

OmLuxe

Divine Destinations for the Conscious Connoisseur

By Jennifer Safina
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The Destination: The South of France

The Challenge: To remain mindful amidst luxury!

Definition of OmLuxe: Om = pure consciousness, Luxe = luxurious living

Divine Destination #4: Sunset Salutations in San Tropez

Our bodies needed to stretch, and word had it that the *only* place to experience yogic bliss in San Tropez was at the 50 year-old **Epi Plage Luxury Hotel**, situated right next door to the wild and sexy Nikki Beach Club. Epi Plage is the only hotel in all of San Tropez to receive *La Clef Verte* (The Green Key) certification for eco-friendly consciousness. A wide range of wellness classes, including pilates and outdoor yoga, are offered here. With the sun setting and the moon rising, we took a yoga class on the beach. Reaching for the stars, I was expertly guided in a rendition of sunset salutation, and felt oceans of gratitude pulsing through my chakras. Listening to the waves crashing and watching the San Tropez sun setting was simply magical.

After the vigorous vinyassa, we caught up with owner and proprietor Shahla, who entertained us poolside with Chopin and champagne...so

very OmLuxe! Shahla, in her soft breathy voice, shyly nodded at a guest, and whispered, “That's Brigitte Fossey, the famous French film and television star.” We did our best not to stare! The music of Nikki Beach had been silenced, due to the 7:30 p.m. city curfew, and all was Zen again at Epi Plage.

Shahla closed her eyes and took in the Chopin delicately playing in the background. We sipped our champagne and admired the amazing sparkling view of the Epi Plage grounds. “This music is my life,” Shahla shared with us, “it makes me weep almost every time.” She told us that she was busy planning a piano concert at her hotel to raise funds for one of her beloved charities “Organ donation”. She also told us she donates 2% of all room proceeds to ASMAE, a foundation that is designed to help feed starving children around the globe. I asked her what the word consciousness meant to her, and gently she replied, “It means to have awareness and to care.” Both Pamela and I were touched by her generosity and willingness to make a significant difference amongst all this materialism. When it was time to leave, Shahla made us promise we would return as her guests at Epi Plage. How could we ever refuse?