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Bucuti & Tara Says “Namaste” to Earth Hour 2022 with Worldwide Event

Special meditation and restorative yoga to be streamed for everyone to enjoy

EAGLE BEACH, Aruba – March 21, 2022 – [Bucuti & Tara Beach Resort](#) is welcoming [Earth Hour 2022](#) with a special mediation and restorative yoga event. Onsite or across the world, the sustainability endorsing-resort is inviting all to join in this special offering on March 26, 2022.

Earth Hour 2022: a moment of solidarity for people and planet

Earth Hour, the world’s largest grassroots movement for the environment, is set to unite millions of people around the world to show solidarity for both people and planet. Taking place at a particularly crucial moment in time, this year’s event invites people around the globe to unite in a moment of reflection on relationships with each other and everyone’s collective home.

Earth Hour asks that people worldwide turn off lights from 8:30 – 9:30 p.m. locally for this one hour a year. From the Sydney Opera House where Earth Hour began in 2007, through the Gateway of India, Beijing Phoenix Center in China, Brandenburg Gate in Germany, the Colosseum in Italy, Empire State Building in the USA and the Christ the Redeemer in Brazil, a host of global landmarks will take part in the symbolic switch off moment, which this year seeks to communicate a safer, fairer and more sustainable future for everyone.

How to participate: Bucuti & Tara’s Earth Hour 2022 offering to the world

The resort is offering a special Earth Hour 2022 Mediation and Restorative Yoga Session. Anyone worldwide invited to participate as it will be streaming on [Bucuti & Tara’s Facebook page](#).

Participants will be led by the resort's onsite certified yoga teacher, Dagmara Avanindra, RYT-500, who will be appearing from the resort on Eagle Beach. Surrounded by candlelight, the gathering will begin at the start of Earth Hour, 8:30 p.m., with a soothing meditation as the sky's rich, deep colors meld together. With intentions set for the wellbeing of Mother Earth, the group will ease into yoga. Participants will focus on how their bodies are made up of the same atoms as the Earth. There is no physical separation between humans and the planet, only in people’s minds. The focus will be on participants reconnecting with themselves, recognizing they are an extension of the planet and understanding that caring for it is caring for themselves. Through gentle stretches and focused breath work, participants will connect their cores to the core of the Earth. As the special session concludes and participants become one again with Mother Earth, Avanindra will blow out the candles in honor of Earth Hour.

To learn more, visit Bucuti.com

IMAGES are located in [this Dropbox folder](#).

About Bucuti & Tara Beach Resort

Declared the [first CarbonNeutral®/net zero hotel in the Caribbean](#) in August 2018, Bucuti & Tara Beach Resort is one of the Top 10 Hotels for Romance in the World (third straight year), No. 1 Hotel for Romance in the Caribbean (sixth straight year) and No. 3 Hotel for Service in the Caribbean. Aruba's premier adults-only boutique resort is led by celebrated hotelier and environmentalist, Ewald Biemans, named by Caribbean Journal as the 2017 Caribbean Hotelier of the Year. The resort is nestled on the powdery white sands of Eagle Beach, home to protected sea turtles and named one of the "Dream Beaches of the World."

Now home to the Caribbean's Safest, Healthiest Vacation Experience thanks to its physician-developed COVID-19 safety protocols and Aruba's Health & Happiness Code seal, Bucuti has 104 well-appointed guestrooms, suites and penthouses. It offers sunbeds and shade for every guest; freshwater infinity pool; spa; WiFi; and complimentary iPad with Skype for use during stay. Award-winning healthy dining is enjoyed at oceanfront Elements, Tara Lounge and private beach dining. Reserved exclusively for guests and their friends, the newly renovated open-air SandBar offers top-shelf cocktails and live music daily along with the Caribbean's first Healthy Hour. The resort is TAG Approved® as a LGBTQ-friendly hotel. Bucuti, a worldwide sustainable tourism leader, holds eco-certifications of LEED Gold, Green Globe Platinum and Travelife Gold and was named the World's Most Sustainable Hotel/Resort in 2016 by Green Globe.

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