

Five Day De-stress & Re-energise Retreat

Thursday 4th to Tuesday 9th May 2017, Kefalonia, Greece



De-stress, re-energise and reboot your body and mind

This exclusive five-day retreat has been designed for those with a busy professional or personal lifestyle and aims to help you de-stress, re-energise and reboot both your body and mind. Our aim is for you to leave feeling rebalanced and re-energised after a combination of relaxation, delicious, nutritious food plus one-to-one support from our fitness, mindfulness, nutrition and yoga specialists.

Your luxury retreat hotel in Kefalonia

The retreat will be held in the luxurious [F Zeen Retreat hotel](#) located on the Lourdas beachfront, where the turquoise mediterranean sea is a natural extension of the hotel. This is an adults only resort focused on relaxation and privacy and allows anyone with children to have a true 'child free' experience.



*The ToniqLife team invite you to join them on the beautiful Greek Island of Kefalonia - with its rugged scenery, rural charm, gentle beaches and dramatic islets. Whatever you are looking for from Greece, **Kefalonia** can provide it. From the historic fishing town of Fiskardo, to the elegant palm-lined promenades of Argostoli, Kefalonia is infused with Greek hospitality and a cosmopolitan culture.*

Why de-stress?

Stress is one of the major factors that can stop us from achieving our personal wellness goals. Whether your goal is weight loss or improved fitness, stress may have an impact and be counter productive. Reducing stress in your everyday life is vital for maintaining your overall health as it can improve your mood, boost immune function, improve your sleep patterns, promote longevity and allow you to be more productive in your professional and personal life.

Your five day retreat

Throughout the five day retreat you will have daily group fitness sessions with ToniqLife's Personal Trainer, Arron Collins-Thomas and nutrition presentations with ToniqLife's Nutrition Consultant, Caroline Chilton-Bates. You will also have two one-to-one sessions over the five days with both Arron and Caroline.



Caroline will be liaising with the hotel chefs in the planning of the menu to provide a nutritious culinary experience using fresh local produce and to accommodate any food intolerances and dietary requirements you may have.

We will focus on simple effective exercise routines and nutrition strategies you can implement to improve your wellbeing, manage stress and re-energise your body, designed to be implemented both at the retreat and on your return home. This five day retreat is not designed as a bootcamp but to help you unwind and recover from the stress of everyday life and return better equipped to manage internal and external stress.

The five day retreat is perfect for anyone experiencing issues with:

Blood sugar balance, food intolerances, gastro issues, IBS, low energy, mood swings, peri/menopause, poor sleep patterns, stress or weight management.

What's included:

- Accommodation for 5 nights
- All food and non alcoholic beverages for the duration
- Daily Group Fitness Session
- Daily nutrition presentation
- Two personal training sessions with Arron
- A one-to-one nutrition support session with Caroline
- Two Yoga sessions with Anastasia
- Two evening meditation sessions (optional)
- Nutrition, wellbeing and fitness support during the retreat.
- One complimentary massage
- One complimentary paddle boarding session
- Transfers to and from Kefalonia airport to your retreat - F Zeen Retreat hotel

Nutrition presentations and one-to-one sessions with Caroline

Good nutrition is considered a fundamental element of any programme where eating well and making small changes can positively support the improvement of many health and lifestyle concerns. During the five day retreat our aim will be to not only address your individual concerns but through daily group discussions, we will provide you with invaluable insight as to how nutrition can support conditions such as stress management, blood sugar balance, energy and adrenal health, healthy sleep patterns, peri/menopause symptoms, digestive health, food intolerances and much more.

All of our nutrition presentations and one-to-one sessions will be run by Caroline Chilton-Bates.

Caroline is a registered (BANT & CNHC) nutritional therapist with an MSc in Personalised Nutrition. She is also an Associate member of the Royal Society of Medicine and a Master NLP Practitioner.



Group and personalised fitness sessions with Arron

The group and personalised fitness sessions will focus on getting the whole body moving. Stressful lives often mean poor posture from sitting a lot as well as tight hips and lower back pain. We will teach you how to correct any of these issues and get you back in working order. From there we can give short effective workouts you can follow when you return home in order to boost your fitness and improve body function.

Our group and personal training sessions are delivered by Arron Collins-Thomas, who is a Personal Trainer, Sports Massage therapist and Qi Gong instructor.

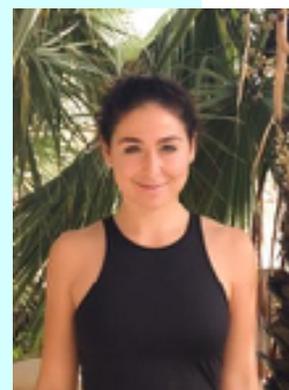


Group Yoga sessions with Anastasia

These sessions will focus on linking your breathing with movement. We will explore some breathing exercises that can help clear the mind and relax the body. We will also practice some energising stretches that can be effective in reducing stress and increasing the flexibility of the body.

These sessions will focus on the importance of the relationship between the mind and body and will help to coordinate the breath with movement, bringing about a feeling of balance and calmness.

The group yoga sessions are taught by Anastasia Koumoudos, a passionate yoga instructor who has learnt and practiced in both India and Bali.



