

MANAPANY

HOTEL BSIGNATURE
SAINT-BARTH



SELVA
studio

A WELLNESS RESIDENCY
BY DIANA BOUREL

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Se/va — The Art of Self Care® studio at Manapany Hotel & Spa — is a space designed to recreate the conditions of embodied awareness, presence, and quiet. Not as an escape from life.

As a place to practice being in it differently.

A space where attention can be sustained. Where the nervous system can settle. Where the body can rediscover rhythm. Where we can learn — in moments of calm — what we will need when intensity arrives.

Born from the longstanding collaboration between Hotel Manapany and Diana Bourel, *Se/va* reflects a shared vision of sustainable well-being. A pioneer of the wellness movement in St. Barth since the 1990s, and creator of the St. Barth Summer Camp Yoga Challenge, Diana now joins the hotel as its resident wellness partner.

Rooted in her method, The Art of Self-Care®, *Se/va* is a living space—open to private sessions, intimate group practices, and curated gatherings. A place to explore, reconnect, and cultivate a more conscious way of being.



THE APPROACH

At *Se/va*, Diana Bourel curates a collection of private and immersive wellness experiences, each tailored to the individual:

- **Private Yoga Sessions** - personalized instruction adapted to all levels
- **Meditation & Breathwork** - techniques designed to regulate the nervous system and release stress
- **Aqua Yoga** - water-based practices that enhance mobility, balance, and strength
- **Guided Hikes** - discover the soul of Saint Barthélemy through guided nature hikes
- **Solo and duo immersive experiences**

Beyond physical practice, Diana also offers Transpersonal Healing sessions, guiding participants into states of deep relaxation and emotional integration to support personal transformation and inner harmony.

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On a regular basis, Selva will host a rotating series of visiting consultants—ensuring there’s always a new perspective to discover and a fresh lens through which to encounter yourself.



ABOUT DIANA BOUREL

Diana Bourel is a French-American pioneer of holistic wellness who has called Saint-Barthélemy home since the 1990s. With more than three decades of experience, she has developed a deeply intuitive approach to well-being, rooted in the connection between body, breath, and awareness. As the founder of The Art of Self-Care®, she blends yoga, breathwork, meditation, and nervous-system regulation to guide individuals toward greater balance, resilience, and inner alignment. Through her work—ranging from private sessions to immersive retreats—Diana invites each person to cultivate a more conscious relationship with themselves and the world around them.

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PACKAGES
& EXPERIENCES



PACKAGES & EXPERIENCES

SELVA BY DIANA BOUREL

All sessions, packages and packs are prepaid at time of booking.

Solo Experiences

HALF-DAY · 1 PERSON	THE RESET	€380
– 60' Private Yoga – 60' Meditation — individual, deeply personal – 60' Coming Home — Transpersonal & Shamanic Healing	<i>One focused half-day to return to yourself</i> Save €70 (16%) (à la carte €450) Ideal for: Weekend guests · First visits · Short stays	
★ SIGNATURE · 2 DAYS · 1 PERSON	ISLAND IMMERSION	€660
– 2 × 60' Private Yoga – 1 × 85' Coming Home — Transpersonal & Shamanic Healing — 1 × Island Discovery Hike (60') – 1 × Aqua Yoga private session (60')	<i>Move, breathe, heal — the full St. Barth experience</i> Save €165 (20%) (à la carte €825) Ideal for: Solo guests · Full week stays	
IMMERSIVE · 3 DAYS · 1 PERSON	THE DEEP DIVE	€1,020
– 3 × 60' Private Yoga – 2 × 60' Meditation — individual sessions – 1 × 85' Coming Home — Transpersonal & Shamanic Healing — 1 × Aqua Yoga private session (60') – 1 × Island Hike (60') – 1 × Closing integration session (30')	<i>A complete three-day arc of transformation</i> Save €255 (20%) (à la carte €1,275) Ideal for: Extended stays · Wellness-focused guests seeking deep work	

