

KARE PHUKET THAILAND



KARE women's Retreat

Nourish your mind, body and spirit.

Nov 28 – 2 Dec, 2019

BOOK WITH US

Meet KARE

K A R E | Womens Retreats



Karine Gaulthier
Fitness Trainer



Ai Jerome (APD)
Nutritionist



Renata Citrons
Yoga Teacher



Ellen Costa
Wellness Coach



Owner of The Body Temple, Singapore, Karine is an experienced fitness trainer and life & business coach for more than 15 years. Karine's fitness passions lies in functional body strength and cardiovascular fitness fun. It's become her mission to help women take the time they need for themselves. Her vision and desire is to offer a unique retreat for busy women with the need to take some quality time-out to realign, refocus and reconnect. Karine looks forward to guiding you through a wonderful, life changing experience at the Kare Women's Retreat.

Ai Jerome an Accredited Practicing Dietitian & Nutritionist of Australia and has been working in nutrition for more than 15 years, in Australia, Hong Kong, Singapore and Thailand. Former fashion model, Ai has first hand experience with yo-yo dieting and disordered eating and the effects it has on the body. Her extensive experience, education & training and LOVE for nutrition & FOOD inspires others to eat well, in a mindful way and enjoy their life. Ai uses her expertise in women's health; wellness; clinical and sports nutrition; and food to counsel and nourish you during your KARE experience.



With over 15 yrs of experience, Renata is highly qualified in the World Yoga Alliance with certifications in Yin Yoga, Power Yoga, Hatha Yoga, Spine Therapy and Aqua therapist, Sound Healing Therapist and also certified in Reiki healing. She has accomplished her studies all over the world from Moscow, Bali, Lithuania, India and Thailand. Renata is also a certified Aqua Therapist. She empowers others believe their yoga practice becomes the way they live their life, mindfully, physically & spiritually.

Ellen is Millennial working mama on a wellness mission: to give you the courage to stand up for your self-care. Being a mama in the 21st century is no joke. Ellen understands that the constant demands on your time and energy can leave you feeling like a faded version of your former glorious self.

Certified personal trainer, yoga teacher, blogger, author and Tantric practitioner/teacher, her work has motivated her to join forces with other like-minded superwoman to bring to you this opportunity to thrive and live a meaningful and conscious life in this fast paced world.



DO YOU FEEL LIKE YOU...

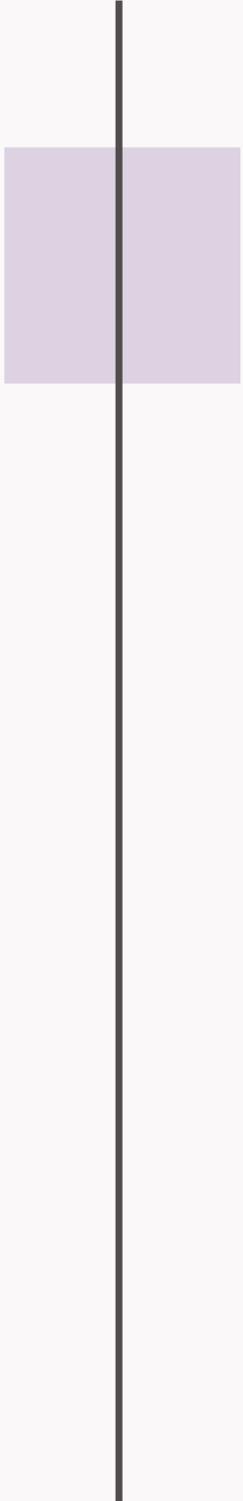
Can't Find Time For Yourself?

- *Constantly Juggling?*
 - *Know what you should be doing
but don't know where to start...?*
-



NOURISHING PLANT-BASED MEALS





Yoga, Meditation and Pranayama

Renata & Ellen help you navigate through this transformational and integrative path of awakening. Bespoke and tailor made practices to all levels.

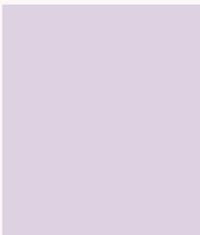
Fitness, Dance & Aqua Fit sessions

Fresh and functional strength, core, cardio & dance sessions by Karine, Renata and Ellen.

