



# Immersive Wellness Retreat

Price from **RM999** per person

Date • 27 - 28 JUNE 2026

## PACKAGE INCLUSIVE:



2D1N accommodation  
with breakfast



2 x Lunch



Dinner



Heart Opening  
Hatha, Yin & Sound Bath



Sunset Flow



Sunrise Yoga & Breathwork



Nature Mandala Making



Essential Oil Workshop



Creative Art Workshop



Lotus Harvesting Experience













Exclusive Goodie Bag











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TIME TABLE • 27 - 28 JUNE 2026

## Day 1

- 8.30 am  **Arrival Light Refreshment**
- 9.30 am  **Lotus Harvesting Experience**
- 10.30 pm  **Heart Opening Hatha, Yin & Sound Bath**
- 12.00 pm  **Lunch**
- 1.00 pm  **Essential Oil Workshop**
- 2.00 pm  **Check-in /Free & Easy**
- 5.30 pm  **Sunset Flow**
- 7.00 pm  **Dinner**
- 8.30 pm  **Fire Show**
- 9.00 pm  **Soul Full Fun Activity**

## Day 2




- 6.30 am  **Sunrise Yoga & Breathwork Nature Mandala Making**
- 8.30 am  **Breakfast**
- 9.30 am  **Beach Activity**
- 10.30 am  **Free & Easy**
- 12.00 pm  **Check-out**
- 12.30 pm  **Lunch**
- 2.00 pm  **Creative Art Workshop**
- 3.00 pm  **Farewell**

## YOGA TEACHER PROFILE



### SHERIZA

Yoga Teacher /Lead Trainer (ERYT500)



-  Founder of Surrender & Feel Yoga School
  -  Co-founder Journey Studio
  -  Leading Transformative Yoga Retreats and Trainings
- 10 years teaching experience, certified in Hatha, Ashtanga Vinyasa, Yin Yoga, Sound Practitioner

Renowned for her soulful and encouraging presence, Sheriza creates inclusive, purposeful practices that help students build stable, safe foundations. By blending yoga philosophy with modern practice, she nurtures physical strength and self-awareness, both on and off the mat.



### KEVIN

Yoga Teacher/Trainer

-  Founder of Journey Studio
  -  Lead Trainer Surrender & Feel Yoga School
- > 8 years teaching experience, certified in Hatha, Vinyasa, Yin Yoga, Airo Yoga

Kevin's sessions combine strength-building and playful energy. His passion for holistic wellness challenges physical limits and optimises alignment, leaving students feeling strong, energised, and empowered.