



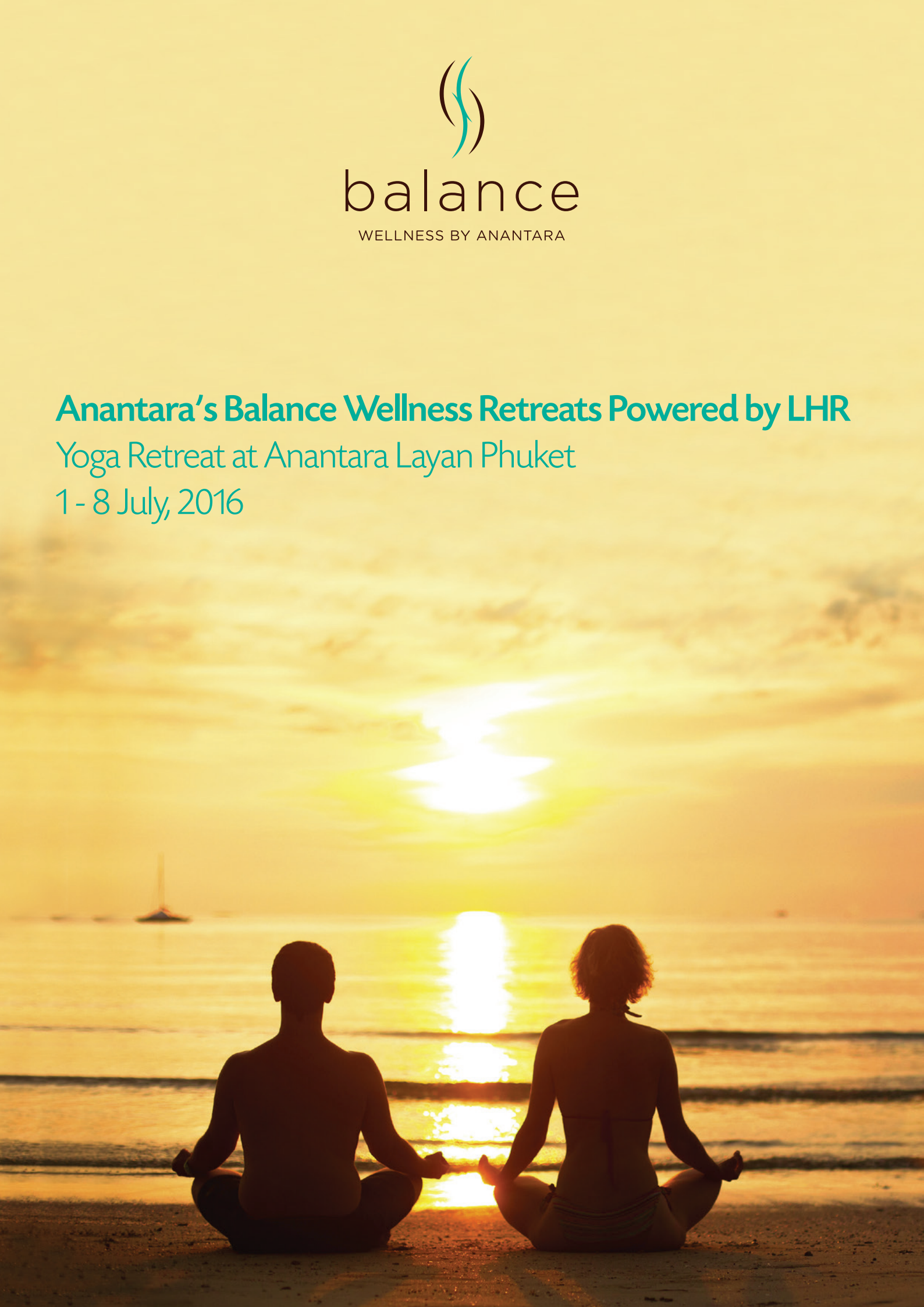
balance

WELLNESS BY ANANTARA

## Anantara's Balance Wellness Retreats Powered by LHR

Yoga Retreat at Anantara Layan Phuket

1 - 8 July, 2016



Deepen your yoga practice on a bay of pristine sands and turquoise waters, staying in an authentic island luxury at a tropical hideaway on renowned Phuket.

Strengthen and revitalise your body. Refresh and empower your mind. Balance and uplift your spirit.

Start each day with a dynamic two-hour yoga flow practice, designed to invigorate and cleanse your body. Our expert yoga teachers incorporate a variety of movements to maximise your flexibility, posture, immunity health and wellbeing. Afternoon seminars provide guidance on yoga poses, so that you can develop a deeper and more beneficial routine to put into practice back home. Nutritional advice helps to balance fitness with healthy eating habits. In the evenings, yin yoga stretching or meditation sessions offer a wealth of holistic benefits. Leave feeling de-stressed, nourished, strong and confident – ready to face the world afresh.

