


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



Descriptions

Breathwork & Yoga Flow

Dive deep into the power of breath and a dynamic, intuitive yoga flow that allows us to experience an overall sense of lightness and joy as excellent prana (vital force energy) floods the body. The session also aids in improving immunity and digestive fire, aligning the chakras (energy centers), calming the mind, soothing the nervous system, and restoring greater balance, harmony, and tranquility.

Fix Your Posture

Proper posture is when your body parts align the way that they should when using the right amount of muscle tension to support yourself, be it when you are standing, sitting, or lying down. Good posture can reduce the risk of pain and injury by preventing excessive strain on the joints and muscle. The best way to improve body posture is to focus on exercises that strengthen your core. This session will teach you to posture-boosting exercises that can be incorporated as a regular part of your routine.

Whirling Dance

Whirling dance may increase body-mind focus, self-regulation, positive-affect, unity, and wholeness experience. Individuals who express through whirling during therapy may benefit from these qualities - states of balance, stability, strength and silence within.

Ground Bathing

As we respect the ground as part of nature and going back as one with nature is our motto in this class. Grounding and breathing through the natural healing of the ground and tree-hugging is part of the experience in this class. Growing new herbs or trees and leaving the footprint behind and bringing back the positive energy with you.

Surya Namaskar

Surya Namaskar, also known as 'The Ultimate Asana', strengthens your back as well as your muscles and brings down blood sugar levels. It also improves metabolism and blood circulation (hence, a glowing skin) and ensures a regular menstrual cycle for women.

Farm Visit & Cooking Class at Durian Perangin

Fresh, organic and sustainable ingredients are at the heart of nutritious food and there is no better way to demonstrate this than to experience the farm to plate journey. You will use local ingredients, previously hand-picked from Ambong Ambong's farm to create a colourful and vibrant three course menu led by our expert chef, before sitting down to enjoy this incredible meal in our beautiful Pegaga restaurant. You will learn how easily you can make this show stopper menu to impress your family and colleagues when you return to your busy lives.

Aroma Cones Making Class

A unique meditative class that will bring out your creativity in shaping your own aroma cones. Let it be for fun or for something that you can bring home and create your own meditation space with the aroma cones scents specially made by yourself.

Yin Yoga

Yin Yoga works on the lower part of the body; the hips, pelvis, inner thighs, lower spine which are especially rich in connective tissues. It cultivates awareness and enhances the flow of vital energy to restore the natural balance of body and mind. Ideal for beginners because of its relaxing nature.

Sunrise Flow Yoga at Pulau Tepor

Sunrise Flow is a class that consists of a flowing series of steady and dynamic yet controlled postures designed to energise the body and the mind. This practice brings you clarity and nourishes you with positive attitude and a powerful start to the day.

Fly Yoga Trial

Fly Yoga (also called aerial hammock or aerial yoga) is a type of airborne fitness that is practiced in a silk hammock suspended from the ceiling to support your body weight, instead of stretched out across a mat laying on the floor. Classes typically involve yoga, Pilates, dance, and more. Aerial fitness class can be anywhere from a slow-flowing, meditative, restorative experience with a body-mind-spirit connection to a kind of suspension fitness, using the apparatus to gain flexibility, strength, mobility, and agility in preparation for gymnastics and aerial arts-influenced flips and tricks.

Love Your Gut

Did you know that 90% of our bodies serotonin is produced in the gut? We are learning more and more about the crucial role that our gut plays in our overall wellbeing and therefore taking care of it is absolutely essential! In this workshop, we will discuss how you can improve your gut health through easy diet and lifestyle hacks and our nutritionist, Hannah, will demonstrate how to make a simple juice to support this. Detox shots are so 2020 - say hello to the new gut health shots!

Shower Melts Making Class

Mixing ingredients and create your own shower melts in different shapes that makes you happy and enjoy the smell of scented melts in your shower - enhance your shower experience.

