

LIVE WELL, BE FREE

WEEKEND ITINERARY

Thursday, January 29, 2026

Guest Arrival | [On-going](#)

Upon arrival at the North Eleuthera airport, you will be greeted by a Pink Sands Resort concierge to escort you to property and assist with your check in and arrival to your room.



Lunch at Leisure | [On-going](#)

Enjoy lunch at your leisure at Blue Bar & Kitchen & Kitchen. Take a swim in our new infinity pool or grab a game of pickle ball on our pickle ball courts.

Get Grounded Welcome Ceremony | [4:15pm](#)

Get grounded with Lauren Cobb and Deidre Ferenc on the pink sand beach. Breathe out any stress or worry and dive into this meditative experience as you are bathed in sound waves and begin to stretch and search and seek higher ground in your life.





Welcome Reception | 7pm

Kick-off your weekend of wellness at Malcom 51 for a welcome cocktail. Meet the Pink Sands team including General Manager Kym Nielsen, Chef David Goette and Chef Dean Max.

Family-style Dinner | 7:30pm

Transition from the mixer-mentality to an island-flavor feast at the famed Malcom 51, where Chef David Goette and Chef Dean Max present a family-style feast featuring a multi-course, island-inspired dinner of healthy cuisine and decadent classic dishes.



After Hours | 9:00pm

Enjoy a bit of recreation and friendly competition. The Billiard and Library room will host games and cocktails.

WEEKEND ITINERARY

Friday, January 30, 2026

Sunrise Beach Run | 6:30am

Welcome the morning with a leisure jog along the pink sand beach, led by Chef Dean Max.



Beachfront Breakfast | 7:30am-11am

At your leisure, enjoy breakfast at the Blue Bar & Kitchen featuring a healthy chef-curated menu and island-breakfast classics.

Wellness Shot | 8:15am

Meet at Blue Bar & Kitchen for a morning Wellness Shot – each day will feature a different recipe infused with fresh ingredients that all help fuel a healthy lifestyle.

Wakeup and Workout | 8:30am

Rise and Shine! Deidre Ferenc will get your heart pumping in this 30-minute beach bootcamp workout that strengthens both your body and mind using only your own body weight.

Flow and Let Go | 9:15am

Let Lauren Cobb guide you towards physical and mental transformation in this 45-minute yoga flow on the beach that

celebrates the personal power in each of us.

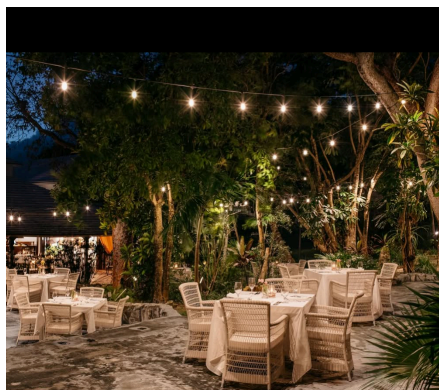


Sip & Shop | 11:30am

Explore the Island in an exciting way. This golf cart guided tour will take you around Harbour Island, and stop at a few quaint boutiques. More information to be provided.

Refresh | 4:00pm – 5:00pm

We suggest taking this time to refresh for a sunset viewing and dinner.



Chef Dinner | 7pm

Enjoy another family-style feast featuring a multi-course menu by Chef Dean Max and Chef David Goette.

Late Night Owls | 10pm

WEEKEND ITINERARY

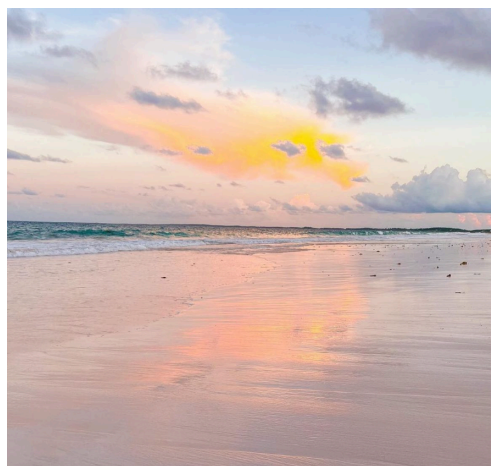
Saturday, January 31, 2026

Sunrise Beach Run | 6:30am

Welcome the morning with a leisure jog along the pink sand beach, led by Chef Dean Max.

Beachfront Breakfast | 7:30am-11am

At your leisure, enjoy breakfast at the Blue Bar & Kitchen featuring a healthy chef-curated menu and island-breakfast classics.



Wellness Shot | 8:15am

Meet at Blue Bar & Kitchen for a morning Wellness Shot.



Wake up and Work Out | 8:30am

Get ready to move your body and still your mind. Together, Lauren Cobb and Deidre Ferenc will lead you through a 45-minute power yoga flow and guided savasana meditation on the beach.

Flow and Let Go | 9:15am

Sound and light can bring hope, a sense of renewal and connection. When your mind is clean and clear, your inner light will begin to glow. Let go as you are guided by Deidre Ferenc into a state of deep relaxation and inner stillness. Through this interactive meditative experience, you will begin to eliminate stress and bring about positive personal change.

Pickleball Pick Up Game | 11:30am

Calling all levels of pickleball players for a friendly game of Round robin pickle ball! Bring your paddles if you have them or use ours.

We'll see you on the courts!



Mixology Masterclass at Blue Bar & Kitchen | 1pm

Shake things up with Chef Dean Max during a special

mixology class at Blue Bar & Kitchen. You'll learn how to make some of our favorite island-inspired spirits...and yes, you'll taste each and every libation!

Flying Wish Lantern Release | 6:30 pm (weather permitting)

When both the moon in the sky and the moon in the mind are shining, it is the right time to light up and release. The sky lantern ceremony has come to represent the releasing of one's deepest fears and desires. It is a symbolic cleansing; a letting go of everything that troubles you. It is also the beginning of a new, enlightened you, with the light illuminating the path of knowledge and righteousness.



Chef Dinner | 7:30 pm

Presenting a final family-style dinner to celebrate a weekend of shared experiences and unforgettable memories made.



WEEKEND ITINERARY

Sunday, February 1, 2026



Beachfront Breakfast | 7:30am-11am

At your leisure, enjoy breakfast at the Blue Bar & Kitchen featuring a healthy chef-curated menu and island-breakfast classics.

Wellness Shot | 7:45am

Meet at Blue Bar & Kitchen for a morning Wellness Shot.

Power Flow | 8am

Join Lauren Cobb and Deidre Ferenc for our final 45-minute yoga flow on the beach. You don't always need a plan, sometimes you just need to breathe, trust and let go.

Guest Departure | On-going

Upon your departure a Pink Sands Resort concierge will assist with your luggage and transport to the ferry and airport.

THINGS TO KNOW

CONTACTS

Hotel/Excursion Reservations

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