

YOGA FACT SHEET



naiia
RESORT AND SPA



www.naiiaresortandspa.com



011.501.523.4600



info@naiiaresortandspa.com

Mile 17.5 Placencia, Peninsula, Placencia, Belize





OVERVIEW

Nestled within a private 224 acre swath of coastal jungle and beach on the Placencia Peninsula, Naia Resort and Spa is an intimate, natural playground where guests can enjoy an authentic Belize experience on land and at sea. Offering barefoot luxury, Naia extends along a mile of palm-studded beach and has 38 secluded Beach Houses, each one offering breathtaking views of the Caribbean Sea.

At the heart of Naia lies a unique spa, tucked away on a series of enchanting lily-covered lagoons. It offers an extensive menu of signature treatments, spa rituals, and personalized wellness programs, all of which incorporate native botanicals plus a signature line of organic spa products.

Whether snorkeling on Belize's Barrier Reef or enjoying a dining experience at one of Naia's 2 waterfront restaurants, the opportunities for discovery, adventure and personal growth are endless.

RESORT OFFERINGS

- Accommodations
- Yoga and Movement Studio
- Aerial Yoga (Capacity- 9)
- Fitness Center (gym)
- 2 Waterside restaurants
- Naia Spa
- Saltwater pool (24ft x 50ft)
- Watersports area with dock, kayaks and paddleboards
- Bicycles
- Meeting & events area
- Gift Shop
- Concierge
- Road and air transfers
- Adventure tours (land, sea and culture)

Walden

SERVICE HOURS

Security 24/7

Front Desk 24/7

Restaurants

Beach Bar and Grill

7:00am-9:00pm

1981

5:00pm-9:00pm

Open daily

Spa

8:00am-5:00pm

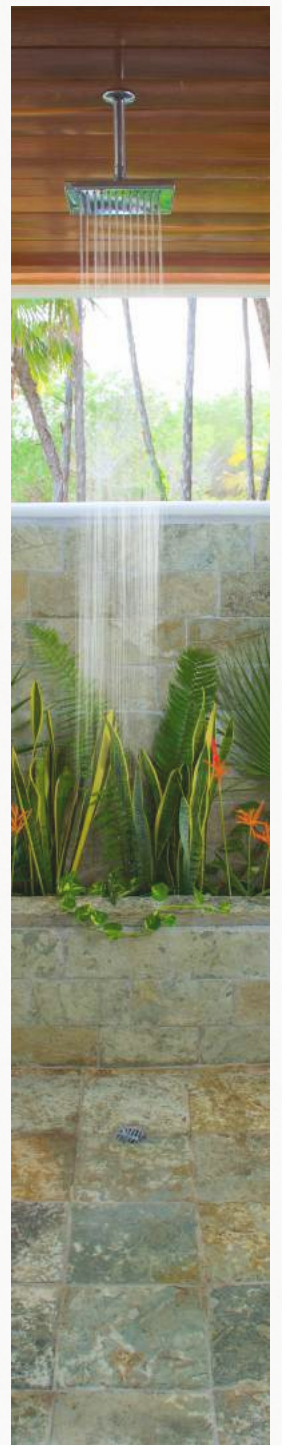
Open daily



ACCOMMODATIONS

We have 38 individual units ranging from one bedroom studios on the beach all the way up to a 3 storey, 5 bedroom beach house:

- 5 bedroom beach house with private pool (1 beachfront)
4 king beds, 1 bunk bed, 1 queen bed, 2 day beds
- 4.5 bedroom beach house with private pool (1 beachfront)
2 king beds, 2 queen bed, 1 single bed
- 4 bedroom beach house with private pool (1 beachfront)
3 king beds, 2 double beds
- 3 bedroom beach house with private pool (1 beachfront)
3 king beds



ACCOMMODATIONS

- 2 bedroom beach house with private pool (3 beachfront)

1 king bed, 1 queen bed

- Two Bedroom Treetop Villa (1 garden view)

*1 king bed, 1 queen bed,
1 futon style sofa bed*

- 1 bedroom beach house with private pool (6: 4 beach view, 2 beach front)

1 king bed

- One bedroom beach house (2 beach view)

1 king bed

- Studio Beach House (22: 15 beachfront & 7 beach view)

