

THE ISLAND WELLNESS RETREAT

Transform Your Life Through Our Three Pillars



FRI, 28 FEB
TO
MON, 3 MAR 2025



BALANCE
FLOW
FOCUS

WELLNESS ITINERARY INCLUDING

- Emotional Freedom Technique (EFT) tapping
- Singing bowl sound bath
- Chakra-balancing yoga sessions
- Jungle bootcamp
- Yoga flow
- Cold plunge therapy
- Guided breathing techniques
- Mindset coaching for mental clarity and focus
- Closing party with live DJ

For enquiries email relax@cempedak.com

BALANCE

Mae Kwan's UNSTUCK™ program offers powerful tools to move past mental blocks and create lasting change. Learn EFT tapping for stress relief, and experience deep relaxation with Mae's singing bowl sound bath and chakra-balancing yoga. Find a calm that's often out of reach.

FLOW

Led by trainer Alyssa Kau, our jungle bootcamp uses the natural environment for strength and flexibility. Enjoy bodyweight exercises, natural obstacles, and yoga flow sessions that enhance body awareness, whether you're a fitness enthusiast or just starting out.

FOCUS

Experience cold plunge therapy, combining guided breathing and cold exposure to improve mental clarity and reduce stress. Develop focus, calm, and a renewed sense of clarity.

THE PRACTITIONERS



MAE KWAN
Wellness Creative & Coach



ALYSSA KAU
Yoga Instructor & Personal Trainer

For enquiries email relax@cempedak.com

PRICING	Retreat only 4 Days 3 Nights	Extra night before or after
Triple occupancy (with extra single bed)	\$4,200 per villa	S\$500 per villa
Double occupancy (one king bed with optional extra bed)	\$3,200 per villa	S\$300 per villa
Single occupancy	\$2,500 per villa	S\$200 per villa

On Monday, 3 March 2025, Mae and Alyssa will be offering private (chargeable) sessions for EFT Tapping and Personal Training, respectively. If you're interested, we recommend extending your stay by an additional night to ensure you secure a slot with them.

WHAT'S INCLUDED

- Three nights accommodation
- Board (three meals per day)
- Transfers to and from Bintan Ferry Terminal
- An itinerary of wellness activities

WHAT'S NOT INCLUDED

- Ferry tickets from Singapore to Bintan
- Beverages (tea & coffee included)
- Chargeable activities and spa treatments outside the itinerary

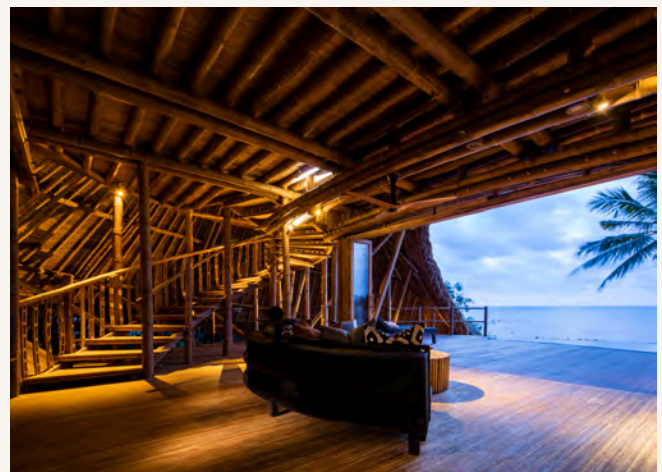
CANCELLATION POLICY

Pay in full

80% refundable for cancellations of at least 21 days notice

100% non refundable within 21 days notice

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