Duo & Couples Experiences

HALF-DAY · 2 PERSONS	DUO REFRESH	€490
– 60' Private Yoga (2 persons together) – 60' Aqua Yoga private session (2 persons) – 60' Coming Home — couples session	<i>A shared reset, side by side</i> Save €100 (17%) (à la carte €590) Ideal for: Couples · Anniversaries · Friends	
★ SIGNATURE · 2-3 DAYS · 2 PERSONS	DUO IMMERSION	€850
– 2 × 60' Private Yoga (2 persons) – 1 × 85' Coming Home — couples healing work – 1 × Island Hike (2 persons, 60') – 1 × Aqua Yoga private session (2 persons, 60') – Shared closing meditation (30')	<i>Two days of movement, depth, and shared memory</i> Save €215 (20%) (à la carte €1,065) Ideal for: Couples · Honeymooners	
FULL RETREAT · 3 DAYS · 2 PERSONS	DUO DEEP DIVE	€1,240
– 3 × 60' Private Yoga (2 persons) – 2 × 60' Meditation — 1 individual session each – 1 × 85' Coming Home — couples healing session — 1 × Island Hike (2 persons, 60') – 1 × Aqua Yoga private session (2 persons, 60') – Shared closing meditation (30')	<i>Three days, two paths, one shared journey</i> Save €325 (21%) (à la carte €1,565) Ideal for: Extended couple stays · Deep personal work · Milestone occasions	



GROUP CLASSES & PACKS

SELVA BY DIANA BOUREL

GROUP CLASSES

CLASS	WHEN	WHERE	PRICE	FORMAT
Semi-Private Yoga	★ Daily	Selva studio or beachfront	€50 / person	Max 8 · 75 min · No experience required · 5-class pass €220 · Prepaid
Aqua Yoga	Mon · Wed · Fri 11:30am	Nikki Beach	€40 / person	60 min · All levels · Prepaid
Meditation Circle	Thursdays 7:00–8:00pm	Anglican Church Gustavia	Free	60 min · Open to all — hotel guests and local community welcome

MULTI-SESSION PACKS — ALL PREPAID

PACK	SESSIONS	PRICE	À LA CARTE	SAVING	NOTES
Five Pack (solo)	5	€695	€750	7%	Any private services · Valid 12 months
Ten Pack (solo)	10	€1,350	€1,500	10%	Any private services · Valid 12 months · Priority scheduling
Duo Five Pack	5	€920	€1,000	8%	5 shared sessions · Available as gift
Duo Ten Pack	10	€1,760	€2,000	12%	Priority access · Midpoint check-in
Online Ten Pack	10	€1,350	€1,500	10%	Online only · Valid 12 months · Any modality

QUICK GUIDE

GUEST	RECOMMENDED	PRICE	BOOKING
Solo · weekend / first visit	The Reset	€380	+590 690 49 99 21 · diana@theartofselfcare.com
Solo · full week	Island Immersion ★	€660	24h advance for private sessions Same-day for group yoga
Solo · 3+ days	The Deep Dive	€1,020	Book on arrival day
Couple / honeymoon	Duo Immersion ★	€850	Gift certificates on request
Couple · half-day	Duo Refresh	€490	Ideal for anniversaries & arrivals
Any guest · daily ritual	Semi-Private Yoga	€50 / person	Max 8 · Studio or beachfront · No experience required
Guest 5+ days	5-Class Pass	€220	Best value for regulars · Prepaid
Gift / special occasion	Any package as gift cert.	€380–€1,240	Weddings · anniversaries · birthdays
Community / locals	Meditation Circle — Free	Free	Thursdays 7–8pm · Anglican Church, Gustavia

RESERVATIONS

Contact our concierge team or Diana directly

+590 590 27 66 55 reservation@hotelmanapany.com
+590 690 49 99 21 · diana@theartofselfcare.com · theartofselfcare.com · @dianabourelartofselfcare



RESERVATIONS

We invite you to pause, reconnect, and experience Selva at your own rhythm.

For reservations or further information, our team is at your disposal to curate a personalized journey, tailored to your needs and your stay.

CONCIERGE TEAM

Anse de Cayes
97133 Saint-Barthélemy
+590 590 27 66 55
reservation@hotelmanapany.com

DIANA BOUREL

+590 690 49 99 21 · diana@theartofselfcare.com ·
theartofselfcare.com · [@dianabourelartofselfcare](https://www.instagram.com/dianabourelartofselfcare)