Nutrition and Food workshops

Hands-on nutrition sessions to get you healthier and stronger from the inside.

Wellness for you

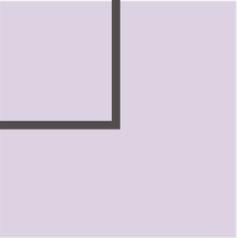


KARE | WOMEN'S
RETREAT

AWAKEN THE INNER GODDESS



Sound Healing Therapy.
Meditation.
Women's Health
workshops.



The Accommodation

BOOK WITH US

Private Luxury Villa

Spacious private rooms with private ensuite. Shared options also available.

Serene tropical pool & sun loungers

Set in landscaped gardens surrounded by coconut palms.

Bangtao Beach, Phuket

5 minutes from the beautiful beaches of Bangtao and Layan.



THE VILLA

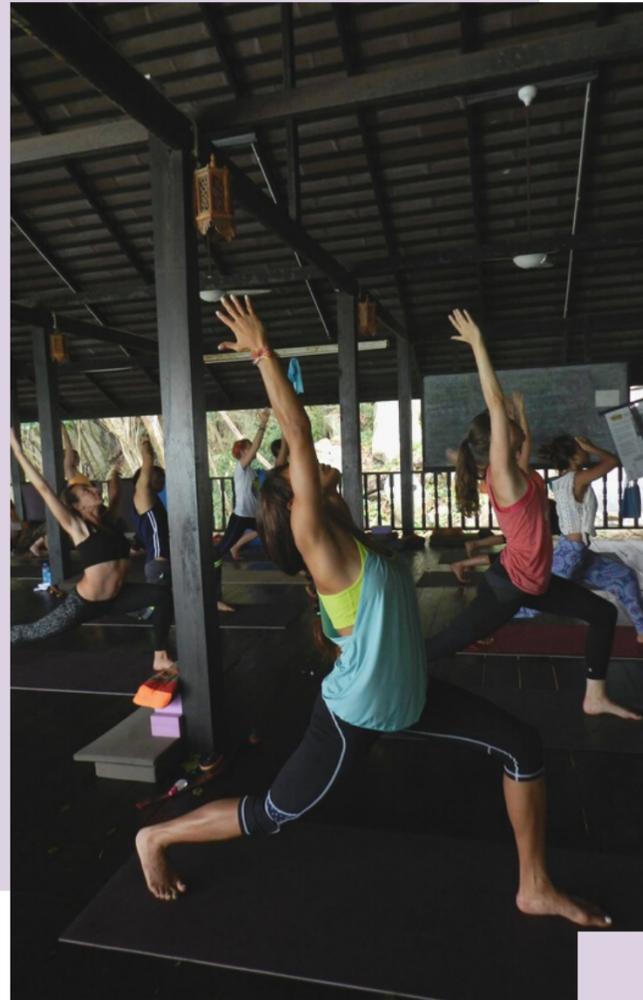
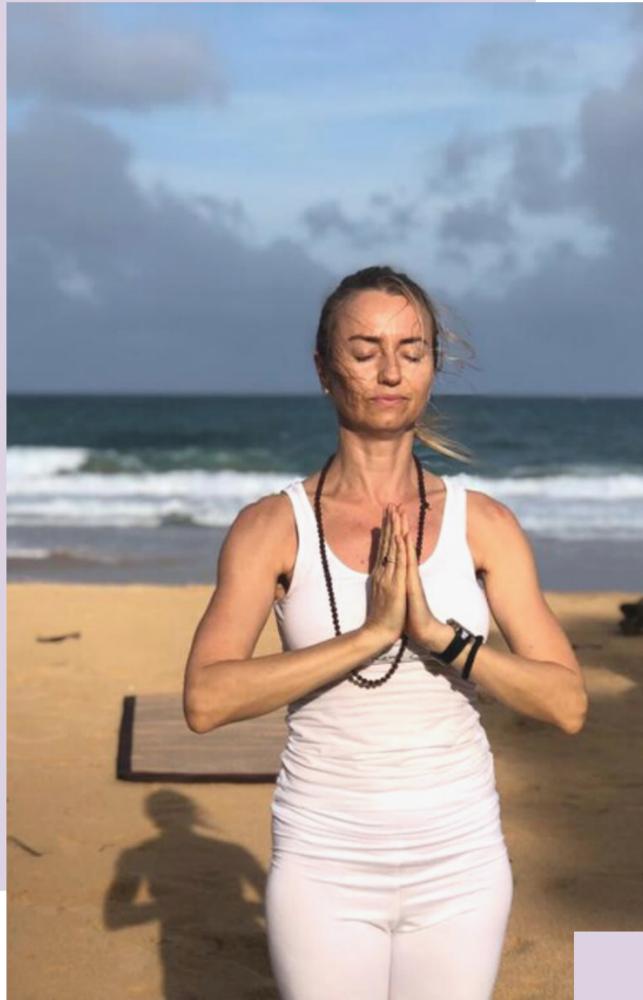
In tropical island paradise

