

INNER STRENGTH OUTER STRENGTH







ONE DAY PROGRAMME

Select one Inner Strength and Outer Strength activity of your choice:

Inner Strength

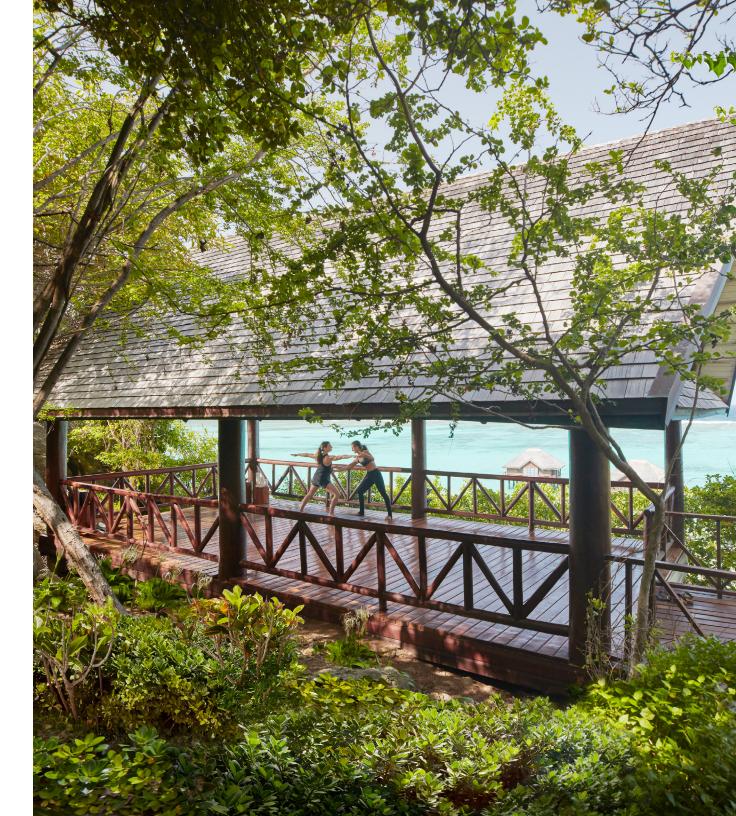
- · Yin Yoga & Pranayama
- · Meditation & Pranayama
- · Signature Massage Oriental Essence, Balinese, Thai or Customized Massage

Outer Strength

- · Hatha/Vinyasa Yoga
- · Thai Stretching
- · Cycling
- · Mt. Royal Hiking
- · Power Walk
- · Kayaking Lesson
- · Paddle Board Lesson
- · Snorkeling Exploration

USD 230 for 1-day programme per person

Subject to 16% local tax and 11% service charge.



TWO DAY PROGRAMME

Select two Inner Strength and two Outer Strength activities of your choice (two activities per day)

Inner Strength

- · Yin Yoga & Pranayama
- · Meditation & Pranayama
- · Signature Massage Oriental Essence, Balinese, Thai or Customized Massage

Outer Strength

- · Hatha/Vinyasa Yoga
- · Thai Stretching
- · Cycling
- · Mt. Royal Hiking
- · 3K Walk & Run
- · Kayaking Lesson
- · Paddle Board Lesson
- · Snorkeling Exploration

USD 430 for 2-day programme per person

Subject to 16% local tax and 11% service charge.



FIVE DAY PROGRAMME

Select five Inner Strength and five Outer Strength activities of your choice (two activities per day):

Inner Strength

- · Yin Yoga & Pranayama
- · Walking Meditation
- · Signature Massage Oriental Essence, Balinese, Thai or Customized Massage

Outer Strength

- · Hatha/Vinyasa Yoga
- · Thai Stretching
- · Spinning Class
- · Cycling
- · Mt. Royal Hiking
- · Power Walk
- · Kayaking Lesson
- · Paddle Board Lesson
- · Swimming Lesson

USD 1,200 for 5-day programme per person

Subject to 16% local tax and 11% service charge.



