
NEVIS, W.I.
Curated Caribbean wellness experiences for studios, teachers & communities
BY VICTORIA ROSE

CREATING A RETREAT ABROAD SOUNDS AMAZING. UNTIL YOU HAVE TO ORGANISE IT



Finding the right venue,
Coordinating accommodation,
Planning experiences,
Managing transport,
Navigating an unfamiliar destination.

Running a retreat involves far more than teaching great classes — and the logistics can quickly become overwhelming.

Many teachers want to create meaningful experiences for their communities, but don't have the time, local knowledge, or connections to bring it all together.



Bring Your Wellness Community Somewhere Extraordinary

A LOCAL PARTNER TO HELP BRING YOUR VISION TO LIFE

With deep roots in Nevis and over a decade working across movement, wellbeing, hospitality, and international travel, I help studios create thoughtfully curated Caribbean experiences with confidence.

From finding the right venue to arranging local experiences, I provide the local knowledge and support needed to make your retreat feel effortless for both you and your guests.

From planning to arrival, I help take care of the details so you can arrive as a teacher, not a project manager





WHY NEVIS?

Offer your community something beyond the usual retreat destinations. Nevis offers the perfect combination of:

Caribbean warmth and hospitality

Boutique luxury accommodation

Nature, adventure, and ocean experiences

Authentic local culture

A slower pace that encourages genuine connection

A place where guests can move, explore and rest

Arrive, slow down, reconnect, and experience something truly different

HOW I CAN HELP

YOUR LOCAL RETREAT PARTNER

VENUE SOURCING

FINDING THE RIGHT FIT FROM HISTORIC INNS TO PRIVATE VILLAS AND LUXURY PROPERTIES

LOGISTICS

ACCOMMODATION, TRANSPORT, RESTAURANTS, ACTIVITIES, AND LOCAL COORDINATION

ISLAND EXPERIENCES

CREATING MEANINGFUL EXPERIENCES BEYOND THE MAT

WELLNESS SUPPORT

YOGA, PILATES, MOBILITY, MASSAGE, AND GUEST WELLBEING



WHY VICTORIA?

With roots in both the UK and Nevis, my work has always sat at the intersection of movement, hospitality, travel, and connection.

Over the past decade, I have built experience across different countries, cultures, and communities — bringing together the skills needed to create thoughtful, people-centred experiences.

- 10+ years in yoga, Pilates, movement, and wellbeing
- BSc Nutrition & Sport Science
- Qualified massage therapist and bodyworker
- Former superyacht crew with luxury hospitality experience
- International teaching experience across the UK, Caribbean, and USA
- Experience working with private clients, studios, hotels, and retreats
- Lifelong connection to Nevis and the wider Caribbean

POTENTIAL VENUES



MONTPELIER NEVIS, W.I.

THE HERMITAGE

Best suited for:

- Yoga communities
- First-time retreat hosts
- Smaller, intimate groups
- Guests looking for authentic island charm

Group size: 8–20 guests
Style: Heritage Caribbean
Indicative pricing: ££

WEBSITE

Historic Caribbean Charm

One of the oldest wooden inns in the Caribbean, The Hermitage offers a uniquely authentic Nevis experience with traditional cottages, tropical gardens, and a warm family atmosphere.

Ideal for smaller groups seeking simplicity, history, and connection to local culture.



PALM GARDENS



Private Estate Luxury & Botanical Beauty

Set within six acres of lush tropical gardens beneath the slopes of Nevis Peak, Palm Garden offers a unique private estate experience combining Caribbean nature, privacy, and refined island living.

With beautifully designed villas, expansive outdoor spaces, and a strong connection to the natural landscape, Palm Garden provides an inspiring setting for intimate wellness retreats, celebrations, and private group experiences.

The estate's botanical gardens and curated experiences create opportunities to combine movement, relaxation, nature, and authentic island exploration.

Best suited for:

- Boutique luxury retreats
- Pilates and movement groups
- Private celebrations
- Small premium wellness experiences

Group size: Small intimate groups (approximately 6–12+ guests depending on villa configuration)
Style: Private estate luxury
Indicative pricing: ££££

INSTAGRAM

GOLDEN ROCK



Boutique Wellness & Nature

Set amongst lush tropical gardens with views towards Nevis Peak, Golden Rock offers a boutique experience where design, nature, and tranquillity come together beautifully.

Its striking setting and established wellness reputation make it particularly attractive for boutique yoga, Pilates, and creative retreats.

Best suited for:

- Boutique wellness retreats
- Creative communities
- Smaller premium groups
- Nature lovers

Group size: 8–16 guests
Style: Boutique luxury
Indicative pricing: £££

WEBSITE





PARADISE BEACH

Best suited for:

- Luxury retreats
- Pilates and fitness groups
- Leadership retreats
- Private group experiences

Group size: 8–20 guests
Style: Beachfront luxury
Indicative pricing: ££££

WEBSITE

Luxury Beachfront Villas

A collection of spacious private villas directly on one of Nevis' most beautiful beaches, offering privacy, luxury, and exceptional service.

Perfect for premium experiences combining movement, ocean activities, and relaxed Caribbean luxury.

MONTPELIER

Best suited for:

- Luxury boutique retreats
- Executive and leadership groups
- Wellness holidays
- Food and culture-focused experiences

Group size: 8–18 guests
Style: Plantation luxury
Indicative pricing: ££££

WEBSITE

Timeless Plantation Elegance

A beautifully restored plantation estate combining understated luxury with exceptional food, service, and a peaceful hillside setting.

Montpelier feels intimate and refined, appealing to guests seeking sophistication without the scale of a larger resort.



SEASONS

PRIME RETREAT SEASON

NOVEMBER
MARCH
APRIL
MAY

SHOULDER SEASON OPPORTUNITIES

JUNE
JULY
AUGUST





INTERESTED?

If you've ever considered bringing your community somewhere different, I'd love to start a conversation and explore what might be possible.

ALSO VISITING NEVIS INDEPENDENTLY?

I also offer private wellness sessions and curated island experiences for individuals, couples, and small groups visiting the island.

Scan to stay in touch





STAY CONNECTED

NEVIS, MOVEMENT, WELLBEING & FUTURE HOSTED EXPERIENCES

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