

THE RITZ-CARLTON, GRAND CAYMAN ANNOUNCES FIRST ANNUAL CAYMAN REJUVENATE – A MIND & BODY WELLNESS FESTIVAL IN THE CARIBBEAN

Invigorating fitness, wellness and lifestyle experiences offered exclusively at celebrated Caribbean resort



GEORGE TOWN, GRAND CAYMAN –October 1, 2019 –[The Ritz-Carlton, Grand Cayman](#) is pleased to announce the first-ever *Cayman Rejuvenate – A Mind & Body Wellness Festival in the Caribbean*, a three-day event that will encompass a holistic lifestyle approach to health, wellness, self-love and overall wellbeing. With barefoot access to the tranquil Seven Mile Beach, the resort invites guests to join an unforgettable and inspiring weekend from Friday, November 1 through Monday, November 4, 2019.

The Ritz-Carlton, Grand Cayman has enlisted some of the world’s most inspiring and talented experts in the health and wellness realm to host intimate sessions – both active and introspective – to evoke a newfound sense of wellbeing and mindfulness. Experts include celebrity trainer and founder of Body by Simone, **Simone De La Rue**; certified Yoga and Pilates instructor, **Riva Gdanski**; leading functional medicine doctor and author of *Ketotarian* and his new book, *The Inflammation Spectrum*, **Dr. Will Cole**; founder of the F-Factor diet, **Tanya Zuckerbrot**; and founder of AK! energetic fitness classes, **Amanda Kloots**.

“With the debut of our first ever Cayman Rejuvenate weekend, The Ritz-Carlton, Grand Cayman marks its evolution as a celebrated Caribbean resort to a sought-after destination for fitness, health and wellbeing,” said Marc Langevin, General Manager of The Ritz-Carlton, Grand Cayman. “We are pleased to present a line-up of talented health and wellness professionals who will bring their expertise to our resort to inspire, educate and revitalize the lifestyle of our guests.”

There are more than 12 events scheduled over the Cayman Rejuvenate weekend including speaking panels, fitness classes, culinary delights and beauty or skincare experiences, among others. Highlights of the weekend include the following events:

Body by Simone Dance Cardio Class

Celebrity trainer, Simone de la Rue presents a signature 50-minute cardio workout, which will include an upbeat dance routine, followed by toning and sculpting of the arms and abs. Simone's high intensity workout requires no prior dance experience. Guests who come to class with a positive attitude will leave class dripping in sweat.

Setting up the Shot with Riva G

Designed for those who want to capture eye-popping yoga photographs, this workshop is an intro to teach guests how to capture their best angles while doing yoga for Instagram. An Instagram-sensation herself, Riva G will share insider tips on how to take any yoga photo to the next level. Bring a camera or smart phone for this fun hands-on session!

Dr. Will Cole Presents 'The Inflammation Spectrum:' Identify Food Triggers + Reset the System

Designated among the top fifty best functional medicine and integrative doctors in the U.S., Dr. Will Cole will explore how inflammation exists on a spectrum within the body, the various systems it can affect, and how individuals can discover their respective food triggers to overcome chronic inflammation. As a health expert for *mindbodygreen* and *goop*. Dr. Will Cole specializes in inflammation and the Keto Diet.

F-Factor Approved Cocktail Party with Tanya Zuckerbrot

F-Factor approved cocktails and light bites will be served at this resort-chic exclusive meet-and-greet with the creator and founder of F-Factor, Tanya Zuckerbrot, MS RD. Guests are invited to speak with Tanya herself and learn how F-Factor helps those who have struggled with weight loss to look and feel their best without compromising their lifestyle.

Water Aerobics with Amanda Kloots

Guests will enjoy the scenic outdoor setting of The Ritz-Carlton, Grand Cayman with Amanda Kloots' signature AK! toning class. While in the pool, guests will complete a total body workout session using water resistance as an effective low-impact method to work the muscles. Combined with bursts of cardio, this water workout will prepare guests for their best beach body.

Guests interested in participating in this memorable celebration of wellbeing may do so by reserving the special Rejuvenate Package available through the Reservations portal at www.ritzcarlton.com/grandcayman. In addition, the event features a Rejuvenate Pass which includes tickets to nine signature events for all three days with a special discounted rate.

Individual tickets for Cayman Rejuvenate may be purchased at <https://caymanrejuvenate.eventbrite.com/> and will be available on September 25, 2019. Room reservations can be made at www.ritzcarlton.com/grandcayman, by phone at +1 800-241-3333 or by contacting one's preferred travel professional.

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About The Ritz-Carlton, Grand Cayman

Spanning 144 acres sea-to-sea from world-famous Seven Mile Beach to the North Sound, The Ritz-Carlton, Grand Cayman is the island's only AAA Five Diamond hotel and a flagship of the Caribbean. The 375-room luxury resort features a la prairie spa, five restaurants including Blue by Eric Ripert, the island's largest ballroom, an interactive culinary studio, and The Courts tennis center. The Ritz-Carlton Golf Club, Grand Cayman is highlighted by its Greg Norman-designed nine-hole golf course, and by a new indoor golf simulator using Trackman technology. Further property highlights include the Starfish Cay water park, Oculus glass bottom boat, renowned Ambassadors of the Environment family program by Jean-Michel Cousteau, and the new Seven South – the largest luxury hotel suite in the Caribbean. For more information, visit www.ritzcarlton.com/grandcayman, or to engage directly with the resort, visit <https://www.facebook.com/ritzcarltongrandcayman>.

Photos available of talent and The Ritz-Carlton, Grand Cayman upon request.

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