



THE NAMASTE EXPERIENCE



HANDBOOK

The word *namaste* depicts a Sanskrit phrase meaning “I bow to the divine in you.” To us, it represents our sincere happiness to have you with us onboard.

Namaste’s capabilities and extensive portfolio of equipment are exciting, but these details merely scratch the surface of why we are so proud to share her with our guests.

Since Grecian times, balancing mind and body has been viewed as the ideal for achieving health, happiness, and living a meaningful life. We embrace this philosophy on board and have structured *Namaste’s* offerings to enable you to have well-constructed options that stimulate both mind and body during your stay.

Each day aboard presents a chance to combine activities to enhance your mind and body. In this handbook you will find carefully designed experiences from which you can choose. Some we carried to *Namaste* from the best spas in the world. Some are uniquely enabled by living aboard an exceptionally equipped and crewed sailing yacht and focus on exploring the areas through which *Namaste* travels. And others take advantage of the slower pace of life on *Namaste*, making space to learn or simply be. Availability of the all experiences listed is not guaranteed.

After a week aboard, how will your life be changed?

RELAXATION



INTOUCH MORNING THERAPY

Namaste's InTouch Morning Therapy is thirty minutes of stretching and deep breathing that focuses on getting oxygen throughout the body, releasing and gently lengthening muscles, and preparing your body for the day ahead. This therapy takes place, weather permitting, on *Namaste's* foredeck, where the wind and waves create the ideal atmosphere. One of our crew will lead participants through the program. Yoga mats, yoga pants, and stretching bands are provided.

MEDITATION ON THE BOW

Treat yourself to *Namaste's* unique brand of "me time." The gentle motion and sound of a sailing yacht creates the ideal environment to simply be. The twin bow seats on board offer a vantage and isolation unique to the sailing catamaran. Try our recommended meditation program or use your own. Listen to your personal meditation while the wind and waves make it a truly holistic, almost magical, time. A crew member will help you get set up so you can fully enjoy this self-guided experience.

REJUVENATING HAMMAM AND OCEANIC SALTWATER PLUNGE

Enjoy an invigorating therapy with *Namaste's* cedar bench Hammam for two. Your therapy begins in the Hammam, where you let the hot steam do the work: increasing your circulation, restoring life to your muscles, opening up and flushing out your body's toxins, and relaxing both mind and muscles. Diffusing our carefully selected essential oils further enhances the process. With additions of fresh, made-on-board body scrubs and cleansing face masks, you can truly soak in the luxury and emerge refreshed and pampered. After a quick rinse, we encourage you to take advantage of the unique settings with a real saltwater plunge to complete the experience. This hot-to-cold technique stimulates stagnant lymphatic fluid, improves circulation, reduces muscle soreness, and increases energy and alertness—and may greatly elevate your mood. A warm Jacuzzi bath awaits as you emerge from the waters.

FLYBRIDGE BUNGALOW JACUZZI

While at anchor, *Namaste's* upper deck (the flybridge) is transformed into a private, open-air bungalow, complete with sunshade, Jacuzzi, and lounge area. Champagne, a fruit platter, a cheese plate, and infused ice water will all be on hand—per your preferences—to keep you hydrated and satiated during your session. Your music can be synced up to Bluetooth speakers or you can simply listen to the sound of the water below to find your peace. This is the pinnacle spa experience on *Namaste*, and full privacy is available. Your crew will be standing by if you need anything, but no one will step into this space until you are content and happy to rejoin your party.

THERAPEUTIC LOOSE-TEA BAR

All this relaxation requires rehydration. *Namaste's* bar boasts a unique selection of loose-leaf teas, all with great benefits and features. Whether you are looking for an energy boost, rejuvenation, detox, invigoration, or calming effects, we have something just right for you.

Steep your tea and retire to the shaded swim platform or the bungalow flybridge to enjoy every sip.