1 king bed



ALL BEACH HOUSES FEATURE

- *Private veranda with direct beach access*
- *Air conditioning & ceiling fans*
- *King sized bed with lightweight duvet and pillows*
- *Private outdoor shower & deep soaking tub*
- *A wet bar with mini fridge (in studio & 1 bedroom options)*
- Full kitchen (2- 5 bedroom options)
- Coffee maker, grinder and fresh gourmet coffee beans
- Smart TV, Bose sound system with docking station & telephone
- Complimentary Wi-Fi
- In-room safe
- 100% Turkish Cotton Serenity bathrobes & 100% Turkish Cotton Towels
- 100% Cotton Matouk Sheets
- Signature Citrus Nectar bath amenities inspired by Naia
- Flashlight & umbrella
- Iron & ironing board



INCLUDED IN ACCOMMODATION RATES:

- *Complimentary transfers to and from
Placencia Airstrip*





YOGA & MEDITATION

Our picturesque yoga and movement studio offers the perfect setting to find space and balance. With high ceilings and large accordion glass doors that open out on to a quiet private yoga lawn, you'll be treated to calming views of the spa lagoon and its beautiful surroundings. The studio capacity is 35 persons (20 inside and 15 on the verandah). Yoga classes can also be done on the beach and the pier.



YOGA EQUIPMENT & ACCESSORIES

- *Manduka Pro yoga mats (35)*
- *Pilates mats (20)*
- *Straps (30)*
- *Eye pillows (18)*
- *Blankets (20)*
- *Bolsters (30)*
- *Blocks (70)*
- *Foam rollers (10)*
- *Mat towels (35)*
- *Pilates Ball(6)*
- *Aerial Silks (9)*



A woman with long brown hair, wearing a grey top and a gold necklace, is smiling and holding a drink with a yellow garnish. In the foreground, there is a plate of food featuring a large portion of yellow mashed potatoes, topped with a colorful salad of diced tomatoes, onions, and herbs. A small white bowl of soup is also visible on the plate.

DINING

VENUES:

Naia Resort and Spa offers two dining options: our 1981 Restaurant for dinner (this restaurant is indoor and air conditioned) and the open air Naia Beach Bar and Grill for breakfast, lunch and dinner. Our Reflections Spa Cafe is also available as a bespoke space if you desire a more intimate, private dining experience for your group. We can also organize transfers to nearby restaurants if you wish to experience the full culinary palette available on the peninsula.

MENU:

Our menus feature signature seafood dishes, flavorful local ingredients, colorful salads and tasty vegetarian/vegan dishes. The menu is complemented by an exclusive drink selection, a hand-picked and specially curated wine list, a signature cocktail menu plus a wide range of healthy juices and smoothies.

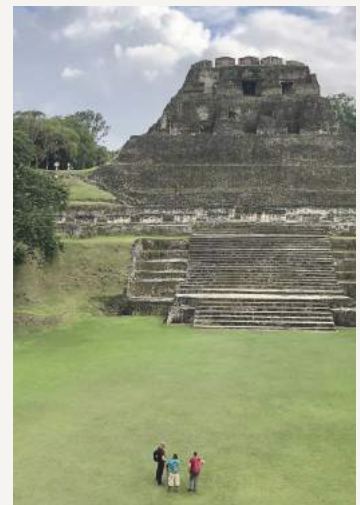
STYLE:

We are flexible in our meal design and layout, and can offer our guests a sumptuous buffet or meals a la carte. We are experienced in meeting the needs of guests who are vegan, have allergies, or any other specific dietary preference.



