



Presents

Malaysia Wellness & Adventure Retreat

Where the South China Sea meets the Rainforest Canopy

January 27 – 31, 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



Beachfront



South China Sea



Late Morning

Water Sports Activities



Afternoon



Adventure Activities: Rock Climbing & Flying Trapeze

Designated Adventure Area



Afternoon



Afternoon

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."

Sunrise
Ashtanga Yoga & Breathwork
Dynamic Vinyasa & Pranayama
Focus/Style Focus/Style: Nature Connection

Late Morning
Breakfast

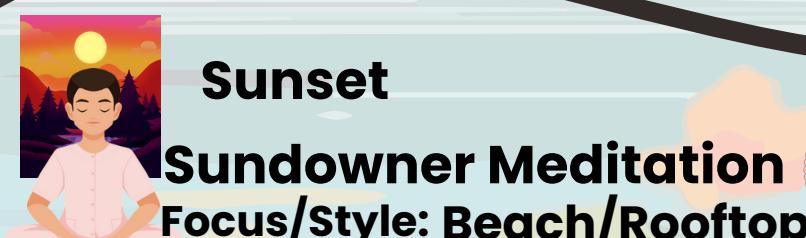

Afternoon
Lunch


Late Afternoon
Sound Healing
Focus/Style: Vibrational Therapy


MidDay
Aqua Healing, Yin & Yang Movements
Focus/Style: Water-based Therapy & Balance


Morning
Jungle Walk


Evening
Snacks

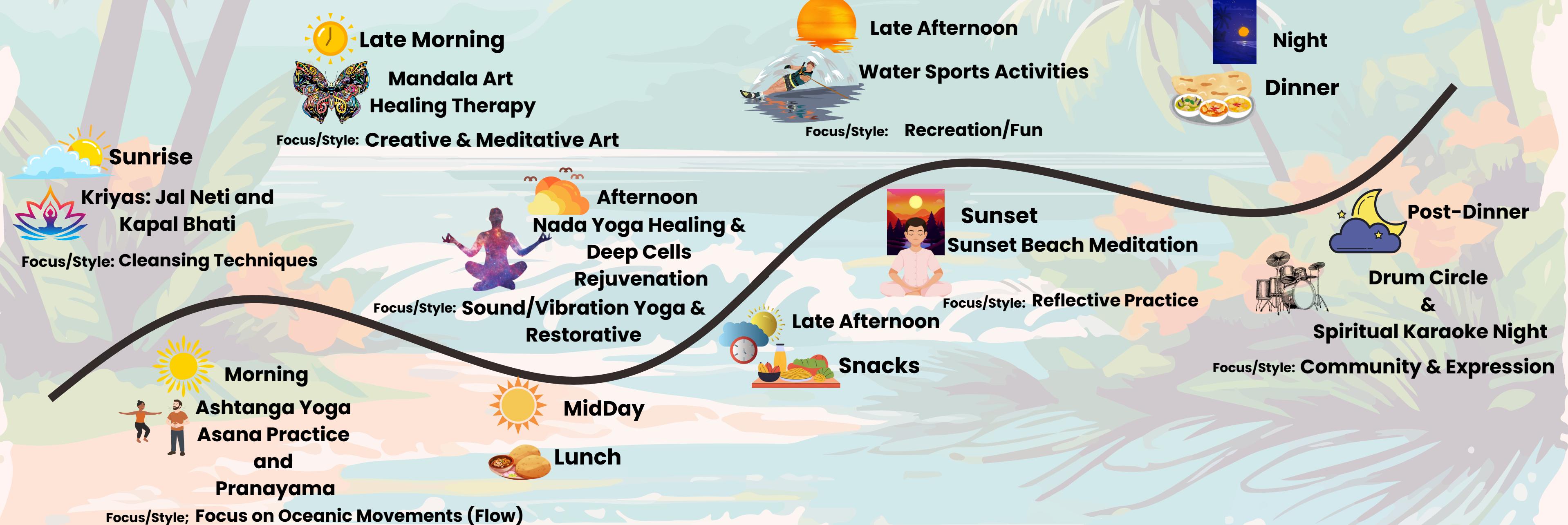

Sunset
Sundowner Meditation
Focus/Style: Beach/Rooftop


Night
Dinner


Post-Dinner
DEEP SLEEP MEDITATION (YOGANIDRA)
Focus/Style: Guided Relaxation for Sleep


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

Yoga & Nutrition Therapy with Counselling
Foundational Practice Workshop/Discussion

Focus/Style:



Late Morning

Breakfast

Cooking Demonstration by the Candidates
Hands-on Learning

Focus/Style:



Mid-Morning

Annapanna Meditation

Focus/Style: Mindfulness of Breath

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

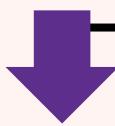
-  Flights to/from Cherating Beach, Malaysia (Pahang)
-  Spa services, private lessons,
-  Extra activities outside of the itinerary
-  Travel insurance & personal expenses

