



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 DJ Maurice Simon

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



LUKE TAN
Breath Architect and Cold Therapy Practitioner

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PRICING

(ALL INCLUSIVE)

	Retreat only 4 Days 3 Nights	Extra night before or after
Triple occupancy (with extra single bed)	\$1,400 per person	S\$167 per person
Double occupancy (one king bed with optional extra bed)	\$1,600 per person	S\$150 per person
Single occupancy	\$2,500 per person	S\$200 per villa

On Saturday, 1 March, Luke will be offering private (chargeable) sessions for breath work and cold water plunge. On Monday, 3 March, 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

CANCELATION 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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FRIDAY, 28 FEBRUARY 2025

AFTERNOON	<p>Arrival: Make your way to and check in to Cempedak Private Island. Take the afternoon to settle in, meet the other participants and explore the island.</p>
EVENING	<p>Opening Ceremony: Led by Mae Kwan</p> <p>DINNER</p>

SATURDAY, 1 MARCH 2025

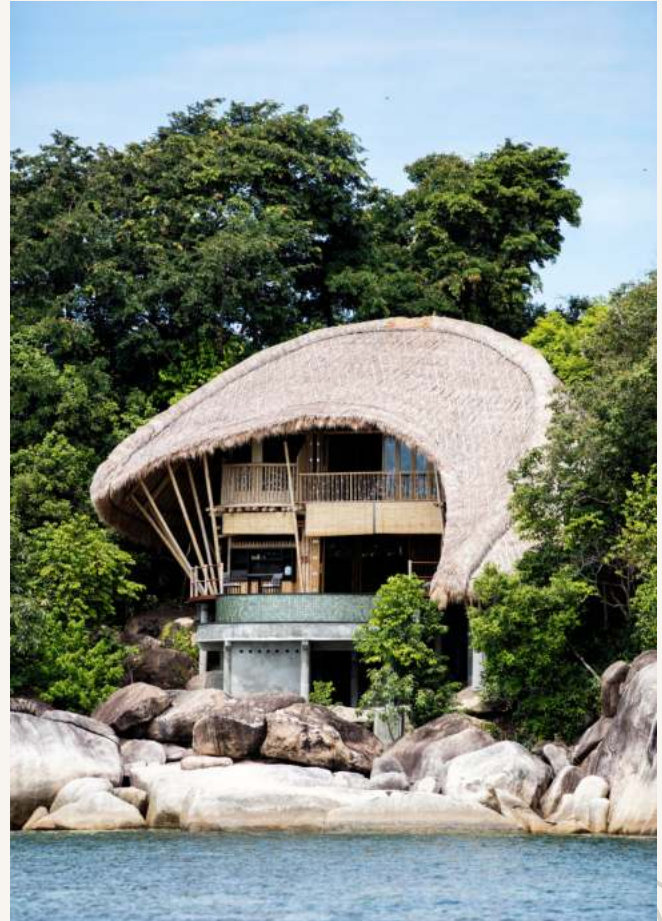
MORNING	<p>Early Morning: Morning Flow or Nature Walk</p> <p>Focus Activity: Ice Baths facilitate by Luke Tan or Guided Meditation</p> <p>BREAKFAST</p> <p>UNSTUCK Poolside Chat: Hear from the retreat practitioners on their personal wellness journeys, as well as introductions to breathwork, core training and EFT tapping</p>
AFTERNOON	<p>LUNCH</p> <p>Sustainability Workshop: Candle Upcycling with the Cempedak Team</p> <p>Flow Activity: Jungle Bootcamp or Chakra Balancing Yoga</p> <p>Balance Activity: Ice Bath for Recovery or Singing Bowl Sound Bath</p>
EVENING	<p>DINNER</p>

SUNDAY, 2 MARCH 2025

MORNING	<p>Early Morning: Morning Flow or Nature Walk</p> <p>Focus Activity: Yin Yoga or EFT Tapping for Cognitive Reframe</p> <p>BREAKFAST</p> <p>Free Time: For massages and watersports</p>
AFTERNOON	<p>LUNCH</p> <p>Flow Activity: Jungle Bootcamp or EFT Tapping</p> <p>Balance Activity: Ice Bath for Recovery or Singing Bowl Sound Bath</p>
EVENING	<p>CLOSING DINNER & PARTY: By the water with Maurice Simon on the decks.</p>

MONDAY, 3 MARCH 2025

MORNING	<p>BREAKFAST</p> <p>Private Sessions: with Mae and Alyssa for EFT Tapping and Personal Training*</p> <p>Departure: or extended stay for those who wish to stay on the island</p>
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