



The Heart & Soul Retreat

***Hey, Baby!** It's time to lift up your skirt and join us for the
Ultimate Indulgence.*

We'll take you on a fun-filled journey to awaken your 5 senses

Sight, Smell, Sound, Taste and Touch.

*It's only when you open up all your senses that you truly
discover the joy of being yourself.*

"THE ONE & ONLY"

LADIES RETREAT

THE HEART & SOUL RETREAT

7th Jan 2010 – 11th Jan 2010
3 days 2 nights - at K. Lumpur
2 days 2 nights – at Langkawi
(5 days 4 nights)

Day 1 : 7th Jan 2010 - K.Lumpur

12.00pm - The Journey Begins

2.00 pm - Sign On

3.00 pm - Are You Hungry!

4.30 pm - Luciano Does Salsa

6.00 pm - Recuperate

8.00 pm - Dinner - Ladies Issues-

**Lets Talk And EAT and
moan and EAT some
more**

**11.30pm - Twinkle Twinkle Little
Star**

Day 2 : 8th Jan 2010 – Langkawi

**8.00 am - Color Meditation &
Morning Stretch**

9.00 am - Big Mouthfuls

**10.30 am - Ladies! Let's go Shopping
For The "Salsa Night "**

2.30 pm - Up to You

3.30 pm - Are You hungry!

4.30 pm - Use Your Imagination

6.30 pm - Let's Dress up

**7.30 pm - Special Dinner ~ " Let's
Talk About Sex Baby.... "**

**10.30 pm - Let's Dance Babe!!!! ~
Salsa Night**



The Heart & Soul Retreat

Day 3 – 9th Jan 2010 – Langkawi

- 10.00am - Food Fest**
- 12.00pm - Leaving On A Jet Plane**
- 3.00 pm - Arrive in Langkawi Geopark**
- 4.00 pm - Afternoon Delight**
- 5.00 pm - Time For A Massage Or Two!!**
- 8.00 pm - Dinner – Local Delights**
- 10.00pm - Sweet dreams**



Day 4 – 10th Jan 2010 – Langkawi

- 8.00 am - Yoga On The Beach**
- 9.00 am - Gut Busting Breakfast**
- 10.30am - Reiki Healing Treatment**
- 12.30pm - What's Your Fancy?**
- 3.00 pm - Mmmm...Tummy A -
Rumblin**
- 6.30 pm - Sunset Cocktailssss.....**
- 8.00 pm - Dinner - Indulge Your
Passion**
- 10.00pm - Good Night Baby**

Day 5 – (Friday) 11th Jan 2010

- 8.00 am - Last Chance To Indulge**
- 10.00am - Last Chance To
“Whatever”**
- 12.00pm - Leaving On A Jet Plane**



The Hangers On

IVORY SMITH

MC/Performer/Model/ Coach / Gym Instructor

Ivory was born and raised in Las Vegas. His father was a singer and dancer in the 70s, so it was only natural that Ivory would go on to master the art of break dancing, pop locking and rapping. He is now one of the top performers working on the circuit in Asia. Ivory has worked with companies such as Adidas, Carlsberg Beer, and he has hosted and performed in events like Miss Sugar Modeling Contest 2007, Belverdere Vodka Party Singapore, Clark Quay Street Party 2008, Hennessey Artistry Top Dawg Platinum Vol 1. feat Scola from R&B, Platinum Group DRU Hill 2008 Singapore, Swagg Magazine Top Dawg Showcase 2009 and Hennessey Artistry Zouk 2009 Malaysia . He is also the resident club MC on Friday and Saturday nights at the Arena Club Clark Quay Singapore. Ivory enjoys coaching sports like basketball and is a leading fitness dance instructor.

