

# HEALTH WEEK WITH CELEBRITY TRAINER SHAUN STAFFORD



## Retreat: 21st - 28th September 2024

Experience the ultimate Health Week at Niyama, guided by none other than two-time World Fitness Champion Shaun Stafford.

Embark on a transformative 7-night, 8-day journey of fitness, wellness, and fun at Nature's Playground. Tailored for both active individuals and couples seeking a luxurious group experience, this exclusive program offers the perfect balance of structured activities and free exploration time. Dive into a world of holistic well-being led by renowned expert Shaun Stafford while indulging in the unparalleled beauty and serenity of Niyama's pristine surroundings.



## HEALTH PACKAGE - \$ 2,522 NET PP

### INCLUSIONS:

- City Athletic Grab Bag containing a Sports Nutrition bundle
- Five daily small group training sessions led by Shaun Stafford
- Personal Epigenetics Test & Report provided by Drift Spa
- Two one-on-one private training sessions with Shaun Stafford, a two-time World Fitness Champion and the Founder of City Athletic
- Personalised 6-week fitness program designed by Shaun Stafford
- Group welcome health cocktail reception on the beach
- Group welcome 3-course Nest Set-Menu Dinner
- 60-minute recovery massage
- Vitamin Therapy by Beverly Hills Vitamin Therapy
- Private group movie night under the stars
- Group farewell health cocktail reception on the beach
- Group farewell 3-course set-menu dinner at Tribal
- Unlimited access to PUMP gym and studio
- Unlimited use of Drift Spa's steam room and sauna

## NON-HEALTH PACKAGE - \$ 430 NET PP

### INCLUSIONS:

- 1 x Group Welcome health cocktail reception on the beach
- 1 x Group Welcome 3-Course Nest Set-Menu Dinner
- 1 x Private Group Movie Under the Stars
- 1 x Group Farewell health cocktail reception on the beach
- 1 x Group Farewell 3-Course Dinner at Tribal

### TERMS & CONDITIONS

- The programme does not include transfers, accommodation, or meals other than those listed above.
- Price is per person and including 10% service charge and 16% GST.
- A minimum of 7 nights stay is required.
- The package will be applied to all adults per reservation during the stay. Guests can choose to book the same package for everyone or select individual packages for each adult.
- Group is subject to a minimum of five and maximum ten participants. The event may be cancelled if the required number of participants is not met.
- Participants must be 16 or older and in good physical health with no major medical conditions. The resort will not be held liable for injuries sustained during training.
- Individual fitness & epigenetic consultations will take place either on Day 2 or Day 3.
- The 2nd Individual fitness sessions will take place either on Day 5 or Day 6.
- Participants enjoy unlimited use of the gym and hydrotherapy circuit.
- The above benefits may not be used in conjunction with any other offer or exchanged for any other service or cash.