Powered
By



OPDSure
ASSURED HEALTH PARTNER

HOW TO BOOK



 **Razorpay**



Razorpay link:
<https://rzp.io/rzp/bkUYcyDH>

₹89,999

\$1,000

 **PayPal**



 Umesh: +91 98101 13654

 Bhavika: +91 98200 4856

 Email: support@opdsure.com

OPDSure – Booking & Cancellation Terms

1. Booking & Payment

- 1.1 A non-refundable full deposit ₹89,999 or \$1,000 per participant is required to reserve a spot.
- 1.2 A booking is confirmed only after receiving full payment and written confirmation.
- 1.3 Promotional and early-bird offers are valid until Dec 20, 2025, or until all seats are sold out, whichever is earlier.
- 1.4 Participation is limited and allocated strictly on a first-come, first-served basis.

2. Program Modifications & Activities

- 2.1 The schedule, workshops, and planned activities (including snorkelling) may be modified due to weather conditions, instructor availability, group requirements, or unforeseen circumstances.
- 2.2 Snorkelling activities depend on tides and weather. If cancelled, an alternative experience may be arranged but cannot be guaranteed.
- 2.3 No refunds will be issued for itinerary adjustments or activity substitutions.

3. Cancellation & Refund Policy

- 3.1 All booking deposits are strictly non-refundable under any circumstances.
- 3.2 Cancellations received after Dec 25, 2025 will not be eligible for any refund.
- 3.3 Bookings made on or after Dec 25, 2025 are non-refundable.
- 3.4 If a participant is unable to attend, the booking may be transferred to another person with prior written approval, no later than January 5, 2026.
- 3.5 No refunds will be issued for no-shows, early departures, missed activities, or flight/travel delays/cancellations.
- 3.6 In the event that the retreat is cancelled by Finlyt Solutions Pvt. Ltd., participants will receive a 100% refund. No additional claims will be considered.
- 3.7 Missed Installments: Failure to complete the balance payment by Dec 20, 2025 will result in automatic cancellation without refund, and the slot may be allocated to the next waitlisted participant. Payments are non-refundable but may be transferred to another participant with prior approval.

4. Photography & Media Release

- 4.1 By joining the retreat, participants agree to be photographed and/or recorded during sessions and activities.
- 4.2 Selected photos and videos may be used in promotional materials including websites, social media, and other marketing collateral.
- 4.3 Participants who do not wish to appear in media content must inform the organizer in writing before the retreat begins.

5. Health, Safety & Liability

- 5.1 Participants are required to disclose in writing any pre-existing medical conditions prior to the retreat.
- 5.2 Participation in all activities is entirely voluntary and undertaken at the participant's own risk, including but not limited to yoga, meditation, excursions, wellness therapies, and water-based activities such as surfing.
- 5.3 Each participant is responsible for evaluating their personal fitness and capability to safely participate in the scheduled activities.
- 5.4 The organizers, facilitators, instructors, and associated partners shall not be held liable for any injury, illness, accident, loss, or damage incurred during the retreat.

6. Travel Responsibility

- 6.1 Participants are fully responsible for arranging valid identification, travel documents, tickets, and travel insurance.
- 6.2 The organizer shall not be liable for travel-related delays, disruptions, cancellations, or missed connections.
- 6.3 No refunds or rescheduling will be provided for missed sessions, activities, or meals due to travel delays or personal schedule changes.

7. Code of Conduct

- 7.1 Participants are expected to maintain respectful, responsible, and professional behaviour at all times.
- 7.2 Use of illegal substances, inappropriate conduct, or misconduct towards staff, other participants, or venue property will result in immediate removal from the retreat without any refund.

8. Force Majeure (Act of God)

- 8.1 The organizer shall not be held responsible for any failure to operate or deliver the retreat due to events beyond reasonable control, including but not limited to natural disasters, extreme weather conditions, government restrictions, strikes, epidemics, or other force majeure circumstances.
- 8.2 In such situations, payments may be transferred as credit toward a future retreat at the organizer's discretion; however, refunds are not guaranteed.

9. Waiver of Liability

- 9.1 By completing the booking, participants voluntarily agree to release Finlyt Solutions Pvt. Ltd., its directors, employees, instructors, and affiliates from any liability for injury, illness, loss, or damage incurred during the retreat.
- 9.2 This waiver includes all activities such as yoga, excursions, transportation, wellness treatments, and water-based activities.
- 9.3 Participants confirm that they are joining the retreat by choice and accept full responsibility for their own safety and well-being.

10. Jurisdiction

- 10.1 These Terms & Conditions are governed by the laws of India.
- 10.2 Any disputes arising in relation to these terms or the retreat shall fall under the exclusive jurisdiction of the courts in Delhi, India.
- 10.3 The retreat is organized and operated by Finlyt Solutions Pvt. Ltd., registered under the applicable laws of India.

*Thank
You*