#### *Sample Day*

7.00 am - 9.00 am	Yoga Practice
9.00 am - 11.00 am	Breakfast
11.00 am - 1.00 pm	Workshop – Go deeper in your practice
1.00 pm - 6.00 pm	Lunch and Free Time
6.00 pm - 7.00 pm	Yin Yoga Class or Seminar

#### *Anantara Layan Phuket's Yoga Retreat includes:*

- Return transfers between the airport and hotel
- Luxury Anantara accommodation and three healthy meals per day
- One 60-minute Anantara Spa treatment
- One-to-one coaching
- A minimum of 4 hours a day of workshops, seminars and classes
- 30 days of follow-up coaching





## VENUE

*A paradise seeker's dream comes true...*

Anantara Layan Phuket Resort is a charming tropical sanctuary in a tranquil bay setting on Phuket's stunning western coast. One of the most breathtaking luxury hotels Phuket has to offer, it opens onto a private stretch of beautiful Layan Beach, where soft white sands are gently lapped by the turquoise waters of the Andaman Sea.

Combining an escape of pure indulgence with Anantara's renowned hospitality, couples, families and friends choose from a luxury collection of 30 rooms and suites, as well as 47 pool villas in nine uniquely impressive styles. When it comes to designing the perfect holiday, our guests are spoilt for choice. Spend lazy days at the shoreline pool, sipping refreshing beverages at the beachfront pool bar or on cosy daybeds surrounded by water. Plunge into a new adventure with thrilling and relaxing water sports. Explore Phuket's bountiful natural and cultural wonders with a range of land and sea excursions. Return to unwind into signature Anantara Spa journeys and toast magical sunsets. While some of Phuket's finest dining experiences await your discovery, without ever leaving the resort.



## WHY CHOOSE ANANTARA POWERED BY LHR?

1. Flexibility – Our programmes are customisable to fit your schedule. Choose to work with us from 3 nights up to 7 nights in a variety of beautiful locations. In your free time, Anantara experiences are available to help you explore the rhythm of local cuisine and culture.
2. Expert mentoring from our fitness professionals means that you get the best advice and personalised plans – without wasting time! Our coaches offer tailored life coaching, fitness instruction, and nutritional solutions based on scientific evidence to optimize your mental and physical wellbeing.
3. We give YOU the tools for success. Armed with our comprehensive workbooks, one-to-one attention from our coaches, healthy meals and spa services from Anantara, we will send you home refreshed, relaxed, and inspired to keep going.
4. Comprehensive programming – While most retreat programmes offer few results, LHR empowers participants to make real changes and smart choices. Fitness and nutrition instruction are each presented in a way that will help you to fuel your life and achieve long-term health and wellness. We want you to be revitalised and in control of your body, not weighed down by myths, fad diets, and frustration. Our sessions may include nutrition lectures, healthy cooking classes, and guidance from coaches who live what they teach.
5. The luxurious care of Anantara hotels will put your mind at ease. Relax and let the wonderful staff at Anantara take care of you. In between your retreat sessions, enjoy a 60 minute spa treatment, arrange cooking classes or other activities unique to your beautiful surroundings. De-stress, nourish yourself, and let us send you home revitalised.



## FREQUENTLY ASKED QUESTIONS

### **Q. What is included in the package?**

A. Hotel accommodation, 3 meals per day, one 60 minute spa treatment, scheduled group activities, round trip airport transfers.

### **Q. What is not included in my retreat package?**

A. Airfare, additional food and beverages outside of main meals as listed in the retreat details, spa/massage services outside of your package and personal expenses are not included. Additional expenses or purchases will be billed directly to your room account.

### **Q. Do I have to be in shape to do balance retreats powered by LHR?**

A. Not at all. Retreats cater for all fitness levels by experienced and certified fitness professionals from LHR. Fully insured, our mission is to ensure our programmes are safe, individualised and progressive and are suitable for all levels of experience and ability. All participants will need to complete the PAR-Q and medical history questionnaire along with a signed doctor's note from a registered medical professional indicating your health and fitness levels and ability to participate in the retreat.

### **Q. What kind of professionals are with us during the retreat?**

A. All retreats are planned, run and implemented by experienced, certified and licensed health and medical professionals.

### **Q. What kind of meals will be served during retreats?**

A. All meals served are prepared with fresh ingredients offering a balance of nutrients and calories to help maximise the programme developed for you and achieve optimal results! Even if your primary goal is not to lose weight, you will still learn how to eat and prepare healthy food upon your return home. Eating healthy will energise you, fuel you and help you recover faster.

### **Q. What happens when I return home? How can I stay on track?**

A. We offer optional platinum online coaching programmes which include monthly follow up private calls, programmes and recipes sent to you every month to keep you engaged, on track, accountable and continuing a long life of health, vitality and success.

### **Q. Can children join the retreat?**

A. Retreats are designed for adults who seek the time, structure and expertise to improve their health and wellbeing. Our retreats are not available for children under 16 years of age. Children between 16 and 18 years can attend with prior written permission of legal parent or guardian. If you do want to bring your children along they can be left in the care of Anantara Hotels & Resorts children club professionals leaving your mind at peace while you engage in your retreat activities.



balance

  
**ANANTARA**  
LAYAN • PHUKET  
RESORT

**LHR** LIFESTYLE  
HEALTH RETREATS

Please visit [phuket-layan.anantara.com](http://phuket-layan.anantara.com) to reserve your spot. Payments can be made online.

For additional information, please contact our reservations team.

Tel: +66 76 317 200

[phuketlayan@anantara.com](mailto:phuketlayan@anantara.com)