



OPDSure
Assured Health Partner

Presents

Malaysia Wellness & Adventure Retreat

Where the South China Sea meets the Rainforest Canopy

January 23 – 27, 2026

LOCATION:
Cherating Beach,
Malaysia (Pahang)

Welcome to Your Malaysian Sanctuary

Travel can change your scenery. But the right kind of travel can change you. At Retreatly, we create soulful escapes that invite you to pause, breathe, and return to what matters.

This retreat is rooted in yoga and thoughtfully layered with meaningful experiences — combining the spiritual depth of ancient practices (Ashtanga, Pranayama, Kriyas) with the exhilaration of canopy-level adventure (Flying Trapeze, Rock Climbing) against the backdrop of Malaysia's lush tropical wilderness.

It's your space to realign.



Your Retreat Leader

Ms Bhavika Choradia

A yoga expert, and Clinical Nutritionists retreat facilitator, and founder of Playoga a Wellness brand that curates soulful, movement-led experiences.

A certified E-RYT® 200, RYT® 500 teacher, Bhavika brings over 600 hours of training in Hatha, Vinyasa, Yin, Ashtanga, and Prenatal Yoga.

She is also a certified sound healing facilitator.

Her approach is grounded and heart-led, blending discipline with softness and ancient yogic wisdom with modern, accessible practices.

Ms Bhavika Choradia



Day 1

Beach yoga, water thrills, bold adventure, and a calm beach unwind — Day 1 starts strong

Morning

Beach Yoga



South China Sea



Beachfront

Late Morning

Water Sports Activities



Afternoon



Adventure Activities: Rock Climbing & Flying Trapeze



Designated Adventure Area



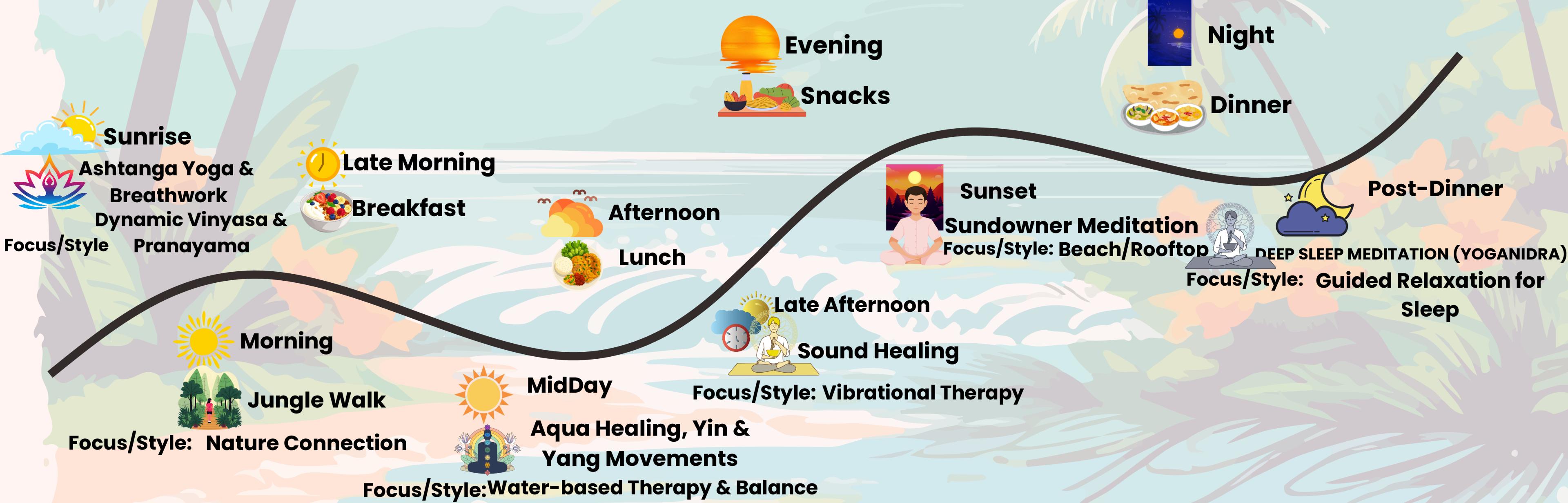
Late Afternoon

BEACH Therapy
(Relaxation/Free Time)

