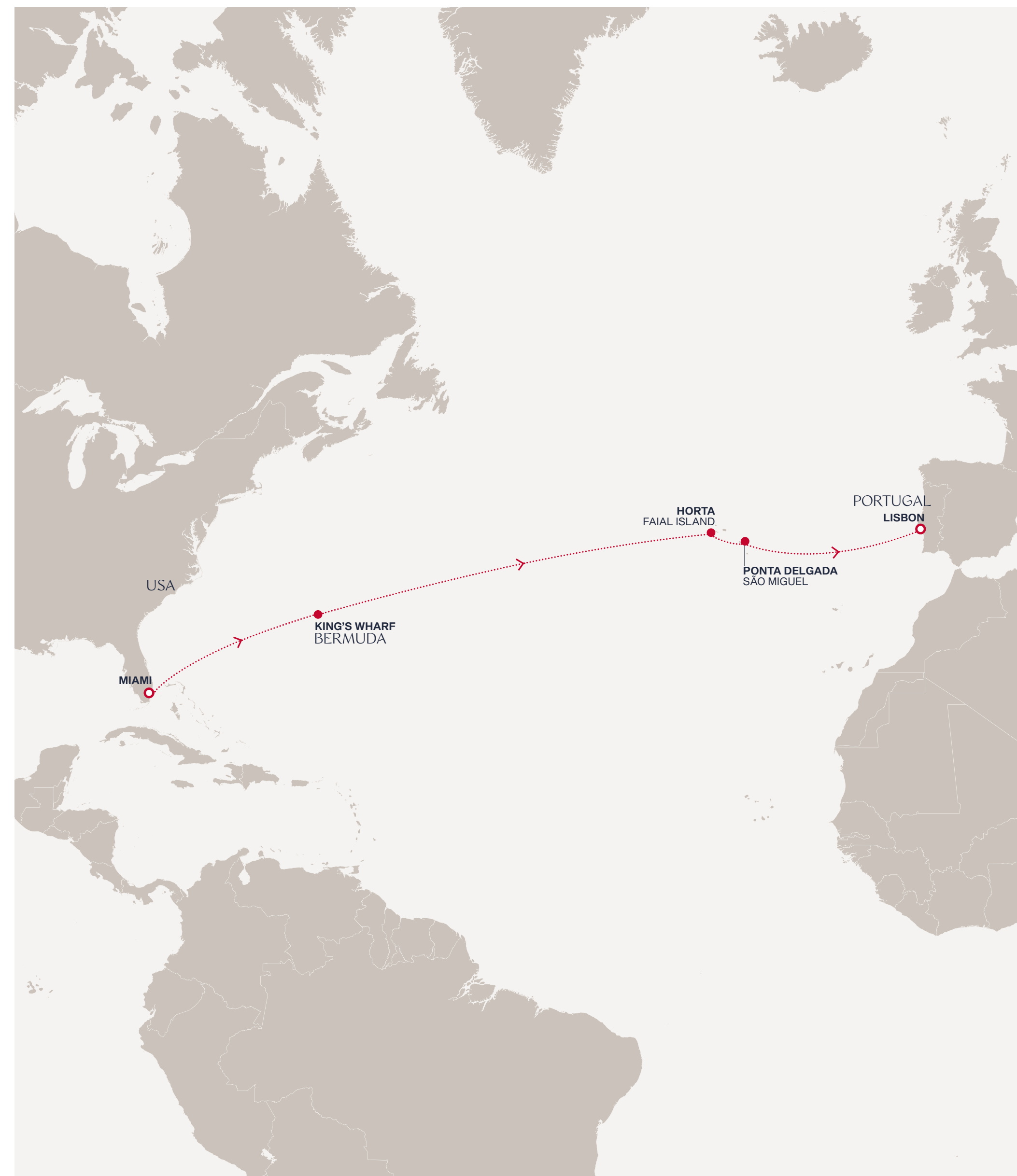
An exclusive experience fee applies, programme subject to changes

A GRAND JOURNEY BETWEEN AMERICA, AZORE ISLES & LISBON

MIAMI TO LISBON

2 - 14 April 2025 | *EXPLORA I*

DATE		ARR	DEPT
02.04	MIAMI		19:00
03.04	At Sea		
04.04	At Sea		
05.04	King's Wharf	08:00	18:00
06.04	At Sea		
07.04	At Sea		
08.04	At Sea		
09.04	At Sea		
10.04	Horta (Faial Island)	12:00	20:00
11.04	Ponta Delgada (São Miguel)	08:00	21:00
12.04	At Sea		
13.04	At Sea		
14.04	LISBON	08:00	



A GRAND JOURNEY BRIDGING AMERICA, AZORE ISLES & CATALONIA

MIAMI TO BARCELONA

2 - 18 April 2025 | *EXPLORA I*

DATE		ARR	DEPT
02.04	MIAMI		19:00
03.04	At Sea		
04.04	At Sea		
05.04	King's Wharf	08:00	18:00
06.04	At Sea		
07.04	At Sea		
08.04	At Sea		
09.04	At Sea		
10.04	Horta (Faial Island)	12:00	20:00
11.04	Ponta Delgada (São Miguel)	08:00	21:00
12.04	At Sea		
13.04	At Sea		
14.04	Lisbon	08:00	19:00
15.04	At Sea		
16.04	Cartagena	09:00	18:00
17.04	Valencia	08:00	17:00
18.04	BARCELONA	07:00	



FAIAL ISLAND



AN EXTENDED JOURNEY BRIDGING AMERICA & THE MED'S ANCIENT GREATS

MIAMI TO ATHENS

2 - 28 April 2025 | *EXPLORA I*

DATE		ARR	DEPT
02.04	MIAMI		19:00
03.04	At Sea		
04.04	At Sea		
05.04	King's Wharf	08:00	18:00
06.04	At Sea		
07.04	At Sea		
08.04	At Sea		
09.04	At Sea		
10.04	Horta (Faial Island)	12:00	20:00
11.04	Ponta Delgada (São Miguel)	08:00	21:00
12.04	At Sea		
13.04	At Sea		
14.04	Lisbon	08:00	19:00
15.04	At Sea		
16.04	Cartagena	09:00	18:00
17.04	Valencia	08:00	17:00
18.04	Barcelona	07:00	19:00
19.04	Palma de Mallorca	09:00	21:00
20.04	At Sea		
21.04	Palermo (Sicily)	08:00	16:00
22.04	La Valletta	10:00	20:00
23.04	At Sea		
24.04	Chania (Crete)	09:00	18:00
25.04	Rhodes	09:00	19:00
26.04	Kusadasi (Ephesus)	09:00	21:00
27.04	Santorini	09:00	21:00
28.04	PIRAEUS (ATHENS)	07:00	



PAROS



EVERY OCEAN WELLNESS RETREAT INCLUDES:

- A bespoke guided programme curated by our wellness experts.
- A 100% cotton yoga tote bag, designed for comfort.
- A luxurious lavender-infused eye pillow, crafted from hemp and organic cotton.
- A set of mindful affirmation cards to inspire daily intention-setting.
- An Ocean Wellness booklet, offering insights and practices to deepen your retreat experience.
- A thoughtful turndown amenity, enhancing your evening ritual.

AN INTRODUCTORY OFFER APPLIES TO THE UPCOMING 2025
OCEAN WELLNESS RETREATS:

One-Day Retreat Programme: USD 199 per person | Two-Day Retreat Programme: USD 359 per person



OCEAN WELLNESS
BY EXPLORA JOURNEYS

