



THE ISLAND WELLNESS RETREAT

FRIDAY 19TH SEPTEMBER TO MONDAY 22ND SEPTEMBER 2025
ON CEMPEDAK PRIVATE ISLAND

Join us for a three-night retreat designed by wellness coach Mae Kwan (UNSTUCK™) to reset your body, calm your mind, and reconnect with yourself.

Move between two powerful tracks:

RESTORE: Healing & Alignment

Led by Mae, this path blends sound healing, EFT tapping, and chakra-balancing yoga to restore inner calm.

RISE: Strength & Clarity

This path builds resilience through outdoor fitness and cold plunge therapy.

In between, enjoy island life at your own pace. Nature walks, ocean swims, sustainability workshops and optional one-on-one sessions.

To book email relax@cempedak.com



ALL INCLUSIVE PRICING

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

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 (water, tea & coffee included)
- Chargeable activities outside of the retreat itinerary

CANCELATION POLICY

- Pay in full to secure your spot
- 80% refundable for cancellations of at least 21 days notice
- 100% non-refundable for cancellations within 21 days notice

DISCOUNTS AVAILABLE

ISLAND CLUB MEMBERS

10% discount off published rates

MANDALA CLUB MEMBERS

10% discount off published rates

UNSTUCK™ MEMBERS

10% discount off published rates

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