

# 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](mailto: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.

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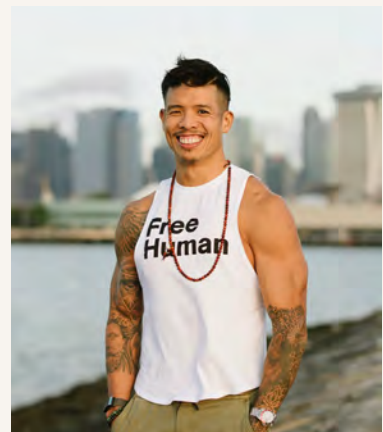
## THE PRACTITIONERS



**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
<b>Triple occupancy</b> (with extra single bed)	<b>\$4,200</b> per villa	<b>S\$500</b> per villa
<b>Double occupancy</b> (one king bed with optional extra bed)	<b>\$3,200</b> per villa	<b>S\$300</b> per villa
<b>Single occupancy</b>	<b>\$2,500</b> per villa	<b>S\$200</b> 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

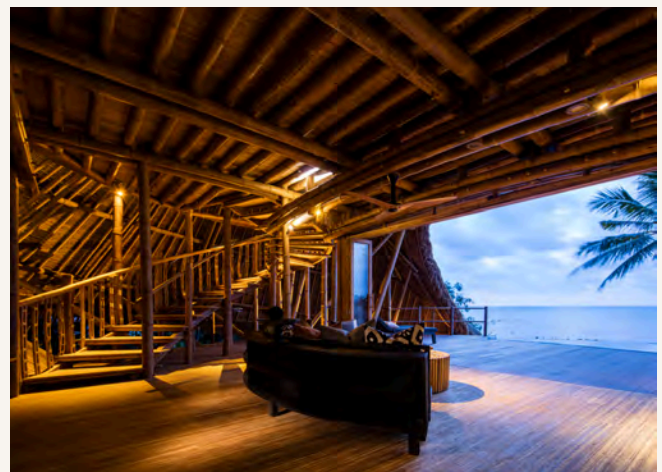
## CANCELATION POLICY

Pay in full

80% refundable for cancellations of at least 21 days notice

100% non refundable within 21 days notice

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