PERSONAL THERAPEUTIC MASSAGE

Theragun is another exclusive *Namaste* partner, and the Theragun massager is a unique and wonderful thing for you and/or your significant other to learn about. The Theragun is a professional-grade physical therapy tool. The Theragun massager allows anyone to give an amazing deep muscle or shiatsu massage. Each cabin has one available to use while you are on the boat. Just ask for a quick lesson to ensure maximum efficiency or download the App which provides online tips and training.

ADVENTURE



Life on a boat brings unparalleled relaxation opportunities, especially on *Namaste*. However, achieving a balance between rest and activity is key to building your energy and reducing your stress. There are many options available to you on board and (with a little planning) on shore. Your crew can present the day's options depending on location, anchorage, and weather.

SCUBA DIVING

If you are certified, scuba is a must. From the scuba tank locker and integrated onboard nitrox capable compressor, to our full assortment of world-class equipment, including integrated dive computers, *Namaste* was designed with diving in mind. With our six-seat, one-of-a-kind tender (*Vega*), venturing into another world has never been easier. For a unique water sports adventure, incorporate our *Seabobs* into your dive. *Namaste* offers divers a private experience without compromise or comparison—beyond what is available from many private dive companies. If you are an underwater photographer, *Namaste's* HD TVs in the salon and cockpit enable you to do a post-dive presentation of your day's best shots for all to see.

With two certified *Divemasters* and two budding advanced divers in the crew, you can have all of the support you need as well as help with fish identification and impassioned underwater-oriented conversation.

SNORKELING

This great exercise opportunity comes with a passport to explore a new world.

Not SCUBA certified? Consider it for next time! In the meantime, we have equipped the yacht with scuba-caliber masks, fins, and snorkels for your enjoyment. We even have high-end wet suits for when the weather is chillier. Because when you are comfortable, you can better enjoy the world below the waves.

STAND-UP PADDLEBOARDING

Stand-up paddleboarding is one of the best full-body workouts you can get. That single fact is behind the meteoric rise of the sport's popularity. Core strength, balance, and caloric burn are all features of this great sport, and you can do it all while exploring a convenient cove or a quiet harbor setting. Our top-of-the-line, rigid inflatable paddleboards have been selected to optimize stability and speed. The crew will assist you with technique and ensure your safety. For added adventure, *Namaste* also offers a windsurfing attachment, and our very own captain can lend you a hand to further engage your muscles and add a whole new level to the sport.

KAYAKING

Kayaking is easy. It's also good exercise, and a great way to explore *Namaste's* surroundings. Then, there is kayaking *Namaste*-style. Yes, our kayaks have paddles if you want to use them. With our Hobie™ pedal kayaks, you can enjoy the comfort of a recumbent bicycle in a hyper-efficient, hyper-comfortable pedal kayak. This is the most popular exercise equipment on the boat. Fortunately, we have two single-seat pedal kayaks and one double to accommodate our guests.

MARINE AND ONSHORE EXCURSIONS

As *Namaste* travels to some of the world's most beautiful places, getting off the boat to explore is definitely part of the adventure. It is also a great opportunity to move. Our crew are on hand to ferry you to shore, and you can use our e-bikes or our Segways, or just take a stroll or go for a run. Depending on your location, the crew can also bring you to an island town, escort you on a hiking trail in a nature reserve or suggest a ride on a winding island perimeter road. For amazing marine life viewing opportunities, we can organize boat trips or source some local information for the best sites.

NAMASTE GYM

Sometimes, the right answer is a cardio workout. The crew can deploy the *Namaste* gym either indoors in the air-conditioned salon, or outdoors in the cockpit. The gym includes hand weights and a variety of resistance bands and exercise mats for countless workout possibilities. The crew can even set up a circuit or sequence of exercises to help you strengthen and define your muscles.

LEARNING



When you are on vacation, enrichment and learning may sound like work. However, what if you could return from *Namaste* knowing how to open a bottle of champagne with a sword? You may be amazed by the possibilities. The precise list of options will depend on our location and crew.

