

FLEX DETOX & GLOW

YOGA & PILATES RETREAT



LIMITED
PLACES
BOOK NOW

APR 30 - MAY 5, 2020

AT THE KAMALAYA WELLNESS SANCTUARY AND HOLISTIC SPA, KOH SAMUI

The Trio is Back! Join Flex's co-director, Heather Thomas Shalabi, homeopath and yoga instructor, Michelle Ricaille, and certified Yamuna® Body Rolling (YBR) practitioner, Mika Childs, on an intimate getaway to cleanse and energize the body and the mind.

Daily Ritual

Energetic Pilates practice and a healthy breakfast
Healing experiences from Kamalaya's spa
Lunch

Chill by the beach or pool, kayak the lagoon, or indulge in signature wellness treatments
Late afternoon: Holistic yoga practice, incorporating Hatha asanas, Pranayama, and Yoga Nidra.

Complete your dream day with a light but satisfying dinner.

Workouts: Pilates with Heather, Yoga with Michelle, Yamuna® Body Rolling Sessions with Mika

Prices from HK\$33,000
Inquire now: kristine@flexhk.com



FLEX
STUDIO

KAMALAYA'S WELLNESS PROGRAM

Participants will enjoy Kamalaya's transformative wellness program with five treatments tailor-made for this retreat, alongside Kamalaya's renowned, healthy, and nourishing detox menu.

Upon arrival, participants undergo a Bio Impedance Analysis and Wellness consultation with a Kamalaya naturopath to set the course for his or her eating plan throughout the duration of the retreat.

PACKAGE INCLUSIONS

- Accommodation for 5 nights
- Round trip Koh Samui airport transfer
- One (1) Skype Consultation with Kamalaya Wellness Advisor prior to arrival
- Individual wellness orientation, including BMI reading and consultation with a naturopath
- Daily Pilates and yoga practice
- Two (2) Yamuna® Body Rolling Workshops
- One (1) Yamuna® Body Rolling private session (60 mins)
- Three (3) meals per day (choose Detox or Regular menu)
- All beverages, excluding imported drinks and alcohol
- Use of Steam Cavern, Swimming Pool, Plunge Pools and Shakti Fitness Centre
- A holistic activities schedule
- All retreat activities
- Wellness treatments:
 - 1 x 60min Traditional Thai Massage
 - 1 x 30min Chi Nei Tsang
 - 1 x 60min Royal Ayurvedic Massage
 - 1 x 70min Detox Scrub and Wrap
 - 1 x 60min Indian Head Massage
 - 1 x Wellness gift pack



HEATHER
THOMAS SHALABI
PILATES



MICHELLE
RICAILLE
YOGA



MIKA
CHILDS
YAMUNA® BODY ROLLING

For more accommodation/logistics details, contact kristine@flexhk.com
For retreat program details, contact heather@flexhk.com

