



## FOR IMMEDIATE RELEASE

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## MONTAGE PALMETTO BLUFF TO HOST INAUGURAL MONTAGE WELL LIVING WEEKEND, JULY 23-25

*Lowcountry resort introduces three-day wellness retreat led by highly acclaimed experts, including Deepak Chopra, John Amaral, Ryland Engelhart and Dr. Will Bulsiewicz*

**BLUFFTON, S.C. (March 10, 2021)** – Nestled in a lush, 20,000-acre nature preserve between Hilton Head Island and Savannah, **Montage Palmetto Bluff** is proud to present its inaugural **Montage Well Living** weekend, **July 23-25, 2021**. Created to enhance and inspire the pursuit of health, balance, mindfulness and connectivity, the three-day wellness retreat will offer a series of workshops, panels and discussions led by a curated roster of renowned speakers, healers and practitioners.

“At Montage Palmetto Bluff, our guests are always active – whether riding bicycles to navigate the property, walking the miles of trails or kayaking the waters, and through these activities, they prioritize their wellbeing and share unforgettable memories with loved ones,” said Casey Lavin, general manager at Montage Palmetto Bluff. “While this is part of our way of life, several of the practitioners that we recognize as leaders in the industry have not yet visited our region. By bringing Montage Well Living weekend to Montage Palmetto Bluff, we hope to start a greater conversation about the way of life we are choosing to live, connectivity and health.”

Further defining the resort’s commitment to inspire connectivity, the three-day and two-night **Montage Well Living** weekend at Montage Palmetto Bluff will feature *New York Times* bestselling author, **Deepak Chopra**, as keynote speaker. Guests are invited to join the world-renowned pioneer of integrative medicine and personal transformation as he discusses The Nature of Reality, inspired by his 90<sup>th</sup> book release, Metahuman, sharing the secrets to moving beyond our present limitations to access a field of infinite possibilities.

In addition to the regular schedule of events, **Montage Well Living** attendees have the option of joining **Deepak Chopra** for an intimate social hour and book signing following his keynote, as well as a seated, four-course dinner featuring a plant-based menu from Montage Palmetto Bluff **Executive Chef Nathan Beriau** and Café Gratitude’s **Executive Chef Dreux Ellis**, along with organic wine pairings.

The fully immersive wellness experience continues with a myriad of motivational panels, discussions and movement – including the opening talk featuring **Dr. John Amaral**, creator of the Energy Flow Formula. As a highly regarded wellness expert, Dr. John Amaral will also be leading studios on energetic flow and body connectivity. Other highlights include an interactive talk and meditation led by Ayurveda expert, **Ashish Pandaya**, and a group sound bath and meditation led by **Tanya Colucci** and **Holly Ramey**. Participants will have three breakout sessions, selecting from an array of studios and topics to include: The Works classes with Sarah Frick, Plant Based Palate with **Chef Seizan Dreux Ellis**, Food and Bio-Dynamic Farming with **Christie and Will Tarleton** and Art Therapy with Nashville-based artist, **Amanda Norman**.

Additional weekend highlights include a plant-based picnic lunch and community social hours, featuring plant-based bites, botanically infused cocktails and organic wine. Participants will also enjoy refresh experiences provided by HealthyLine, HyperIce, and BrainTap – as well as artisan retail featuring Ordinary Magic, Maria White Ceramics, Bags By Gia, Elizabeth Few Studio and more. The **Montage Well Living** weekend concludes as attendees join **Sarah Frick**, founder of The Works, in a dynamic blend of powerful vinyasa yoga, meditation, plyometrics and core, followed by a plant-based brunch. Montage Palmetto Bluff is pleased to be partnering with B\YND WELL to produce this event.

To view the full itinerary and purchase tickets for the **Montage Well Living** weekend, please visit [www.montagewell-living.com](http://www.montagewell-living.com). Tickets for the weekend are \$2,828 per person, not including accommodations, which range from Inn rooms, cottages, suites and residences. All guests must reserve accommodations at Montage Palmetto Bluff. Attendees must be 21 years or older.

Montage Palmetto Bluff boasts miles of trails lined with lush greenery and ancient oaks to walk, run and bike through; activities such as kayaking, canoeing or paddle boarding on pristine waterways through avian sanctuaries and amongst vast wildlife; and amenities including the May River Golf Club and Palmetto Bluff Shooting Club. It never fails to charm its guests with a bounty of natural, historical and cultural experiences indigenous to the South Carolina coast. Here, where the May River mingles with the Atlantic, guests enjoy active and relaxing pursuits amid a breathtaking waterfront, lush woodlands, Jack Nicklaus Signature Golf Course, vibrant village, spa, restaurants, guest rooms, cottages and homes — all of which work hand-in-hand with Southern tradition and genuine hospitality.

For more information, call Montage Palmetto Bluff at 866-706-6565 or visit [www.montagehotels.com/palmettobluff](http://www.montagehotels.com/palmettobluff). Montage Palmetto Bluff is located at 477 Mount Pelia Road, Bluffton, S.C. 29910.

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#### **About Montage Palmetto Bluff**

Montage Palmetto Bluff is located within Palmetto Bluff's 20,000 acres in the historic community of Bluffton, South Carolina. The resort offers 200 guest accommodations in the form of spacious cottages, guest rooms and suites that reflect pampered luxury in an exceptional Lowcountry setting. The resort features six innovative dining outlets; a 13,000-sq. ft. Spa Montage; recreation amenities and activities including The May River Golf Club, a Jack Nicklaus Signature Course; and 16,000-sq. ft. of flexible meeting and event space. For more information or to make a reservation, please visit [www.montagehotels.com/palmettobluff](http://www.montagehotels.com/palmettobluff).

## **About Montage Hotels & Resorts**

Montage Hotels & Resorts is the ultra-luxury hospitality management company founded by Alan J. Fuerstman. Designed to serve the affluent and discerning traveler and homeowner, the company features an artistic collection of distinctive hotels, resorts and residences. Each Montage property offers comfortable elegance, a unique sense of place and spirit, impeccable hospitality and memorable culinary, spa and lifestyle experiences. The portfolio of hotels, resorts and residences includes: Montage Laguna Beach, Montage Deer Valley, Montage Kapalua Bay, Montage Palmetto Bluff, Montage Los Cabos and Montage Healdsburg. Opening in 2021 Montage Big Sky, opening in 2022 is Montage La Quinta, and opening in 2023 is Montage Cay. Montage Hotels & Resorts is a member of Preferred Hotels & Resorts. For more information, follow @montagehotels or visit [www.montagehotels.com](http://www.montagehotels.com).

## **About B\YND WELL**

B\YND Well provides **experiential wellness design services, creating spaces and programs that allow for connection, healing, longevity, respite, and rejuvenation.** Their clients include the hospitality, real estate, corporate workplace, and residential design industries. Each project is custom designed and programmed for their respective client's objectives to further their wellness programming and brand goals.

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