


AMBONG · AMBONG

Wellness Retreat

14th - 25th March, 2023



Ambong-Ambong, Langkawi
www.ambong-ambong.com

Tuesday

Breathwork & Yoga Flow
Fix Your Posture
Whirling Dance
Ground Bathing

Wednesday

Surya Namaskar / The Ultimate Asana
Farm Visit & Cooking Class at Durian Perangin
Aroma Cones Making Class
Yin Yoga

Thursday

Sunrise Flow Yoga at Pulau Tepor
Fly Yoga Trial
Love Your Gut
Shower Melts Making Class
Sunset Group Sound Healing

Friday

Body Tapping & Yoga Flow
Bath Bomb Making Class
The 5 Element of Senses
Fascia Release Yoga
Mocktail Masterclass at Rimba Restaurant

Saturday

Circuit Training
Refuel
Yoga & Singing Bowl
Body Scrub Making Class

Sunday

Yoga & Meditation
Inside Flow Yoga
Self-Massage Movement Class
Sunset Flow Yoga



Wellness Facilitators



Hannah

Hannah is a Registered Associate Nutritionist accredited with the leading nutrition association in the UK (AFN) and has a first-class honours degree in Nutrition, Diet & Lifestyle.

Hannah has experienced many roles within the growing nutrition industry from working in sports nutrition to helping peri-menopausal women combat weight gain. As a qualified level 2 gym instructor, Hannah can combine her knowledge of physical activity and nutrition to enable her clients to achieve remarkable results.

With a personal interest in sports, Hannah has also worked with aspiring netball teams and amateur boxers to optimise their nutrition for performance in their respective sports. She is currently working with players from the Squash Racquets Association of Malaysia whilst they travel internationally to keep them healthy and energised through intense competition phases.

Hannah's passion for holistic health and well-being means that she focuses on helping people achieve their health goals through sustainable changes and building healthy habits that will stay with them for life. She is a strong believer that mental and physical health go hand in hand - a healthy life is a happy life. Her ethos is to "help you, help yourself" and that's what she is here to do.



Suzie

Suzie graduated in CIDESCO (Switzerland) Diploma in Beauty & Spa Management and diploma in CIBTAC (London) Spa Therapy, Body Massage and Anatomy & Physiology from Pacific International Beauty Institute Jakarta, Indonesia. She has 14 years of experience in Spa and Wellness industry and has worked with prestigious Wellness Spas across Asia.

Her progressive approach to physical therapy includes holistic healing through the combination of aromatherapy and sound vibration. She incorporates vibrational healing with the use of singing bowls, drums, and ancient bells.



Ethel

Ethel is an intuitive sound healer and voice magician who is deeply connected to mother earth and the animal kingdom.

She is a KRI-certified instructor of Kundalini Yoga, and Forrest Yoga and facilitates sound and Kirtan healing. A gong healer with a bodywork foundation. Weaving in her magic and vision in intimate, for her new moon and full moon circle.



Shiny

Shiny graduated in the study of business management and marketing but through her journey of self-discovery she has found passion in yoga and it has been going on for the last 20 years. It started when she found that yoga helps with her breathing practice which helps to cure her Asthma problem. Since then, she has expanded her skills in Hatha Yoga and Vinyasa flow, Yin Yoga and currently introducing whirling dance, fly yoga, and Inside flow.

She is a certified Yoga teacher and has been conducting classes in many of the prestige resorts around Langkawi Island.

Useful Information

T&Cs and how to book:

- Check-in 2pm : Check-out 12pm.
- Available room types: Studio, Suite, 2-bedroom Cottage, and 1-bedroom Pool Villa.
- No children below 12 years old are accepted for Studio, Suite & Cottage.
- Pool Villas welcome any age of children with maximum 2 adults + 2 children both below 12 years old, or 3 adults + 0 children.
- Wellness programmes are not available on Mondays.
- Programmes that are not participated will not be refunded.
- Reservation can be made via website at www.ambong-ambong.com or by email: reservations@ambong-ambong.com
- Room + activity package is available from the website above.
- For single activity, bookings can be made prior through email, WhatsApp or upon check-in.
- Private session can be arranged at additional fee.
- Sunrise Flow Yoga at Pulau Tepor and Farm Visit & Cooking Class at Durian Perangin require minimum number of participants and surcharge.

How to get to the resort:

- From airport to the resort is a quick 20-min drive by taxi. (Airport code: LGK)
- Taxi station can be found just outside of Door #3 & #4 at the airport (near arrival hall). One way fare is about RM 32.
- If you use a mobile e-hailing application, 'Grab', it will be a cheaper option at around RM 20 (for sedan).
- If you are coming by ferry, the jetty is about 30min away. Public transportation such as taxis and Grab cars are easily found.

Payment & Cancellation:

- Payment can be made via credit card or bank transfer.
- Full payment upon booking is required for a booking confirmation.
- Cancellation policy is 7 days, which means the request for free cancellation must be made at least 8 days prior to the arrival date.
- Any programmes that are not participated will not be refunded.

