



CASSIA BINTAN

3D2N REJUVENATION RETREAT

**SELF-CARE, YOGA & MINDFULNESS
MARCH 7-9**

Brebalance

From eating the right food to the perfect exercise routine, find the best path to a healthier and happier you.



WHAT YOU ENJOY

3D2N stay @ Cassia Bintan

2x Breakfast

1x Lunch @ Tree Tops, Banyan Tree

60min Massage @ Banyan Tree Spa

4x Yoga & Meditation Sessions

Access to Lagoon area & activities

(Schedule here)

2-way ferry from SIN - Batam

Land transfers from ferry terminal to

resort



YOUR WELLNESS EXPERIENCE

Rebalance your soul through a curated Experience at Cassia Bintan (a family-friendly Banyan Tree Group resort), crafted to help you rejuvenate, replenish and restore.

Embark on a journey of reconnection back into yourself as we explore self-care, self-kindness and mindfulness. This timeout is exactly what you need to take a pause.

Your guide for this retreat is Michelle, founder of Rebalance. Years of burnout and disordered eating led to Michelle's inner journey into mindfulness, yoga and holistic wellbeing, allowing her to transform her life from one obsessed with doing, to just simply being.





RETREAT SCHEDULE

Day 1

11:00am: Arrival

1:00pm: Welcome Lunch @ Tree

Top Cafe, Banyan Tree

2:00pm: Check In

Standard resort check-in time is at

2:00pm.

5:00pm: Yoga & Meditation for

Peace & Clarity

6:00pm: Free & Easy

Day 2

7:00am: Sunrise Yoga &
Meditation

8:00-11:00am: Breakfast

After 11:00am:

Free & Easy (explore Lagoon
activities / massage)

Day 3

7:00am: Sunrise Yoga &
Meditation

8:00-11:00am: Breakfast

12:00pm: Check Out
&

Transfer to Ferry
Terminal

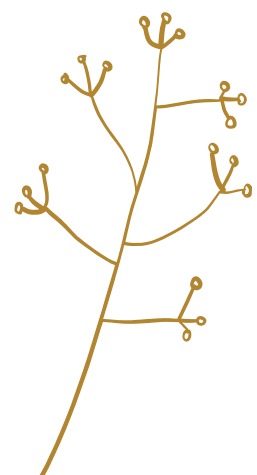
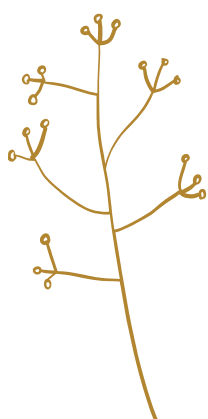
INVESTMENT

Early Bird: \$550 (Before 6 Dec 2019)

Regular: \$650 (After 7 Dec 2019)

** (Above rates are based on twin-sharing & per person)

For single room, please contact us for quote





TERMS & CONDITIONS

Package Rates are subject to change and availability after 30 Dec 2020

Non-refundable 50% deposit required upon booking

Remaining 50% is payable by 30 Jan 2020

Do indicate twin or queen bed upon confirmation

Additional Charges apply for special meal / room requests

Indemnity form to be completed prior to trip

Participants are recommended to purchase their own travel insurance



 rebalance

FOR MORE DETAILS, PLEASE VISIT OUR WEBSITE AT [WWW.REBALANCE.SG /](http://WWW.REBALANCE.SG/)
CALL +65 9001 2655 / EMAIL: HELLO@REBALANCE.SG