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RETREAT, RESET & RENEW AT BEACH ENCLAVE TURKS & CAICOS
Luxury villa-resort offers new one-day yoga retreat to inspire a mindful lifestyle



PROVIDENCIALES, TURKS & CAICOS (June 25, 2021) — Travelers wishing to hit the 'Reset Button' following this challenging year need look no further than [Beach Enclave Turks & Caicos](#). A leader in the luxury lifestyle and villa-resort category, Beach Enclave has introduced an all-new, one-day retreat in which guests can immerse themselves in a day of yoga and mindfulness. Whether new to the wellness world or an experienced yogi, this fully personalized retreat offers invaluable tools for implementing a healthy lifestyle that lasts well beyond the vacation.

While The Reset Button Retreat is available at all three of Beach Enclave's private beachfront communities, guests seeking the ultimate spot for peace and tranquility should consider [Beach Enclave North Shore](#), which is located on one of the most exclusive and virtually private, white-sand beaches in Providenciales. This tranquil, remote environment limits distraction and offers guests the opportunity to commune with nature. An abundant and vibrant coral reef life just offshore. The northern coastline is also home to communities of Green and Hawksbill turtles.

Each Reset Button Retreat incorporates two yoga classes: one private, in-villa session and one small group setting overlooking the ocean. Both practices are led by Beach Enclave Resident Instructor Lizzie Foster. Specialty tea and cool, essential oil-infused towels help keep participants refreshed and restored. Each program is fully customizable with optional activities such as intention setting, meditation, reflections, RAIN (Recognize, Allow, Investigate, Nurture) compassionate inquiry practice, mindful eating discussions and gratitude journaling.

“My goal is for each guest to leave feeling calm, centered and with an increased sense of self-awareness to take back home,” said Foster. “And where better to ‘hit reset’ than in your own luxurious villa, right in the heart of Nature’s paradise?”

The Reset Button Retreat is available to all Beach Enclave villa guests for an additional supplement of \$475 per person. The one-day retreat must be booked 72 hours in advance. Meals are not included but may be arranged via the concierge, including the option to have mindfully prepared meals by an in-villa personal chef.

For guests who choose not to participate in the group class, a substitution can be made for an additional fee. Substitutions include a personalized, private yoga session, Pancha Yoga Method or personal training. Add-on activities such as massage, kayaking, paddle boarding or kite surfing lesson can also be arranged.

For reservations or inquiries, please visit www.BeachEnclave.com, call +1 866 580 1675 or email experiences@beachenclave.com.

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ABOUT BEACH ENCLAVE

Beach Enclave redefines beachfront luxury living in the Turks & Caicos Islands through its 27 villas in three unique locations, all strategically positioned in private enclaves on the islands' most beautiful beaches. Each beachfront location showcases breathtaking ocean views and enjoys the island's gentle trade winds. **Beach Enclave North Shore** debuted in November 2016 with a combination of six beachfront and three ocean view villas. **Beach Enclave Long Bay** opened for rentals in November 2018 and offers an intimate collection of five beachfront villas. **Beach Enclave Grace Bay** broke ground in February 2018 and opened this winter with nine new villas. The resort is the first opening on the world's #1 Grace Bay Beach in the past decade.

For additional information, visit BeachEnclave.com.