Typical retreat day:

8.00am	Pre-breakfast early morning walk or Group Yoga session (alternate days)
9.00am to 10.30am	Breakfast
10.30am to 11.15am	Group Qi Gong - coordinated body posture, movement and breathing session with Arron
11.15am to 1.30pm	One-to-one sessions with Arron or Caroline. Note: If you are not having a one-to-one session then rest by the pool or have a massage/free time
1.30pm to 2.30pm	Lunch
2.30pm to 5.30pm	Free time for lounging by the pool/extra treatments/kayaking/mountain biking or seeing the sights
6.00pm to 7.00pm	Group nutrition talk
7.30pm	Dinner
9.00pm	Evening meditation (optional) on the second and fourth day with Anastasia

Note: Timings and itinerary subject to change



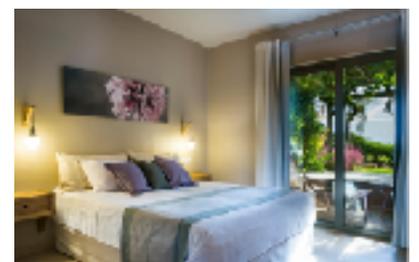
Cost of the 5 day retreat:

Classic Garden View Room	€1,600 for one person
Classic Garden View Room (Shared - 1 Double bed)	€1,325 for one person
Classic Retreat Room	€1,700 for one person
Classic Retreat Room (Shared - 1 Double bed)	€1,400 per person
Superior Retreat Room	€1,800 for one person
Superior Retreat (Shared - Single Beds)	€1,500 per person

Please note that all prices are in Euros and exclude flights.

[Classic Garden View Room](#)

Located on the ground floor of the hotel closer to the beach front. Designed for comfort and privacy, they feature a Garden terrace with sea view. Classic Retreats feature only double beds.



[Classic Retreat Rooms](#)

Located on the first level of the hotel closer to the beach front. Designed for comfort and privacy, they feature sea front balconies with elevated panoramic views of the Lourdas Bay and the expansive sky. Classic Retreats feature only double beds.



[Superior Retreat Rooms](#)

Are set in the main building of the hotel and in the hillside forest complex (located at the top of a staircase of 135 steps), offering front and side sea views with a large fully equipped open-air balcony area. Superior retreats feature queen size, or twin beds.



Chargeable Extras:

- Additional treatments from the Spa - a full list is available on request
- A range of activities such as sea kayaking, mountain biking and rock climbing - a full list is available on request
- Extra one-to-one personal training sessions
- Extra one-to-one nutrition sessions
- Extra group or one-to-one Yoga sessions

You will receive an additional 10% discount off any additional Spa treatments.

Important note:

If you have a serious health condition or have any doubt about your suitability to join this five-day retreat please consult your GP or medical practitioner.

Flight options

We suggest the following connections from EasyJet:

Thursday 4th May - Depart Gatwick at 7.45am - Arrive Kefalonia at 1.05pm

Tuesday 9th May - Depart Kefalonia at 1.45pm - Arrive Gatwick at 3.10pm

For more information and to reserve your place, please email:

caroline@toniqlife.com or telephone +44 (0)7860 968877.

Numbers are limited, so we advise booking early.

Testimonials from our last Five Day De-stress & Re-energise Retreat

'It is only in the past 2 years that I have recovered from an eating disorder, which lasted over 30 years. Although I had reached a healthy weight, my eating was still very chaotic. I was at a point where I wanted to change but I couldn't see how to do it. After spending time with Caroline, my whole way of eating and viewing food has changed and I have achieved in the space of 2 weeks what I never ever thought was possible. For the first time in my adult life I'm looking after my body by eating wonderful food. Caroline has taught me the importance of eating regularly and how and why my body needs certain foods and how to incorporate them into my diet. She realises we all lead busy lives and gives practical, do-able advice. This is the final piece of the puzzle in my recovery and I will always be grateful to Caroline for helping me to achieve it.'

Caroline.

'I so enjoyed the de-stress retreat at F Zeen in Kefalonia. What a gorgeous location and to have such experienced nutritional and fitness expertise for five days of informative discussions and activities. I travelled with my best friend and Mum and I think this is the first 'holiday' where I really did unwind. Usually it's great to have time away from working life, but I always catch up on emails and I'm often rushing from one cultural experience to the next. It was great sharing the pressures we are under in our everyday lives, having time to think about changes to established eating and fitness (or lack of) patterns, and feel refreshed and inspired to make real practical modifications to support me when I returned to 'normal' life again. If anyone wants to just give themselves a short but valuable break from their hectic or stressful lives, this is so very worth it. You can go at your own pace and you will be with such encouraging and knowledgeable professionals who gently support you to see there are helpful alternatives. And you also get to stay in such a magical and special boutique spa amongst breathtaking scenery. Thanks so much to Caroline and Arron for making it happen.'

Nikki.

'I thought I knew something about nutrition, but I have learned so much from Caroline. Her knowledge has transformed my diet and, in a way, my life. It is not a no carb no fun diet, but rather a way of eating mixing carbs, proteins and other nutrients. I feel so much better.'

Jamie.