



## **EXPLORA JOURNEYS PRESENTS NEW OCEAN WELLNESS RETREATS ON GRAND JOURNEYS ABOARD EXPLORA I & EXPLORA II**

*In October and November 2025, Guests on Grand Journeys have the chance to experience transformative Ocean Wellness Retreats*



**Geneva, Switzerland – 7 August 2025** – Explora Journeys, the luxury lifestyle ocean travel brand of the MSC Group, announces its latest Ocean Wellness Retreats - a series of immersive, one-day wellbeing programmes offered exclusively on Grand Journeys aboard EXPLORA I and EXPLORA II. These curated experiences invite guests to elevate their travel through holistic wellness practices inspired by both Eastern and Western traditions, all while sailing across some of the world's most remarkable ocean routes.

The Ocean Wellness Retreats offer a sanctuary of calm through practices such as Surya Shakti Yoga, pranayama, sound healing, Gong Baths under the stars, and guided reflection. Each retreat is thoughtfully designed to promote inner peace and emotional renewal, blending yoga, breathwork, sound sessions, and introspective techniques. Guests are welcome to attend multiple retreats throughout the voyage to deepen their experience.

During Grand Journeys, guests have the luxury of time and space - perfect conditions for personal transformation. The Ocean Wellness Retreats harness this special setting to offer deeper self-awareness, balance, and serenity, all framed by the soothing rhythm of the ocean waves.

*“Our Ocean Wellness Retreats exemplify how travel can nurture the mind, body and soul,” said Julanda Marais, Head of Ocean Wellness Explora Journeys. “These retreats invite guests to slow down and reconnect - within themselves, and with the vast, calming energy of the sea.”*

The Ocean Wellness Retreats are available on the following Journeys:

- **EXPLORA I - A Grand Journey of European Gems and Tropical Idylls:** 18 October – 12 November 2025, sailing from Fusina (Venice) to Miami via Mediterranean cultural gems and Caribbean escapes.
- **EXPLORA II - A Grand Journey between Sweet Mint Tea & Lava Caves:** 11–22 November 2025, departing Barcelona and culminating in Bridgetown, Barbados, calling on Tangier, Gran Canaria and other scenic ports before reaching the Caribbean’s lush shores.

**-ENDS-**

***Notes to Editors:***

**Pricing per guest:**

- 1 Day – EUR 199
- 2 Days – EUR 358
- 3 Days – EUR 508
- 4 Days – EUR 636
- 5 Days – EUR 746
- 6 Days – EUR 835

**Included with every retreat:**

- Bespoke guided programme by top wellness experts
- 100% cotton yoga tote bag
- Organic hemp & cotton lavender-infused eye pillow
- Ocean Wellness booklet with insights and wellbeing practices
- Thoughtful turndown amenity to enrich the evening ritual