



**PAUL GAUGUIN CRUISES ANNOUNCES EXPERTS FOR
2024 TAHITI YOGA & WELLNESS CRUISE**

*11-night April voyage welcomes holistic fitness specialists
for complimentary wellness program as part of line's
Themed Enrichment Voyages*

[Link to Images](#)

NEW YORK, NY – January 10, 2024 – Paul Gauguin Cruises, French Polynesia's destination expert, will host a complimentary Yoga & Wellness program for guests sailing on the [April 13, 2024 Cook Islands and Society Islands itinerary](#) aboard the award-winning m/s *Paul Gauguin*. From morning sun salutations on deck and beach yoga on the line's private motu to workshops on overall wellness, movement, and posture, the program is enhanced by the region's naturally rejuvenating tonic of sun, sea, and sand.

Offered as part of *The Gauguin's* Themed Enrichment Voyages, the 11-night cruise will be hosted by two experts in holistic wellness: [Dr. Sarah Rothman](#), a Board Licensed Naturopath with expertise in the integration of Eastern and Western medicine; and [Tammy Gibson](#), a leading yoga instructor specializing in the transformative power of intentional movement and mindfulness.

"On its own, a French Polynesian voyage aboard *The Gauguin* is the perfect elixir for a well-balanced life, and the complimentary activities offered during our Yoga & Wellness Cruise add a restorative dimension to the overall experience for our guests," said Susan Robison, General Manager, Sales and Marketing, for Paul Gauguin Cruises.

Throughout the voyage, guests may enjoy the following: early morning yoga and Pilates classes aboard ship, and a beach yoga session on Motu Mahana/Taha'a (private islet); Posture Workshop on spinal movement; Gyrokinesis Workshop addressing energy pathways and range of motion through rhythmic movement sequences; lectures on aging well, detoxification and adrenal balance; and a signature Juice of the Day.

About the Experts

Dr. Sarah Rothman's clinical background includes extensive experience in women's health, from hormone balance and thyroid health to fertility and pediatrics. She worked abroad in countries from Bolivia to Kenya before founding Thyme Integrative Health, an integrative medical center in northern California where she served as Medical Director for 11 years. She is a Board Certified Naturopathic Doctor in California, Hawaii, and British Columbia and is a Fellow of the American Board of Oriental Reproductive Medicine, an international organization of recognized acupuncturists. She resides in Maui where she leads a clinical practice.

With decades of experience in yoga, Pilates, and barre, fitness expert **Tammy Gibson** has helped countless individuals achieve their wellness goals with her well-rounded and holistic approach. Her expertise draws heavily on her career as an accomplished professional dancer – in addition to being a soloist in the Broadway show *Fosse*, she has danced with Beyoncé, Hugh Grant, and Dolly Parton. The one-time Radio City Rockette holds a degree as an Ayurveda Health Advisor as well as a Bachelor of Fine Arts from the NYU Tisch School.

About the Voyage

Paul Gauguin Cruises is renowned for revealing Polynesia with artful authenticity and all-inclusive luxury. The 11-night *Cook Islands & Society Islands itinerary* travels roundtrip from Papeete, Tahiti and explores Huahine, Society Islands; Aitutaki and Rarotonga, Cook Islands; Bora Bora (overnight), Motu Mahana (private island)/Taha'a, and Moorea (overnight), Society Islands.

All-inclusive fares for the April 13, 2024 voyage start at \$6,600. For more information about Paul Gauguin Cruises, please contact a Travel Advisor, call 800-848-6172, or visit www.pgcruiises.com.

About Paul Gauguin Cruises

[Paul Gauguin Cruises](http://www.pgcruiises.com) operates the 330-guest m/s *Paul Gauguin*, providing a luxury cruise experience tailored to the unparalleled wonders of French Polynesia and the South Pacific. Paul Gauguin Cruises has been recognized by notable publications in travel and lifestyle including the “World's Best Small-Ship Ocean Cruise Line” in *Travel + Leisure's*

World's Best Awards 2022; one of the "Top 2 Small Cruise Lines" in the *Condé Nast Traveler* 2023, 2022, and 2021 Readers' Choice Awards. The line was also recognized for the 4th time for having the "Best French Polynesia Cruises" in the AFAR Travelers' Choice Awards. In September 2019, Paul Gauguin Cruises joined [PONANT](#)'s family, a designer of inspiring voyages on board small exploration ships.

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