Beach

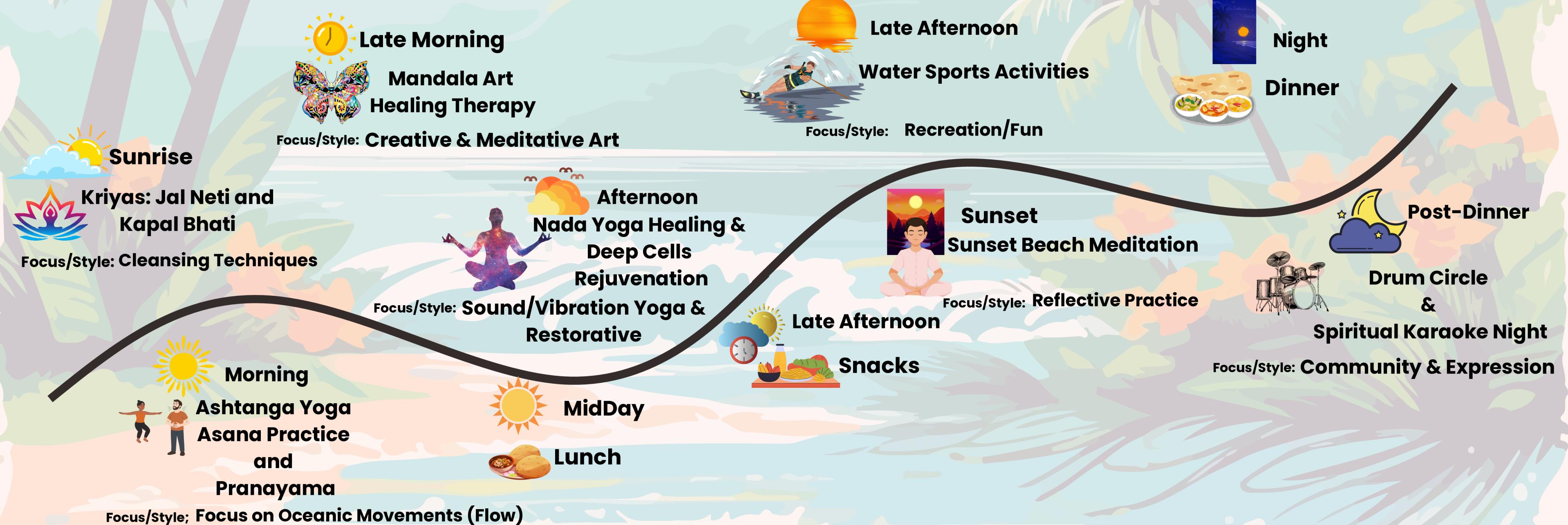
Day 2

Starts with yoga that awakens the soul, ends with meditation that melts the mind — what an end to Day 2."



Day 3

From kriyas to yoga, art to sound healing, sea to sunset – ending with music and community. What an end to Day 3



Day 4

Starts with Hatha yoga and mindful breath, moves through nourishing learning and deep relaxation, and ends in soothing Yoganidra – what a beautiful end to Day 4

Morning
Hatha Yoga Practice:
Kriyas, Asanas,
Bandhas, Pranayama

Focus/Style:
Yoga & Nutrition
Therapy with
Counselling
Foundational Practice
Workshop/Discussion

Mid-Morning
Annapanna Meditation

Focus/Style: Mindfulness of
Breath

Late Morning

Breakfast

**Cooking Demonstration by
the Candidates**
Hands-on Learning

Focus/Style:

MidDay

Lunch



Focus/Style:

Afternoon

Body Scan Meditation
Deep Relaxation & Awareness



Sunset

Sunset Breathwork

Focus/Style: Calming Pranayama



Night



Dinner



Post-Dinner

YOGANIDRA

Focus/Style: Guided Relaxation for Sleep

Day 5

Morning yoga, playful moments, gentle goodbyes — the trip ends, but the calm outlives any regular holiday

Morning

Morning Yoga

Focus/Style: Gentle Practice



Late Morning
Beach Sports

Focus/Style: Active Recreation

MidDay



City Tour and Recreation

Focus/Style: Cultural Exploration

Afternoon
Checkout



Focus/Style: Departure

Inclusions

-  4 Nights Luxury Accommodation (Twin Sharing Basis)
-  Daily Sunrise & Sunset Yoga sessions (Ashtanga, Hatha, Yin)
-  Guided Kriya Practices (Jal Neti, Kapal Bhati)
-  Specialized Workshops: Sound Healing, Mandala Art, Nada Yoga, and Yoga & Nutrition Therapy
-  All Activity Fees: Water Sports, Rock Climbing, Flying Trapeze
-  Daily full-board Vegetarian/Plant-Based Meals (Breakfast, Lunch, Dinner, Snacks)
-  Local Taxes & Tourism Fees

Exclusions

-  Flights to/from Cherating Beach, Malaysia (Pahang)
-  Spa services, private lessons,
-  Extra activities outside of the itinerary
-  Travel insurance & personal expenses

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By



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Pricing & Booking Conditions

All prices are per person for the 5-Day/4-Night retreat and do not include flights.

Booking Conditions

- The total price is USD 1500 per person Flat USD 500 discount if booked before 20th December
i.e $1500 - 500 = \text{USD}1000$
- Full payments only; partial payments are not accepted
- All payments are strictly non-refundable
- The bookings are fully transferable to another participant

If pay before 20th dec
pay \$1000 by scanning
this QR Code



**EARLY BIRD
DISCOUNT**

~~\$1500~~

\$1000



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