

20  
24



Himalayan

REALIGN

+ ENERGIZE



## Flex's Retreat in Nepal 6 Nights Himalayan Transformation

THINK OUTSIDE THE BOX

Take your Pilates practice out of the studio,  
on an adventure.

Flex Studio is thrilled to bring you a once in  
a lifetime retreat experience in Nepal 17-23  
November, 2024.

Working with Gourmet on Tour, we've  
curated a unique Pilates and Gourmet  
adventure during the 6 nights getaway in  
the land where heaven meets earth.





# REALIGN

Start your wellness journey with a Classical Pilates workshop and elevate your practice with daily Pilates classes led by Pilates Guru Heather Thomas. Weather permitting this will take place outdoors overlooking the stunning Himalayan mountain range, or in our harmonious designed meditation halls.



Himalayan Rock Salt House. We have created the ultimate Himalayan rock salt treatment is also known to strengthen the immune system, cure skin allergies, enhance the tone of the skin and release negative energies from the body. Inhaling the air within the salt room is extremely beneficial for the respiratory system.



Tantalise your taste buds with daily nourishing, unadulterated and flavoursome restorative meals directly from the farms to your table.

Carefully prepared by our chefs, based on Ayurvedic principals and ingredients sourced from our own organic farms

# GOURMET



Dwarika's Hotel is a sanctuary for the architectural grandeur of the Newari civilisation. Home for two nights in the luxury and award-winning 'living museum' and oasis amidst buzzing Kathmandu



Dhulikhel Resort located some 5000 feet above sea level; Spend four nights at our hilltop boutique retreat with uninterrupted mountain views. Inspired by a blend of Vedic Philosophy and Buddhist Medicine, we focus here on the complete wellbeing of each individual

# ENERGIZE







# MEDITATE

Walk barefoot in the meditation maze, feel the fresh grass floor within. You can absorb the early morning dew; when the healing energies of the earth are transmitted to one's body, leaving the individual feeling revived and fresh. Meditating beside the maze in the mornings can help deepen your power of concentration, strengthen the heart and lungs, help relax the body and counter mental fatigue.



With optional guidance, you can work to rebalance your Chakras, allowing energy to flow smoothly throughout the body, stimulating the positivity and power within in our Chakra Sound Chambers.



# REBALANCE



# REVIVE

Visit our in-house Ayurvedic doctor for a complimentary 30 minutes consultation and enjoy learning the ancient secrets of Vedic philosophies.

Be introduced to Ayurvedic therapies designed to rejuvenate your mind, body and soul; thus enriching your lives through the traditional teaching of Ayurveda.



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

Contact : +65 8818 0581

Places are extremely limited; packages start from USD 4,580.

# 6 Nights Himalayan Retreat

## Package Includes :

- 6 nights accommodation in 5\* luxury hotel & resorts
- Airport transfers to and between properties
- Daily breakfast
- All dinners
- Excursion and lunch in Kathmandu
- Two 90-min Pilates workshops with Heather Thomas
- Daily Pilates practice with Heather Thomas
- Complimentary wellbeing activities:
  - Himalayan Salt Room
  - Chakra Sound Therapy Chamber
  - Himalayan Crystal House
  - Meditation Maze
  - Group Yoga Sessions, daily
  - Chakra Meditation Sessions, daily
  - Art and Painting Sessions, daily
  - Group Pottery Sessions, daily
  - Farm Visit and Farming
  - Use of Indoor & Outdoor Swimming Pools
  - Garden of Nine Planets
  - Hot Tub and Sauna
  - Consultation with Ayurvedic Doctor
  - Fitness Centre

