



At the heart of St. Barth's [Hotel Manapany](#), well-being enters a new dimension with the launch of Selva Studio, an innovative wellness residence dedicated to holistic vitality, mindful living and a connection with nature.

Conceived as a living ecosystem for sustainable well-being, [Selva Studio](#) is the natural evolution of the long-standing relationship between Hotel Manapany and Diana Bourel, a pioneer of the wellness movement on [St. Barth](#). Creator of the St. Barth Summer Camp Yoga Challenge, a month-long retreat hosted annually at the hotel, Bourel now becomes the resident wellness partner at Hotel Manapany. Through this new space, guests of the hotel, as well as residents of the island of Saint-Barthélemy, have access to a curated suite of wellness experiences designed to cultivate balance, resilience and vitality.



© Hotel Manapany

With more than three decades of experience, Bourel brings a deeply intuitive and integrative approach to well-being. As the founder of The Art of Self-Care, she blends yoga, breathwork, meditation, nervous-system regulation and a profound connection to nature. At Selva, she curates a collection of private and immersive wellness experiences, each tailored to the individual.

Some of the physical practices include private yoga sessions with personalized instruction

adapted to all levels; meditation and breathwork, offering techniques designed to regulate the nervous system and release stress; and Aqua Yoga, providing water-based practices that enhance mobility, balance and strength.

Selva Studio is designed as a dynamic platform for wellness exchange and community. Throughout the year, guest practitioners, teachers and specialists will be invited to share their expertise, creating a vibrant environment where practices evolve and knowledge circulates.

The first guest practitioner this season was Thierry Liot, a longtime friend of St. Barth. Other guest practitioners will appear throughout the season, when they will offer private sessions, a conference and a mini-workshop.

With Selva Studio, Hotel Manapany deepens its commitment to conscious hospitality and regenerative well-being.



© Hotel Manapany

Hotel Manapany is a 5-star luxury eco-resort that exudes the essence of St. Barth, uniting the exceptional natural beauty of the island and the elegant respect for nature. On the palm-fringed private beach of [Anse des Cayes](#), it offers 43 rooms, suites and villas nestled between a tropical forest and turquoise ocean. In total communion with its environment, the estate reinvents a forgotten art and a sweetness for life. It is sprinkled with an elegant simplicity and a discreet refinement.