

AMATARA
WELLEISURE™ RESORT

AMATARA PILATES RETREAT

📅 8-11 August 2024 📍 Amatara Welleisure™ Resort, Phuket Thailand



4 DAYS 3 NIGHTS RETREAT

Immerse yourself in the world of BASI Pilates with this perfect getaway. Treat yourself to 4 days of Pilates, group fitness, nourishing meals and blissful pampering to soothe and strengthen your body, mind and soul.



Join us at the 5-star Amatara Welleisure™ Resort for a one-of-a-kind Pilates experience! Work with our BASI Senior Faculty and BASI Pilates instructors to improve your personal Pilates practice with daily mat sessions and other group fitness classes while soaking in the breathtaking view of the Andaman sea

This 4 day / 3 night retreat is open to clients of all fitness levels.

Enjoy group activities hosted by our friendly and outgoing hosts /instructors. You will also have ample free time to explore the beautiful surroundings on your own.



Contact Details: 📞 +65 88078771

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✉️ basipilatesacademysg@gmail.com

3 NIGHTS	TOTAL PRICE (ALL PRICES ARE IN SGD BEFORE DISCOUNT)	
ROOM	SINGLE	DOUBLE
Bay View Suite	\$ 1,820	\$ 3,112
Cape Panwa Suite	\$ 1,880	\$ 3,172
Sea View Suite	\$ 1,952	\$ 3,256
Pool Pavilion	\$ 2,096	\$ 3,412
Bay View Pool Villa	\$ 2,456	\$ 3,832

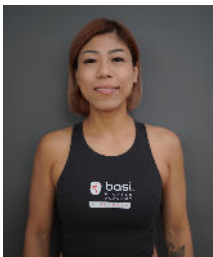
Early bird special 15% discount. Book before 30 April

CLASSES OFFERED

2 Pilates Workshops: Pilates for Back & Pilates for Neck & Shoulder
 Trigger Point Release & Mobility, Yin Meditation, Pilates Mat Flow , Sunrise Yoga, Beach Run, TRX

WHAT'S INCLUDED

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- 3 Nights accommodation in Luxury 5-Star Resort
- Daily Breakfast
- Welcome Cocktail Drink
- 5-Course Welcome Dinner
- Daily Pilates Workshops & Group Classes
- Day 3 Activity (Choose from countryside cycling, hiking, or cooking class)
- Lunch on Days 2 & 3
- Airport Pick-Up & Drop-Off
- Goodie bag



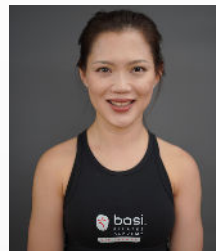
Janice Lee
BASI Pilates Instructor

Janice is a multi-discipline fitness coach in Pilates, Yoga, Rhythmic Spinning and Boxing. She strives to build a community and connection through fitness and mindfulness. Her focus is building strength and body awareness without compromising on form and alignment.



Abigail Angkawijaya
BASI Pilates Senior
Faculty

Abigail has been a certified BASI Pilates instructor for two decades. She has taught numerous clients from elderly to Indonesian elite athletes. Abigail was appointed to the BASI Pilates Faculty in 2016 and has conducted numerous BASI Pilates teacher training courses in Indonesia, Malaysia, Singapore and the United States. Abigail runs her own BASI Pilates Academy – West Java in Bandung city.



Jamie Foo
BASI Pilates Instructor

Jamie has been working in the fitness industry for more than a decade. Her classes are dynamic and with emphasis on core strength and posture correction. She hopes for all clients to move pain free and improve the quality of their lives.

