

STRENGTHEN THE BODY AND MIND WITH CHABLÉ HOTELS



Every new year, millions across the globe pledge, with the very best intentions, to move into the year, with fresh fitness aspirations and a strong, positive mindset. To coincide, Chablé Hotels - a boutique five-star hotel and wellness company - is delighted to announce the launch of its Strength Programme, which has been curated to build both mental and physical health and ensure these changes are attainable and sustainable.

To strengthen the body physically, itineraries will include personalised training sessions guided by Chablé's expert in house trainers. Sessions will take place outside in either the Yucatan jungle or on the shores of Maroma beach, as well as inside Chablé's impressive fitness centres, home to programme specific equipment such as strength exercise bikes, adjustable resistance cables and a variety of weights. Bespoke to each individual, and mindful of varying fitness levels, itineraries may also include cycling and HIIT training, supplemented by low impact classes such as yoga and Pilates to awaken muscles that are harder to target.

Throughout the programme, Chablé's trainers will aim to improve guests' stamina, flexibility, coordination, balance and posture to kickstart long-lasting results, whilst also providing a realistic schedule to follow once back home.

Chablé Hotels also recognises the power of the mind and the integral part it plays in reaching fitness goals and maintaining balance in everyday life. Half of the programme is dedicated to improving mental strength. Each day, guests participate in various forms of meditation and mindfulness including popular energetic breathing practices. This session centres guests right at the start of the day, teaching them how to be conscious of their breathing and be present in the moment. Participants will learn the benefits of introducing breathwork to the daily routine, as it gradually trains the mind to detoxify and find inner calm in even the most stressful of circumstances.

Additionally, the programme includes active meditation, which sees guests embrace silence and peace whilst on a nature walk, as well as hatha, vinyasa or ashtanga yoga depending on personal preference and experience. For an even deeper inner connection, transformative sound therapy sessions, sea rituals and traditional Temazcal ceremonies are available. Temazcal is a ritual based on one of the oldest forms of Mayan medicine where the physical, mental and spiritual levels come together.

Further programmes available with Chablé Hotels includes the immune booting programme, stress and anxiety relief programme, healing heartache programme and the happiness programme. More information available at request.

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Notes to Editors

About Chablé Hotels

Chablé Hotels, a boutique five-star hotel and wellness company founded on Mayan rituals and traditions, is comprised of two hotels: Chablé Yucatan and Chablé Maroma. Chablé Yucatan is set within 750 acres in the heart of the Mayan forest near Merida and boasts just 40 casitas and villas, whilst Chablé Maroma lies on a private beach and has 70 villas surrounded by mangroves, in the Riviera Maya. Both offer spacious suites, each with their own private pool, and ample outdoor space allowing guests to reconnect with nature. Chablé Hotels puts emphasis on providing a private and exclusive experience; even at full occupancy there is plenty of space to socially distance to give guests complete peace of mind.

For more information, please visit: www.chablehotels.com