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Crystal Expands 2026 Wellness at Sea Retreats with New Voyage Featuring Sanctum this October

Newly added programming answers strong demand for immersive, expert-led offering focused on longevity, movement and mindfulness

Crystal, the leader in exceptional cruise experiences, announced today the addition of a new Wellness at Sea Retreat aboard *Crystal Serenity*, sailing roundtrip from Lisbon from Oct. 11–17, 2026. Introduced due to popular demand, the newly curated voyage will feature Sanctum, a transformational, music-led movement practice founded in Amsterdam that blends high-intensity training, breathwork and meditative movement into a single immersive, communal experience. Marking its debut at sea, Sanctum will be part of a comprehensive wellness program designed to elevate physical vitality and mental clarity.

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“Sanctum was created as a cathartic, music-driven ritual that brings together intensity and stillness in a single, immersive format. In just under an hour, we blend movement, breathwork and meditative practices to help participants disconnect from external noise and reconnect with themselves. We are thrilled to introduce this energy to the high seas for the first time with Crystal.”

GAB OLSZEWSKI, CEO OF SANCTUM

The seven-day sailing calls on Portimão, Casablanca, Agadir and Arrecife, allowing guests to engage with both place and program in a meaningful way. Select shore experiences are designed with a wellness focus in mind, highlighting the natural character of each destination. In Portimão, guests may explore the region’s coastline along the Seven Hanging Valleys Trail, known for its limestone cliffs, caves and ocean views, with stops including Praia da Marinha, Praia de Benagil and the Alfanzina Lighthouse. In Arrecife, guests may discover Lanzarote’s landscapes through guided hiking experiences, including routes through Haría and the Valley of a Thousand Palms.

“At Crystal, wellness is not an amenity, it is a philosophy woven into the guest journey. The addition of this retreat reflects the growing desire among our guests for programming that is both aspirational and deeply meaningful. With the Sanctum experience, this voyage delivers a truly elevated approach to well-being at sea.”

DALILA ROGLIERI, CRYSTAL’S WELLNESS AMBASSADOR

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Guests will engage in a thoughtfully designed daily program that evolves throughout the voyage, offering both energizing and restorative modalities.

Highlights include:

- Daily movement sessions such as stretching, soft mobility work and aerobics designed to support endurance and flexibility
- Yoga practices ranging from Hatha and dynamic flow to yin and targeted therapeutic sessions
- Guided sound healing experiences and evening relaxation rituals
- A cacao ceremony centered on mindfulness and intention-setting
- One-on-one nutrition consultations and interactive sensory workshops
- Expert-led lecture focused on longevity and performance optimization
- Two (2) 55 minute Sanctum sessions, offered with an additional fee of 100 USD, will be delivered as a guided, music-driven communal ritual experienced through wireless headphones, blending kundalini, Zen Buddhism, qigong, somatic movement and high-intensity training.

The retreat is guided by a team of leading wellness practitioners, each bringing specialized expertise:

- Dalila Roglieri, Crystal's Wellness Ambassador and registered nutritionist, providing personalized consultations and interactive experiences
- Dr. Massimo Spattini, longevity expert, presenting on the role of physical activity in enhancing long-term health and quality of life
- Eva Estlander, yoga and sound healing specialist, leading restorative and meditative practices
- Vanessa Schummelfeder, dance and fitness specialist, offering movement-focused classes designed to build energy and resilience
- A dedicated Sanctum Guide facilitating the signature transformational sessions

The addition of this voyage underscores the brand's continued evolution in the wellness space, offering guests not only moments of relaxation, but a framework for sustained well-being beyond the journey.

For more information and to view the full program, visit crystalcruises.com.

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About Crystal

For more than three decades, Crystal has been synonymous with exceptional, award-winning voyages. In 2022, AKTG (Abercrombie & Kent Travel Group) acquired the Crystal brand and its two vessels, Crystal Serenity and Crystal Symphony, ushering in a new era of being 'Exceptional at Sea' following a \$170 million refurbishment of the two ships. The globally renowned cruise line offers discerning travelers industry-leading, authentic, and enriching experiences both onshore and at sea. Crystal's pioneering partnership with Abercrombie & Kent provides guests with unparalleled access to the most sought-after experiences and destinations around the world. The reimaged ships boast larger, updated suites with artisanal finishes, and almost one member of crew per guest.

Crystal is home to the first-ever Casino de Monte-Carlo at sea as part of an exclusive partnership with Monte-Carlo Société des Bains de Mer (SBM), and world-class dining includes Umi Uma®, the only dining experience at sea by chef Nobu (Nobuyuki Matsuhisa), and the only Beefbar on the ocean, a collaboration with visionary restaurateur Riccardo Giraudi, and a specially curated Osteria d'Ovidio menu by three-time Michelin-starred Italian chef Massimiliano and celebrated restaurateur Raffaele Alajmo. The ships also feature cutting-edge wellness at the Aurōra Spa, and spectacular entertainment including Broadway-standard shows. With a legacy of unrivaled service and commitment to sophistication and elegance at every touchpoint, once onboard guests feel as if they are perfectly at home.

About SANCTUM

SANCTUM is a movement experience that strengthens the body and expands the mind. By combining ancient rituals with modern intensity, SANCTUM leads participants on transformative, music-driven journeys that awaken strength, clarity and connection. Each session is a communal ritual—a high-intensity moving meditation for modern seekers. Rooted in disciplines such as Kundalini, Zen Buddhism, Qigong, somatic movement, HIIT and quantum-based energy work, SANCTUM is where physical strength meets mental depth.

Described by British Vogue and American Vogue as “the future of working out” and by The Times as “better than therapy,” SANCTUM redefines wellness for a new era. Founded in Amsterdam, SANCTUM has captivated a global

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audience—from high-end hotels, Olympic stadiums and urban retreats in London, Amsterdam, Stockholm and Dubai to the World Economic Forum in Davos—with its clear fusion of mindful movement, philosophy and purpose.

Led by founder Luuk Melisse and a collective of experienced guides, SANCTUM is a space for those seeking self-discovery, renewed connection and heightened awareness.

Join our exceptional community at:

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