

Special single parent week

Get back into shape *and* awaken your tastebuds

Kai Papai gives you the chance to get fit, awaken your taste buds, discover the pleasures of local vegetarian cuisine and enjoy a week of rest while spending only quality time with your little ones in an idyllic setting, close to picturesque beaches and surrounded by lush tropical vegetation.

ACTIVITIES OFFERED

- Morning gym: Working out in the morning may actually be healthier than exercising any other time of day. 1 hour of light legs and arms exercises, ending with some stretching.
- Yoga: learn to use your own breath as a guide to flow from one posture to the next to recenter oneself and cultivate equanimity, flexibility, and strength
- Meditation: let us guide you to your inner self to gather new strength
- Healthy breakfast: a delight for fresh-fruit lovers and a treat to all
- Vegetarian cooking lessons: learn how to cook "migan", fresh pasta and lasagna, herb loaves, pumpkin chips, pakoras, pigeon peas in a callaloo cream, stuffed eggplants and peppers, palak paneer, tajins, zucchini flan, onions soup, blanc manger coco, pumpkin cake, chocolate mousse and much more while mostly using local produce from our garden
- Trekking in the rainforest
- Quadrille Dance Lesson (The Quadrille is a dance that was fashionable in late 18th- and 19th-century in Europe and its colonies. On the island of Saint Lucia, quadrilles are social occasions held in private homes; Lucian quadrilles were formerly viewed as old-fashioned, but are increasingly being adopted as a symbol of Lucian culture. The dancers usually step into 2 files placed one in front of the other or otherwise arranged in square groups of two to five dancers.)
- Beach: relaxing and bathing at the beaches nearby
- Creative sessions: let us stimulate your creativity and grow beyond judgment
- Gardening (learn about tropical seeds, plants and vegetables and how to grow them)
- Sulfur Spring tour and bath
- Story-telling

YOUR ACCOMMODATION

- Les Dauphins: 2 large beds and 1 single beds
- Les Tourteraux: 1 double bed and 1 single bed
- Les Anolis: 2 double beds

Accommodation will be in shared rooms distributed to best accommodate all participants wishes and needs.

Our weekly all-inclusive rate: 600 US\$/adult, 45% reduction for children under 10.