



## THE MOORINGS WELLNESS RETREAT

A private journey to relaxation and renewal.

Surrounded by swaying palms, tropical gardens, and the tranquil waters of Islamorada, The Moorings Village provides the perfect setting to slow down and reconnect.

Designed around your personal pace, this curated wellness experience combines private yoga and restorative massage treatments in the comfort and privacy of your island retreat.

Begin your morning with a personalized yoga session overlooking the water, then unwind with a customized in cottage massage tailored to your individual needs.

Between sessions, enjoy peaceful walks along the shoreline, explore the property by bicycle, or simply relax beneath the palms and embrace the slower rhythm of the Keys.

### Package Includes

- Private yoga session with Nelly (yoga, water aerobics or fitness training)
- Personalized in cottage massage treatment
- Wellness concierge coordination prior to arrival

Restore balance. Embrace stillness. Return refreshed.

