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The Ritz-Carlton, Amelia Island Unveils 2019 Wellness Programming and Kicks Off the New Year with *Healthy is the New Happy* Weekend Retreat, hosted by Bestselling Author and Yoga Expert Dave Romanelli

In the New Year Guests Can Expect Quarterly Weekend Retreats with Highly Acclaimed Wellness Experts and a Variety of New Wellness Offerings from the Spa to the Restaurants

AMELIA ISLAND, FLA. (December 11, 2018) – In an effort to further enhance its holistic wellness experience resort-wide, [The Ritz-Carlton, Amelia Island](#) will expand its platforms emphasizing mindfulness, serenity and healthy living by introducing quarterly wellness retreats with acclaimed experts in yoga, meditation, fitness and nutrition; innovative spa treatments; regularly offered wellness programs and experiences, and healthy culinary offerings.

Gary Virden, Spa Director and coordinator of all wellness programming at The Ritz-Carlton, Amelia Island said, “The resort’s focus has been to provide a holistic wellness experience that connects guests with the gentle pace of this barrier island. Our annual wellness retreat featuring MC Yogi has helped establish Amelia Island as a wellness destination and that is reflected in the unique offerings of the resort – from our Full Moon Purnama Yoga Series to our meditative beach walks to our yogic massage service. The Ritz-Carlton, Amelia Island is becoming recognized by wellness experts as a leading destination resort for well-being and we’re very proud of that.”

To kick off the New Year, The Ritz-Carlton, Amelia Island will welcome bestselling author and noted yoga expert, Dave Romanelli to host a curated weekend retreat, *Healthy is the New Happy*, where he will share the secrets to slowing down, living in the moment and celebrating life. Taking place Friday, February 15th through Sunday, February 17th at the resort, [Dave Romanelli](#) brings a unique and entertaining approach to well-being, fusing ancient wellness practices with modern passions that give people accessible tools to overcome stress, focus their mind, and improve their relationships at work and at home. His mission to help people live happier, healthier lives has been featured in The New York Times, The Wall Street Journal and *O, The Oprah Magazine* and he is well known for his Yoga + Chocolate and Yoga + Wine workshops.

Weekend retreat event schedule:

Friday, February 15, 2019:

7:00 p.m. Welcome and introductory reception (food and beverage included)

Saturday, February 16, 2019:

10:00 a.m. *Happy is the New Healthy* lifestyle presentation by Dave Romanelli

7:00 p.m. Communal Dinner and Discussion (food and beverage included)

Sunday, February 17, 2019

9:00 a.m. Yoga and Intention Setting

With the breathtaking scenery of the resort as the backdrop, we invite you to connect with what makes you truly happy and be present for every moment of discovering happy is the new healthy. Attendance for the weekend retreat is limited and available only to registered resort guests with the *Healthy is the New Happy: A Weekend Retreat* package. Room rates begin at \$349 per night. A one-time event fee of \$900 per guest will be charged along with the nightly room rate, two-night stay required. For reservations, please call 904-277-1100 and request booking code WWU or visit www.ritzcarlton.com/ameliaisland.

In January, the resort will offer monthly meditation experiences including yoga Nidra, which encourages the deepest possible states of relaxation while still maintaining full consciousness, and other meditation techniques designed to foster individual intentions. A weekend meditation experience is planned for the second quarter 2019.

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About The Ritz-Carlton, Amelia Island: The Ritz-Carlton, Amelia Island is Northeast Florida's premier oceanfront resort. Known for its unique natural beauty and warm Southern charm, this luxury resort is home to the award-winning restaurant, Salt, and The Ritz-Carlton Spa, Amelia Island, named one of the top spas in the world by the readers of Condé Nast Traveler. It is also the host of annual marquee events such as The Amelia Island Concours d'Elegance and The Amelia Island Wellness Festival. Featured amenities include three pools, on-site golf, fitness center, tennis, children's recreational programs, and 446 guest rooms, each with private balcony and a view of the Atlantic coastline. For reservations, please call The Ritz-Carlton toll-free at (800) 241-3333 or visit www.ritzcarlton.com/ameliaisland. For information on The Ritz-Carlton Company visit www.ritzcarlton.com.

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