

The Virgin Islands Consortium

Diamond Ritter's Women's Wellness Retreat Comes To St. Croix June 2020

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The Noire Wellness Retreat, a women's wellness initiative founded by St. Croix native Diamond Ritter, will be hosted on St. Croix from June 17-22, 2020, a release issued Monday has made known.

The retreat's focus for its inaugural year will be on implementing healthy habits for participants to incorporate into their daily lives as well as addressing what the release said were "generational curses" that impact women's wellness.

The retreat includes four workshops, three group activities and three excursions intended to expand knowledge on topics that regularly affect the female experience. Activities

include meditation, yoga, hiking, island tours, a day trip to Buck Island as well as evening adventures.

Workshop professionals include Jaielean Jagrup and Dr. Indira Turney. Mrs. Jagrup is a behavioral therapist who will be facilitating a workshop on goal-planning and prioritization. Dr. Turney is a cognitive neuroscientist whose workshop will discuss the influence of several factors, including exercise, nutrition, and meditation – among others, on brain health, according to the release. Other workshop facilitators include Dr. Liza Weber (psychology) as well as Joia Woods (artist). Both are natives of St. Croix, according to the release.

Participants will consist of women who have paid for admission to the retreat. Depending on the package they've paid for (there are three separate packages available), any woman can attend whether they are traveling from off-island or living locally. This includes women who are not natives to the territory in an effort to market the USVI as a retreat space, the release said. Packages are all-inclusive, covering meals, workshops, activities and excursions.

"Every week I hear about another person back home having negative experiences in regard to their mental health; especially women. This is all because mental wellness and self care aren't prioritized. Women are the center of the universe and we need to prioritize ourselves and our mental health," said event founder Ms. Ritter. "The idea for this event came from a need to de-stigmatize mental health conversations in the territory while also creating a safe space for women to come together and heal from traumatic experiences as well as the stressors of every day life."

The retreat is said to be the first of its kind to be hosted on St. Croix and, as of today, the only active wellness retreat with planned events for 2020.

Packages are available online and include separate tiers for interested participants.

Sign up by visiting the official website at www.noirewellnessretreat.com or following the official retreat pages on both Instagram and Facebook.