Rejuvenate with us

*Complimentary Thai massage &
Sound Healing Therapy*



YOGA AND MEDITATION

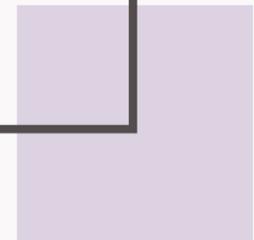


KARE | WOMEN'S
RETREAT

MORNINGS WITH KARE

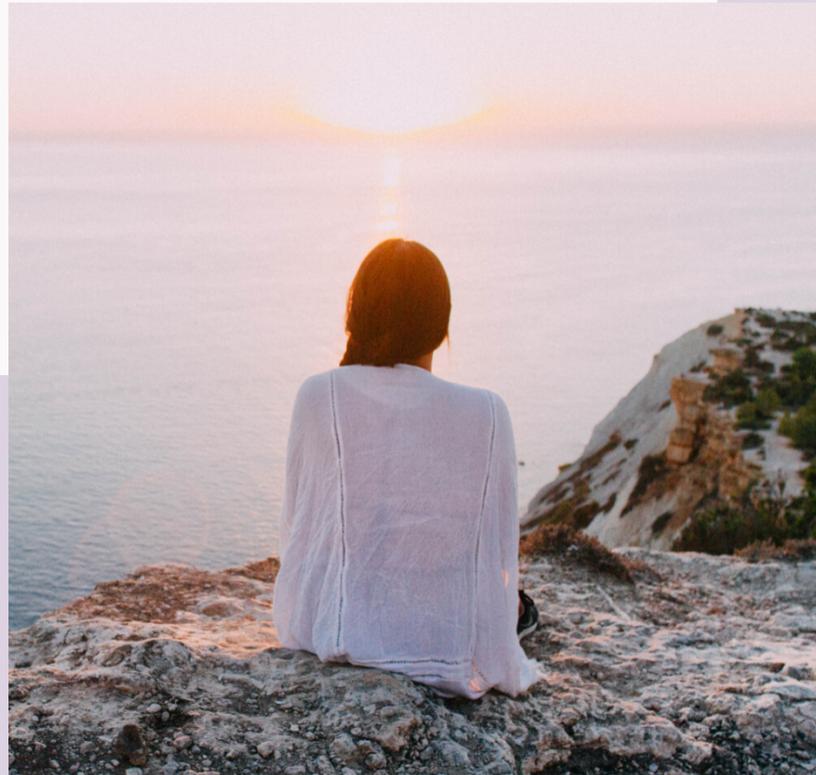


Be Transformed



EVENING SESSIONS

Relax. Rejuvenate. Replenish.





REST AND FREE TIME

Relax and rejuvenate your senses

Health & Wellness Activities

Yoga classes, Meditation, Pranayama,
Fitness classes, Dance and Aqua Fit classes.

Workshops & Private Sessions

Nutrition, Women's Health, cooking classes,
Mandala painting, complimentary 1-on-1 with
coaches and more...

Accommodation, all meals & transfers

Nutritious meals, luxurious stay in the
beautiful Villa and airport transfers.

