

TONIQ·Life

De-stress & Re-energise Retreat



Thursday 27th September to Tuesday 2nd October 2018
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, support from our fitness, mindfulness and yoga specialists and delicious, nutritious food.



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.

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.

We will focus on simple effective exercise routines 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 boot camp, but to help you unwind and recover from the stress of everyday life and return better equipped to manage internal and external stress.



Typical retreat day:

07:50am	Morning shot
8.00am to 9.00am	Pre-breakfast early morning Group Yoga session
9.00am to 10.30am	Breakfast buffet
10.30am to 11.15am	Qi Gong - Focused movements, breathing and meditation to help balance energy flow within the body.
12.00pm to 12:45pm	Fitness class in the gym
1.30pm to 2.30pm	Lunch (mezze style)
2.30pm to 6.30pm	Free time for lounging by the pool/extra treatments/ kayaking/ mountain biking or seeing the sights
6.30pm	Dinner (three courses)
9.00pm	Evening meditation (optional) on 2 days with Anastasia

What's included:

- Accommodation for 5 nights
- All 3 meals a day, plus healthy snacks
- A health shot every morning
- A nutritional juice/smoothie per day
- Daily Group Fitness Session
- Daily Group Qi Gong classes
- Full use of the hotel facilities, including water sports equipment
- Nutrition, wellbeing and fitness support during the retreat
- One complimentary massage (or spa treatment)
- 10% discount on any other spa treatments
- 10% discount on any purchase from the boutique
- 15% discount on accommodation and 10% off dining for any additional days booked
- Transfers to and from Kefalonia airport to your retreat - F Zeen Retreat hotel

Arron will be on hand through out the retreat to discuss any health and fitness goals and to support in overall wellbeing.

For more information and to reserve your place, email:
Arron@toniqlife.com or telephone **+44 (0)7970 613020**.
Numbers are limited, so we advise booking early.

Fitness and Qi Gong sessions with Arron

The fitness and Qi gong sessions will focus on getting the whole body moving and rebalancing energy. 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 using gentle posture, mobilisation and stretching exercises. 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.

Arron Collins-Thomas, Founder of TONIQLife Fitness Studio and TONIQLife's Fitness Director. Arron is a Personal Trainer, Sports Massage therapist and Qi Gong instructor.

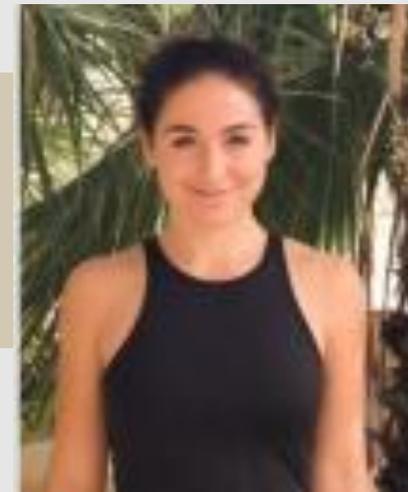


Group Yoga sessions with Anastasia

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.



Cost of the 5 day retreat per person

Rooms

Garden classic single	€1,720
Garden classic double	€1,360
Classic single	€1,840
Classic double	€1,420
Superior single	€1,960
Superior double	€1,480

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

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Testimonials

“Thanks so much for organizing such an informative, relaxing yet energizing event. It was so warm and welcoming too! We really enjoyed ourselves and returned refreshed and inspired to continue our healthier lifestyle here at home.”

Sybil and Mark Tasker, USA.

“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 breath taking scenery.”

Nikki Wood, Managing Director, Engain

“I could not recommend the ToniqLife De-Stress, Re-Energise Retreat enough. It was the perfect getaway in the most beautiful location. The itinerary was so well thought out, giving everyone a good daily structure but also enough free time to enjoy the space and surroundings. The meals were incredible, along with the massage treatments and hotel facilities. I didn't know quite what to expect, being my first retreat but Arron and the amazing F Zeen Team made me feel so welcome and every need was catered for. I came home feeling very well rested, made some lovely friends, and a plan for a less hectic, more balanced lifestyle. I will be booking my flights back asap. Thanks guys.”

Emma Frampton, The Juice Collective

“The retreat truly was an incredible experience for me, de-stressed and relaxed for possibly the first time in ten years. I will definitely be back next year.”

Alex Miller, Managing Director, Sub13

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