



CEMPEDAK
PRIVATE ISLAND



CEMPEDAK ISLAND

18 - 21 OCTOBER, 2024

4 DAYS, 3 NIGHTS

THE ISLAND WELLNESS RETREAT

A PRIVATE ISLAND GATHERING TO RECHARGE THE MIND AND BODY

Guided Meditation | Ice Bathing | Breathwork | Sound Healing
Yoga | EFT Tapping | Fire Ceremony | Closing Party

Cempedak Island has been exclusively booked for a wellness retreat like no other. You're invited for a long weekend of wellness activities, holistic healing and plenty of fun and games. Perfect for couples, friends, or solo travelers looking to meet others.

EARLY BIRD RATE

Pay before July 1st

S\$1,750

Single occupancy

20%
off

S\$2,200

Double occupancy

STANDARD RATE

Pay after July 1st

S\$2,100

Single occupancy

S\$2,640

Double occupancy

Rates are inclusive of wellness activities, accommodation, transfers and daily board.

For bookings and more information, contact

relax@cempedak.com

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WHAT'S INCLUDED

- Three nights accommodation
- Board (three meals per day)
- Transfers to and from Bintan Ferry Terminal
- An itinerary of wellness activities
- Akesi wellness drinks

WHAT'S NOT INCLUDED

- Ferry tickets from Singapore to Bintan
- Beverages (tea & coffee included)
- Visa fee (if required)
- Chargeable activities and spa treatments outside the itinerary

ACCOMMODATION OPTIONS

All 20 villas on Cempedak Island have the same footprint- an en-suite master bedroom upstairs, and a lounge downstairs with a second bathroom. This makes the set up perfect for sharing, either with someone you would share a bed with or with someone who doesn't mind being on a camper bed downstairs. For anyone looking to travel solo, there is also the option to book out the whole villa to yourself.



(See last page for more photos)

THE PRACTITIONERS



MAE KWAN
Wellness Creative & Coach



DAVID JACOB
Ice Bath and Breathwork Facilitator



TAMSIN BRADSHAW
Transformation Coach

THE ISLAND WELLNESS RETREAT

DAY 1: ARRIVAL AND OPENING FIRE CEREMONY

AFTERNOON	Arrival: Make your way to and check in to Cempedak Private Island Welcome Drinks and Introductions
EVENING	Fire Ceremony: A ritual led by Tamsin to kickstart the retreat DINNER

DAY 2: WELLNESS JOURNEYS AND HEALING MODALITIES

MORNING	Activity: Morning flow, followed by guided meditation / sound meditation BREAKFAST Sharing Session: Learn how to integrate mindful practices into your daily life. Mae and David will share their wellness journeys.
AFTERNOON	LUNCH Wellness Circles: Staying mentally, physically and emotionally well Explore Healing Modalities: Ice bathing, yoga, sound healing and EFT tapping
EVENING	DINNER

DAY 3: HEALING MODALITIES AND CLOSING PARTY

MORNING	Activity: Morning flow, followed by guided meditation / sound meditation BREAKFAST Free Time: For massages, water sports or some time with a book
AFTERNOON	LUNCH Explore Healing Modalities: Ice bathing, yoga, sound healing and EFT tapping
EVENING	CLOSING PARTY: By the water with David Jacob on the decks, who has performed internationally including in Ibiza, Hong Kong, Manila, and Singapore.

DAY 4: FAREWELL

MORNING	BREAKFAST Departure/ Extended stay for those who wish to stay on the island
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