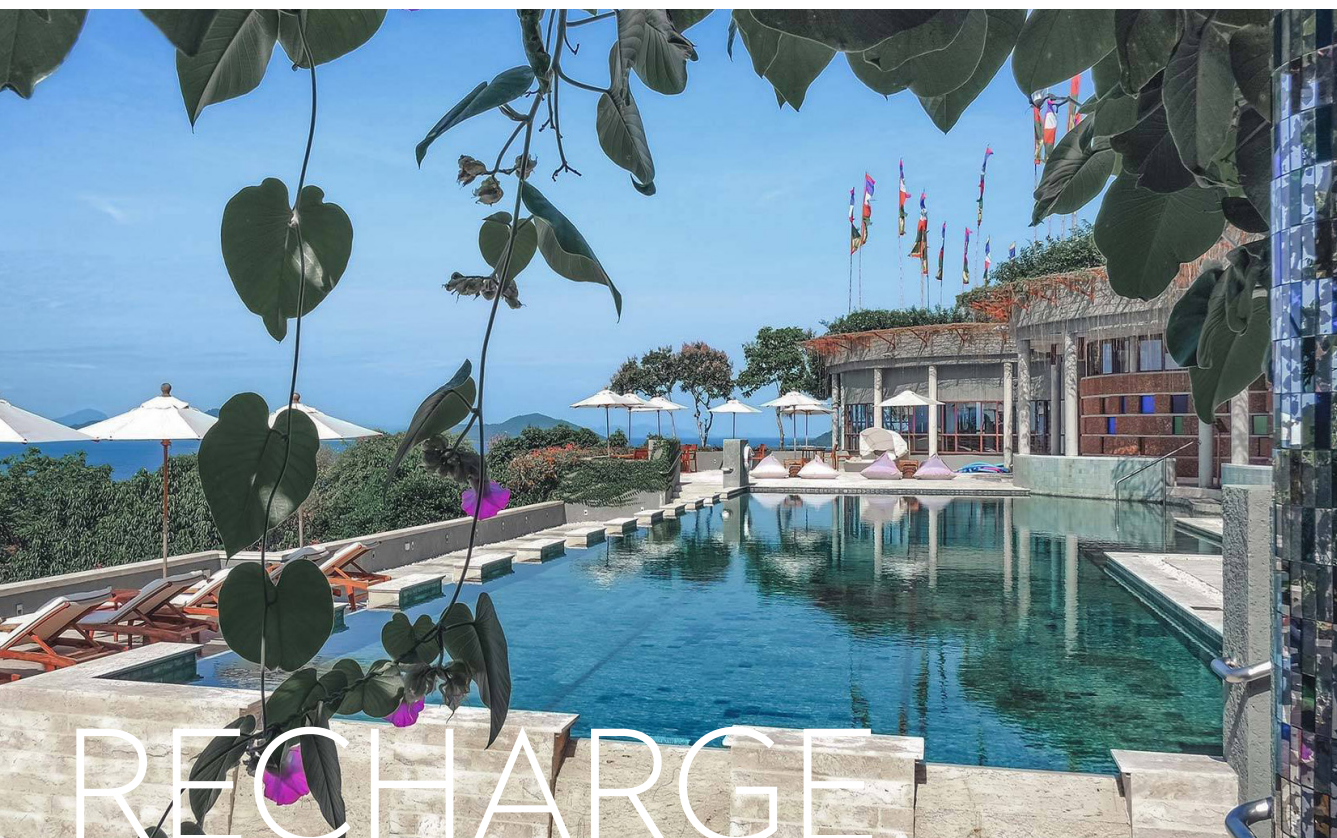


20  
24



# RECHARGE + RENEW

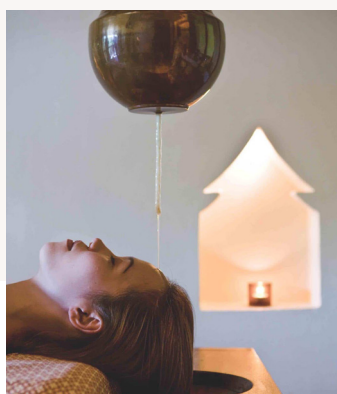


## Flex's Annual Retreat at Kamalaya Koh Samui

### 6 Day Transformation

It's time to break through and take your body  
to the next level.

Flex Studio brings you an unparalleled experience at  
Kamalaya during our annual retreat 29 April – 5th May  
2024. Working with the Kamalaya Team, we've curated  
two unique programs to choose from, GI Revive or  
Longevity, during this 6 night exclusive getaway.





# REALIGN

In addition to your wellness treatments, the retreat will elevate your Pilates practice through daily class led by Flex Director and Classical Pilates Guru Heather Thomas, as well as two 90-minute Pilates workshops.



Release and recharge with Yamuna Ball Rolling, led by the talented Mika Childs, who joins us from Tokyo. Mika will lead two YBR workshops, and 1 Yamuna Ball Rolling Private session (per attendee) during the retreat, to guide your body into better alignment and flexibility.

# RELEASE

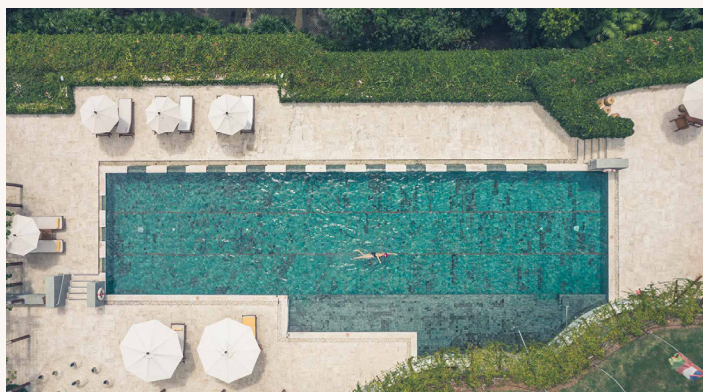




Feast on sumptuous daily detox meals, for which Kamalaya is famous, and learn the secrets behind this award winning cuisine with a specially curated cooking demonstration and lunch, narrated by Head Chef Mohan Rawat.

Mohan will explain techniques for preparing, cooking and combining different types of foods for optimum nutrient absorption, calming inflammation and intestinal cleansing.

# DETOX



Don't hesitate; reserve your place in this life-changing retreat by emailing: [kristine@flexhk.com](mailto:kristine@flexhk.com)

Places are extremely limited;  
packages start from HKD \$45,000.  
50% deposit required to reserve your place.  
**Book by 31st December 2023 to enjoy  
8% discount off total package price.**

# 6 Nights GI Revive or Longevity Wellness

## Package inclusions

- Accommodation (6 nights)
- Airport pickup and welcome drink
- Meals x 3 per day a la carte  
or set detox menu including beverages  
(non-alcoholic, beginning with dinner  
on day of arrival)
- 1 x Pre-Wellness Consultation by Skype before  
the group arrival
- 1 x Body Impedance Analysis
- 1 x 20 min Wellness Consultation
- 1 x 75 min Initial Traditional Chinese Medicine  
Consultation including treatment
- 1 x choice of 60 min Colon Hydrotherapy  
or 60 min Royal Ayurvedic Traditional Massage  
or 60 min Kati Vasti
- 1 x 60 min Chi Nei Tsang
- 1 x 90 min Initial Traditional Thai Therapeutic  
Treatment including Consultation
- 1 x 90 min Traditional Thai Therapeutic  
Treatment subsequent session
- 1 x Cooking Class
- Option to add 3x FAR Infrared Sauna for  
additional fee