LUCIANO FREITAS DE JESUS

Choreographer/Performer/Actor/Model

Luciano graduated from the Marvin Smith Hip Dance School USA and the Brazillian Dance School in 1997 and since then has had an acting career in Brazillian soap operas as well as roles in commercials for major international brands including Budweiser, Kaiser, Skol, Siemens BenQ Mobile, Poh Kong, Malaysia Airlines, 100 Plus, CeA Fashion, Free Jazz Festival, Boss Coffee, Burger King to name a few. He has also been a choreographer for some major International events including City of God (the movie), MTV Faithless, Carlos Santana, Ivete Sangalo, Madame Satan (the movie), Poh Kong, Siemens BenQ Mobile and I Want To Be A Model.

PAT WRIGHT

Founder of Wu Senses Boutique Spa & Sanctuary Spa/Cosmetology & Certifier Massues/ Spa Consultant /Reiki Practitioner.

For the last 15 years, Pat has been setting up and managing spas for Spa Company's and Hotel chains in Malaysia, China, Indonesia, Singapore and also for cruise lines in America. She is the proud owner of Wu Senses Boutique Spa and the founder of her most recent project, the Sanctuary Spa at the Tanjung Sanctuary Resort in Langkawi. She is a certified massage therapist, cosmetologist and Reiki practitioner. Pat has recently pooled all her passions, training and organisational skills together to create a series of successful holistic health retreats for men & women that combine yoga, Reiki, meditation, dance, discussions on Health's issues and just plain silly fun. She plans to organise men's & Family retreats soon and is developing a Spa Village.

YOGESH THAKAR - Corporate Executive/Certifier Hypnosis/Reiki Master/ Meditation Teacher/ EFT & Quantum Touch Practitioner.

Yogesh Thakar is a corporate executive with one of Langkawi's largest department stores, but he is also the unofficial leader of the Reiki community on the island. A natural healer since his early teens, Yogesh attained two mastership levels with Penang Reiki Master Tania Kamadon in 2005. He is a qualified hypnotherapist, Quantum Touch healer and also a certified teacher of 7th Path Self-Hypnosis. Yogesh runs free weekly community classes in meditation and basic qigong in Langkawi.

DOROTHY ANG - Yoga & Aerobics Instructor / Reiki Practitioner

Dorothy has a law degree from the UK but decided that her life's true purpose lay in teaching yoga and fitness. Upon her return to Malaysia, she began teaching aerobics and steps classes in her mother's fitness centre. Later she became a certified yoga instructor and Reiki practitioner. She conducts her classes with creativity and spontaneity, adapting each class to the fitness levels of her students.

JAFERY RAZAK - Chef de Cuisine

Jeff started his culinary adventures at the Goya Spanish Restaurant in Kuala Lumpur, under the wings of the late Chef Manuel "Tio Pepe" Gueho, a famous eccentric with a passion to deviate from the orthodox & typical methods of cooking without compromising with the presentation of his culinary masterpieces. Jeff's thirst for knowledge took him to Langkawi upon a chanced invitation from Zulkafli Hatim (one of the country's Malay Master Chefs) at The Andaman Langkawi. Under their tutelage, Jeff was groomed to be well-versed in all culinary aspects that encompass a myriad of styles, from the rich cuisine heritage of the Mediterranean, to the fusion & nouveau approach of the New World nations that stretch across the Pacific region & the multi-cultured food favorites of the Asian continent & archipelago.

Special Guest

A famous Doctor is joining us on the 9th Jan 2010 in Kuala Lumpur for the dinner to share about the woman health issues.

THE ONE & ONLY LADIES RETREAT

The Heart & Soul Retreat

**Rate : Full board - RM2300 net per person for 5 days 4 night
- Sharing basis.**

(inclusive of 4 night accommodation, all activities as written in the itinerary, four Breakfast, three Brunch + one 5 star brunch, two dinner + two 5 star dinner, beverages during meals)

We gather only for small group to ensure the personalize & an unforgettable journey for you. We only take up to 8 person & is base on First pay first in basis :)

Gorgeous, DON'T Miss out this golden opportunity to join " THE ONE & ONLY" ladies retreatSop thinking of your boy friend, husband,Children,family and your work.....

Sign up now !! :)