All inclusive

KARE | Women's Retreat

BOOK WITH US

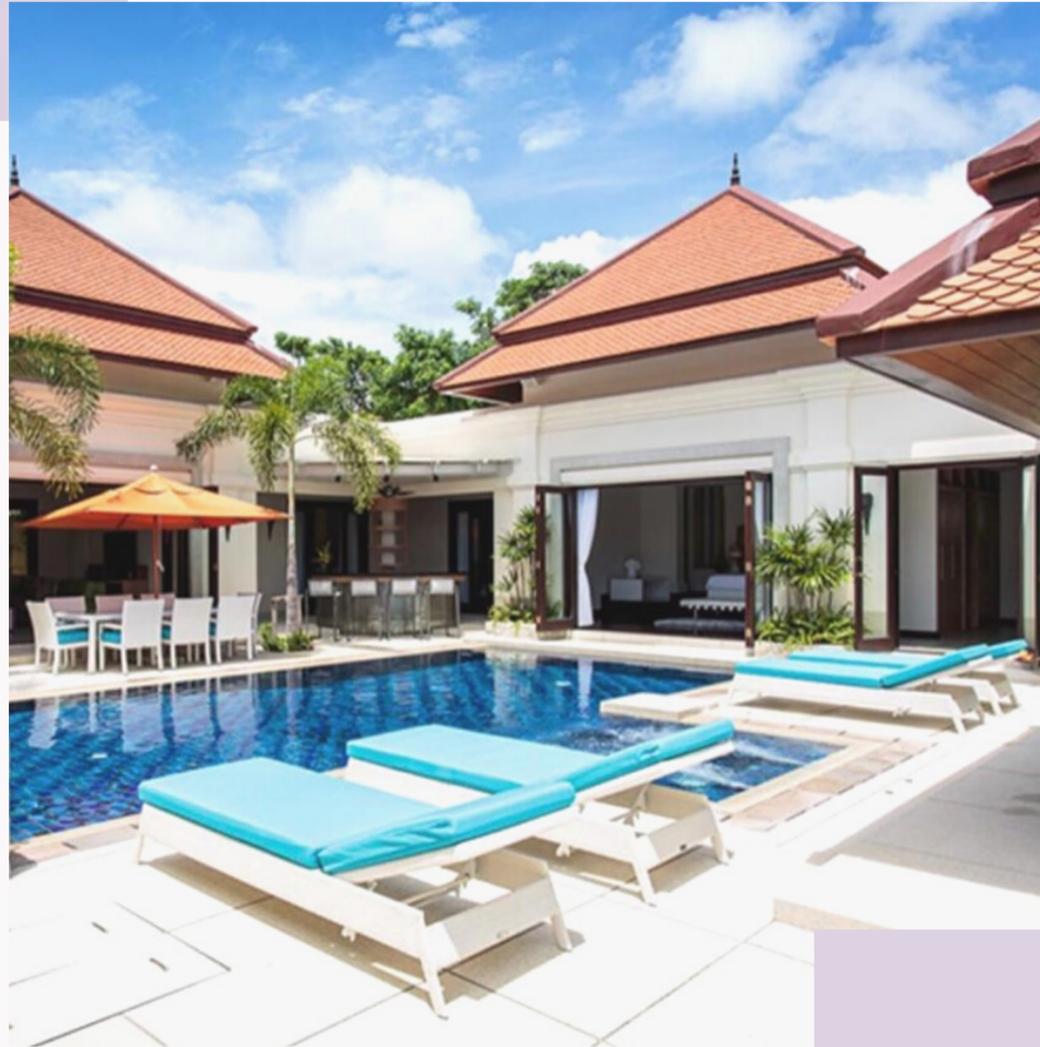


One-on-One Nutrition Consultation

Includes tailored nutrition advice and nutrition plan with Nutritionist Ai Jerome (APD)

BOOK WITH US

4 days & 4 nights of Wellness



Book yourself a well deserved Retreat.

Accommodation, wellness activities, nourishing
meals and transfers

28 Nov - 2 Dec, 2019

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Contact Information

BOOK WITH US

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