



PONANT welcomes Tigre Yoga Club on board



NEW: PONANT launches this year its first ever wellbeing & yoga cruise in partnership with Elodie Garamond and Tigre Yoga Club, a leading yoga and lifestyle brand in France – Elodie Garamond is its famous founder. With PONANT and Tigre Yoga Club, guests are invited on a welcome break to reconnect with their inner self and open up to the world, in the magnificent scenery of the Caribbean Sea.

While sailing through the Caribbean idyllic blue water, *Le Dumont-d'Urville* invites guests to discover a medley of breathtaking panoramas. As they explore these wild coastlines and stunning islands, guests are taken on another voyage, this one an inner journey. For the first time PONANT is offering a dedicated yoga & wellbeing cruise, a spiritual odyssey born from an exclusive partnership between the company and Elodie Garamond, founder of the Tigre Yoga Club.

Fully in keeping with its *Explore to inspire* philosophy, PONANT is further enriching its cruises to create meaningful voyages. *“This cruise offers a proper break from the every-day, an opportunity to take an inner journey, one where peace of mind and calm hold sway. It will be an unforgettable experience for guests to explore and change their relationship with their bodies and emotions through yoga and wellbeing, be they enthusiasts or novices,”* explains Elodie Garamond.

Sun Salutations and coral reefs

Aboard *Le Dumont-d'Urville*, all guests – even total beginners – can benefit from introductory yoga and meditation sessions, wellbeing workshops and talks, mindful walks ashore, and the advice of naturopath & yoga teacher Leila Nasri. *“This inner voyage of body and mind, a path to developing perfect perception of the present moment, will offer physical and mental meditation, respiration and postural yoga. We will not seek to empty but to fill ourselves with the energy elements around us, and manifestations of the body, mind, emotions, and sensations. Like a guided conversation between*

our inner and outer selves, it will be an ongoing exploration in “full awareness”, on a cruise where one will also enjoy the wonderful service and elegant cuisine that are hallmarks of the PONANT experience,” adds Elodie Garamond.

Guests can also opt to book an [extra yoga package](#) for the duration of the cruise. This includes two yoga and meditation classes as well as one wellbeing session per day, run in small groups by Elodie Garamond and Leila Nasri (facial and eye yoga, breathing exercises, workouts to release connective tissue, etc.). Where possible, sessions will be held on the beach.

This invitation to tranquil exploration of one of the Caribbean’s most beautiful archipelagos includes other activities such as swimming, excursions at sea and ashore, snorkelling or scuba diving to discover an exceptional undersea world.

Pearls of the Caribbean

Fort de France – Fort de France on *Le Dumont-d’Urville*

25 November to 3 December 2022, 9 days / 8 nights

From €3,450 – [Find more about this cruise](#)

ABOUT ELODIE GARAMOND

Since 2013 when she launched her Tigre brand, Elodie Garamond has earned the nickname “yoga pope” in the French media. Between the openings of clubs from Deauville to Saint-Tropez via Paris, to publishing a Yoga encyclopaedia, the young entrepreneur has played a key role in growing this sector on mainland France: over 10 million now do yoga compared to 1.6 million in 2010. In autumn 2022, Elodie embarks on a new adventure at sea with PONANT.

ABOUT PONANT

Explore to Inspire: explore to better understand, learn, share and protect. For more than 30 years, PONANT has been committed to more responsible tourism and voyages of exploration which have meaning. The French-flagged fleet comprises 13 small capacity ships equipped with state of the art environmentally friendly equipment. With PONANT, exploration is refined, authentic and a source of inspiration. For more information www.ponant.com

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