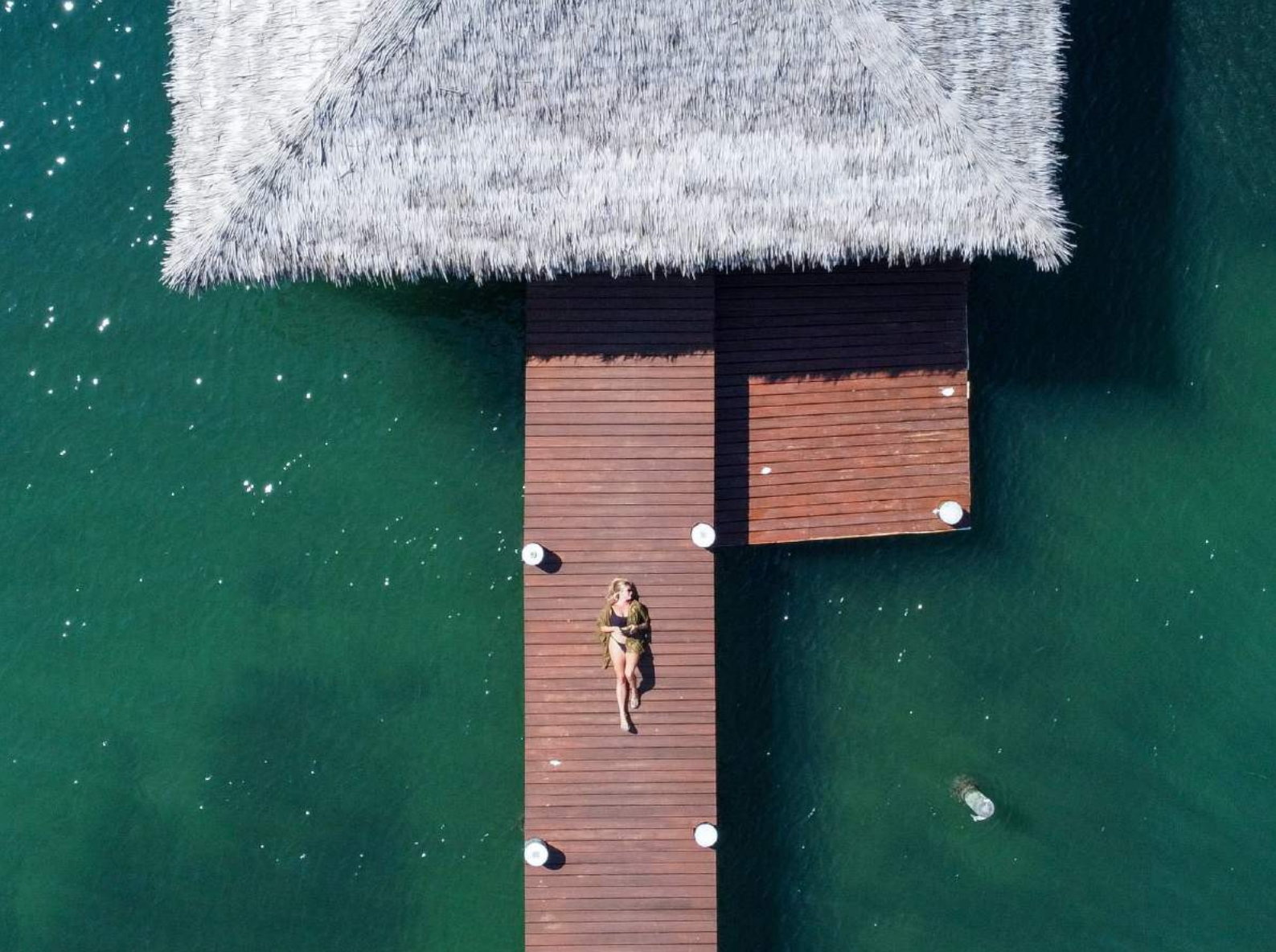
NAIA SPA

A natural oasis tucked away on a series of enchanting lily-padded lagoons, our spa offers an extensive menu of signature treatments, spa rituals and personalized wellness programs, which incorporate native botanicals and a signature line of organic spa products. Services include massages, facials, body wraps and scrubs as well as nail and beauty services.



ADVENTURE TOURS

Within Belize is a world of adventure waiting to be explored. Tour options include going diving, snorkeling, sailing, kayaking, ziplining, hiking or river tubing, and visiting ancient Maya cities, caves and rejuvenating waterfalls. Naia is the ideal jumping-off point to access some of the best sites in the country, and our team is happy to help you work these into your retreat schedule.



CONCLUSION

Here at Naia, we believe in balance. We also know that as a yoga teacher and leader, you need to find a place that will support your yoga retreat programing and the overall well being of your retreat participants. Our team is ready and available to fully facilitate you through the planning and on site excecution phase.

WWW.NAIARESORTANDSPA.COM



naïa

RESORT AND SPA