



STRESS MANAGEMENT RETREAT

June 13 - June 15, 2014

Put away the gadgets and disconnect from the hectic pace of everyday life as you rediscover your true self in a sanctuary far away from rush-hour traffic, demanding deadlines and the strain of stress. Embark on a journey where you discover Inner peace - a state referred to as pure potentiality, creativity and infinite possibilities.

V Integrated Wellness brings you "The Peace Process" – a 3 Days 2 Nights experience that will change your life forever.

Introducing the latest technological advancement in transforming stress and anxiety, emWave2, the retreat uses a combination of technology to improve your wellness by learning how to change your heart's rhythm pattern to create coherence. Discover ways you can control your emotions, mind and as you embrace serenity, breathe easy and be lulled by the soothing sounds of the universe in the open air spa villas that overlook the Andaman Sea, as you indulge in therapies that melt away your stress.

RM300 Retreat Includes

- Stress Test using EmWave 2
- 2 Hours Stress Management Seminar
- 1 hour Chakra Balancing massage
- 45 minutes "Balance Yoga"

*optional – 1 hour personal session with stress management specialist at RM230 per person

Should you wish to book accommodation,

A special package for 3 days 2 nights is available at RM1,800 (Single) or RM2,700 (Couple).
Package includes accommodation a deluxe rainforest room, 3 Meals (Breakfast, Lunch and Dinner) as well as Retreat.
To make a reservation, kindly quote "Stress Management Retreat".



INTEGRATED WELLNESS

conscious living

For more information or bookings, contact +60 4 959 1088, email info@vintegratedwellness.com or visit www.vintegratedwellness.com.
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