Sunset Group Sound Healing

Sunset group sound healing is a combination of energy with the wave of vibration that brings the good vibes surrounded with the sound of the nature and the beautiful sunset. Sound healing have been around for thousands of years, practiced by cultures across the globe. The power of sound vibrations create by variety of healing instruments, will brings mind, body and spirit to a place of balance and relaxation. Deep and strong frequencies evoke sense of calmness and peace, as it transmitted to the cellular level of the human body - causing it to relax and slow down.

Body Tapping & Yoga Flow

In this class we are combining yoga with body tapping. Body tapping, also known as meridian tapping, is a technique that can be used to improve your overall health and wellbeing. By stimulating your meridian points, you can boost your energy levels, get better sleep, reduce stress and anxiety, and strengthen your immune system.

Bath Bomb Making Class

A fun class to make your own bath bomb and bring back to your room to enjoy soaking in a tub during your holiday!

The 5 Element of Senses

Engage in the session of opening your 5 different senses from a different source of nature. It will touch your mirror neuron and open up the other side of your mind. Overcome the fear and sadness, bring back the happiness and joy with you.

Descriptions

Fascia Release Yoga

Myofascial release refers to the technique of applying gentle pressure on 'trigger points' to release tension in the connective tissues or fascia that bind and support our muscles, organs, bones, joints, nerve fibers and other structures of our body.

Mocktail Masterclass at Rimba Restaurant

Fresh organic and sustainable ingredients are at the heart of nutritious food and there is no better way to demonstrate this than to experience the farm to table journey. You will get to see the wide variety of local ingredients growing as we take a tour around the farm, discussing the nutritional value and environmental benefits of seasonal and sustainable produce such as this. You will get the opportunity to harvest ingredients which will then be used in a mocktail masterclass, led by our specialist chef and nutritionist, where you will create delicious and innovative mocktails based on our favourite local flavours. These will be enjoyed surrounded by the serene Langkawi rainforest.

Circuit Training

Get your body awake during the circuit training session – an excellent way to improve cardiovascular fitness and muscular strength endurance. This session includes appropriate selection of upper, lower and whole body exercise and structure, elevating your heart rate and keep it high during the entire circuit.

Refuel

Following the training class, our nutritionist, Hannah, will show you how to refuel your body and discuss the benefits of consuming protein post-workout. You can design your own smoothies using a variety of our best fresh fruits and plant based milks. This workshop isn't just for exercise lovers though! These tasty smoothies are a great option for a nutritious but quick breakfast or a snack on the go during your busy days when you need that boost of energy between meals.

Yoga & Singing Bowl

Yoga aims to create a union of the body mind, soul and universal consciousness. You will learn the basic yoga practice includes breathing techniques, postures, relaxation, chanting, and other meditation methods. Followed by a meditative group singing bowl introduction, helps to promote relaxation and offer powerful healing properties.

Body Scrub Making Class

Harvest freshly from our little herbs garden, we will show you how important the use of our daily herbs and how easy to blend your own body scrub to have your own spa experience at home!

Yoga & Meditation

Mindfulness meditation and yoga go hand in hand. Both are practices that can help us tune into the present moment – to sync up with the reality of our experience. While these two practices are often taught separately, they can be effortlessly integrated. Guided meditation scripts for yoga teachers can support this intertwining.

Inside Flow Yoga

Inside Flow yoga makes you gently move from one posture to another, carried by the music, as your breath and movement become one. The key idea is to improve movement between your posture according to the sequence with slow, fast, upbeat, relaxing songs. Inside Flow is an evolution of Vinyasa Yoga.

Self-Massage Movement Class

In this class, we will teach basic massage techniques. With each technique, both can be accountability partners and help to heal each other. Single individuals will be able to learn how to relieve a stressful body immediately.

Sunset Flow Yoga

A wonderful way to unwind and restore your mind and body. Release any stress or tension with a grounding and restorative sunset flow yoga, and learn the techniques of mindfulness and relaxation while basking in warm light of the sunset.