IXCELA INTERNAL FITNESS™ ASSESSMENT AND PROGRAM

(Surcharge Required)

This is *Namaste's* unique signature wellness opportunity. *Namaste* has partnered with the award-winning wellness company, Ixcela (www.ixcela.com), to give you the additional option of a personalized Internal Fitness™ assessment taken prior to your trip and have the results guide your onboard experience, as you desire. With Ixcela, you can let science be your guide to feeling better.

Ixcela will send you an assessment kit that uses a pinprick blood sample and proprietary analysis techniques to develop your personalized Internal Fitness™ report. Based on decades of research, Ixcela is used by professional sports teams (NFL, NHL, Elite Cycling), performance athletes, and hundreds of elite nutritionists, trainers, and wellness coaches. Ixcela uses your blood sample to determine your score in five wellness categories: Immuno Fitness, Emotional Balance, Energetic Efficiency, Gastrointestinal Fitness, and Cognitive Acuity. If you score low in any of these categories, Ixcela provides a program to improve your health with personalized nutrition, fitness, and mindfulness recommendations. By making a few lifestyle adjustments, you can have more energy, get sick less often, think more clearly, and even feel more balanced. Ixcela is not just for athletes; it is the future of wellness.

At the beginning of your time with us, an Ixcela expert will Zoom in to go over your personalized results and recommendations. These recommendations will be tailored to your time on *Namaste* and its available services including the option of incorporating the dietary recommendations into our 5-star dinners (at your option, of course) We will also make sure you have what you need to continue your wellness journey after you depart.

This program includes:

- An Ixcela Internal Fitness™ personal results review via Zoom with an Ixcela expert
- Dinners enhanced to meet your dietary needs
- Customized onboard exercise and mindfulness programs
- Coaching on how to continue after you depart *Namaste*

PILOT AN UNDERWATER ROBOT

Namaste carries in its compliment of equipment an underwater drone. This is not a typical underwater drone; it is a custom robot developed by another *Namaste* exclusive partner, Robots in Service of the Environment, or RSE (www.robotsise.org). This robot was designed to assist in reducing the population of invasive lionfish. With this robot, you can search the seafloor for lionfish. If you find them, you can use the robot to stun them and capture them. If you like, our amazing Chef can cook them. With conservation, education, and activism in mind, what could be more enriching?

The *Namaste* crew are certified RSE Pilots and can teach you the basics. If we happen to be in a lionfish-dense environment, there are even more ambitious options.

A LANDLUBBER'S GUIDE TO YACHTING

Namaste is a sailing catamaran, a form of transportation and adventure that dates back 5,000 years. Some things have changed over time. Fewer things have changed than you might think. It's no wonder that things have funny names (why is left called port?), but with a little help to penetrate those mysteries, the ideas surrounding how sailing works begin to reveal themselves. Spend an hour or more, as *Namaste* moves to its next harbor, understanding how it all works. With two extensively experienced sailors at the helm and ready to lead the way, we can teach you what really goes into sailing from point A to point B.

WINE TASTING

Namaste has an extensive wine list. It also has a Coravin. What is a Coravin? It is a technological marvel which can pierce a cork, pour wine from a bottle, replace the lost volume of fluid with inert argon gas, leaving the integrity of the bottle in-tact. Couple that awesomeness with a knowledgeable stewardess and what do you have? Taste the wine cellar, learn the subtle nuance between the dispirit vintage and blends of Chateaux Neuf de Pape, and declare (with help as desired) the merits and failures. Never did the words, "it's a juvenile wine with a strong onset and an acidic finish" evoke such adulation.

CULINARY DELIGHTS

Ever wanted to get some hands-on experience under the capable supervision of a real chef? This is your chance. We will happily show you the ropes and offer you tricks and tips to wow your friends at your next dinner party. You can head down to the galley (with a little prior planning, of course) to shadow and lend a hand to our chef as she orchestrates your next mouth-watering desert.

