

Fitness Retreat

What does being fit mean to you? Apart from looking good, you should also feel good emotionally and spiritually. Our primary objective is to help you achieve this complete state of fitness - from the inside out. Whether you are experienced or you are starting out with a fitness and exercise programme, the Chiva-Som Fitness Retreat will help inspire, motivate and educate you to achieve all of your desired goals.

Our internationally qualified, extensively experienced trainers will take into account your goals, health history and lifestyle to develop an all-round fitness program for you. This may include muscle toning, core stability, endurance training, joint mobilisation and stretching. Visualisation techniques, motivation and inspirational ideas are combined with the latest technology, research and equipment to drive you towards optimal physical performance.

Included:

- Individual health and wellness consultation (45 mins)
- 3 spa cuisine meals per night (beginning with dinner)
- Complimentary physical analysis (30 mins) and skin consultation are available if required
- Daily fitness and leisure activities (8 classes daily)
- Unlimited use of Water Therapy Suites (Steam, Sauna and Jacuzzi)

Plus:

5-Night Fitness:

- 5 Nights accommodation
- 5 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 1 Health & Fitness Assessment
- 3 Private Fitness Sessions*
- 1 Private Super Stretch (25 mins)

7-Night Fitness:

- 7 Nights accommodation
- 7 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 1 Health & Fitness Assessment
- 5 Private Fitness Sessions*
- 1 Private Super Stretch (25 mins)
- 1 Naturopathic Consultation

10-Night Fitness:

- 10 Nights accommodation
- 10 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 2 Health & Fitness Assessments
- 6 Private Fitness Sessions*
- 2 Private Super Stretch (25 mins)
- 1 Outdoor Fitness Training (Bike Ride or Kayak)
- 1 Deep Tissue Massage
- 1 Naturopathic Consultation

14-Night Fitness:

- 14 Nights accommodation
- 14 Daily Massages (Thai, Chiva-Som, Invigorating or Relaxing Foot)
- 2 Health & Fitness Assessments
- 10 Private Fitness Sessions*
- 3 Private Super Stretch (25 mins)
- 1 Outdoor Fitness Training (Bike Ride or Kayak)
- 1 Deep Tissue Massage
- 1 Naturopathic Consultation

* Private Fitness Session - choose from:

Personal Training, Pilates Body Conditioning, Kinesis

21-Night or longer retreats also available on request