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New Nature-immersed Yoga Deck Debuts, Expands Comprehensive Wellness Program at Bucuti & Tara Beach Resort for Guests and Locals

EAGLE BEACH, Aruba – Jan. 7, 2025 – [Bucuti & Tara Beach Resort](#), Aruba’s premier adults-only resort, has unveiled its latest wellness feature: a serene yoga deck nestled in a courtyard adorned with indigenous plants and trees. Overlooking the resort’s prized stretch of Eagle Beach, affectionately known as one of the “Dream Beaches of the World,” this new space offers an inspiring backdrop for both guests and locals to embrace a holistic approach to health and mindfulness.

A fitting debut centered on rejuvenation

The new yoga deck debuted on Jan. 3, 2025. [Holistic wellness instructor](#) Andrea Herrera led the group of 13 participants. She began by having the mix of resort guests and locals, alike, spend a moment to set intentions for themselves as they enter 2025 and as the first to practice in this new yoga haven. With desires set, Andrea then led the group into deep relaxation beginning with breathwork and the pure tones of singing bowls. Next, the group eased into gentle, yin poses, flowing through a rejuvenating session before Andrea seamlessly guided the inaugural participants through sound healing.



Sound healing therapy is an ancient practice using sound vibrations to promote relaxation, healing, and a deeper state of consciousness. Herrera immersed the group into soothing sounds from singing bowls, letting them experience reduced stress, improved emotional well-being and a profound sense of balance and peace.

Nestled in nature

Bucuti & Tara’s extensive commitment to protecting and celebrating Aruba’s nature extends to the new yoga deck. The courtyard location surrounds the new space with vibrantly green native plants including the first-tree ever planted by the resort-co-founded [island reforestation nonprofit Ban Lanta y Planta](#). The open-air space allows gentle breezes to flow while a roof and bamboo shade guests from sun and create serene privacy.

Meeting guests along their journeys

The new yoga deck offers a [full menu of classes](#) tailored to all levels of practice. From invigorating sunrise

yoga sessions to calming evening meditations, from exhilarating antigravity aerial yoga to Pilates and cocooning, and from breathwork to sound healing and many more experiences, the schedule is designed to cater to diverse wellness needs. Both private sessions and classes are led by certified instructors who emphasize mindfulness, balance and physical well-being. Well before arriving to Aruba, resort guests can enjoy planning their wellness experiences including the new yoga deck offerings by [working with their personal concierge](#), [registering online](#) or by emailing the [resort's certified wellness instructors](#) at wellness@bucuti.com.

Expanding Bucuti & Tara's wellness program

The yoga deck represents a significant expansion of [Bucuti & Tara's comprehensive wellness program](#). Known for its innovative offerings that promote a balanced and healthy lifestyle, the resort's wellness initiatives include next-generation fitness facilities, personalized nutrition counseling, tailored itineraries connecting guests with Aruba's top wellness experts, and spa treatments that integrate natural, eco-friendly ingredients. The new yoga deck enhances these offerings by providing a tranquil outdoor space where guests and locals can connect with nature while engaging in practices that nurture the mind, body and spirit.

The yoga deck seamlessly ties into Bucuti & Tara's three cornerstones: romance, wellness, and sustainability. Couples can elect for private sessions. The blending of nature and the new deck enhances the restorative experience for participants. As home to the Caribbean's first and only certified carbon-neutral hotel, the deck's location and eco-design also further preserve Aruba's ecosystem.

An invitation to wellness

Bucuti & Tara Beach Resort invites guests and locals to experience the transformative power of its new yoga deck. With its picturesque setting, thoughtfully curated classes, and alignment with the resort's core values, the yoga deck is poised to become a cornerstone of wellness in Aruba.

To learn more, visit Bucuti.com.

IMAGES & VIDEOS

Yoga deck debut images are located in [this Dropbox folder](#) and [this private media gallery](#).

About Bucuti & Tara Beach Resort

Declared the [first certified CarbonNeutral® hotel in the Caribbean](#) in 2018, Bucuti & Tara Beach Resort is the No. 3 Hotel in the Caribbean and No. 21 Hotel in the World according to Tripadvisor. Aruba's premier adults-only boutique resort is led by celebrated hotelier and environmentalist, Ewald Biemans, who holds many accolades including multiple Hotelier of the Year awards. 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."

Home to the Caribbean's Safest, Healthiest Vacation Experience and Aruba's Health & Happiness Code seal, Bucuti has 104 well-appointed guest rooms, suites and penthouses. It offers sunbeds and shade for every guest; freshwater infinity pool; spa; WiFi; and complimentary iPad 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 open-air SandBar offers top-shelf cocktails and live music daily along with the Caribbean's first Healthy Hour. The resort is IGLTA and TAG Approved® as an LGBTQ-friendly hotel. Bucuti & Tara, a worldwide sustainable tourism leader, holds eco-certifications of CarbonNeutral®, LEED Gold, Green Globe Platinum and Travelife Gold and was named the World's Most Sustainable Hotel/Resort as the only one to achieve two 100% audits by Green Globe. The resort

exemplifies an all-embracing commitment to the [United Nations Sustainable Development Goals](#) and the United Nations deemed Bucuti & Tara’s sustainability program “highly replicable and scalable” for hotels worldwide to emulate.

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