

KARE PHUKET THAILAND



# KARE women's Retreat

*Nourish your mind, body and spirit.*

*Nov 28 - 2 Dec, 2019*

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**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...?*
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# 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

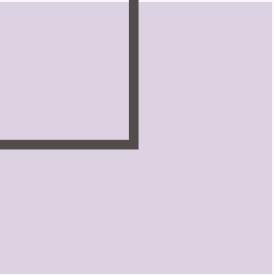
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RETREAT



# AWAKEN THE INNER GODDESS



Sound Healing Therapy.  
Meditation.  
Women's Circle.



# 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

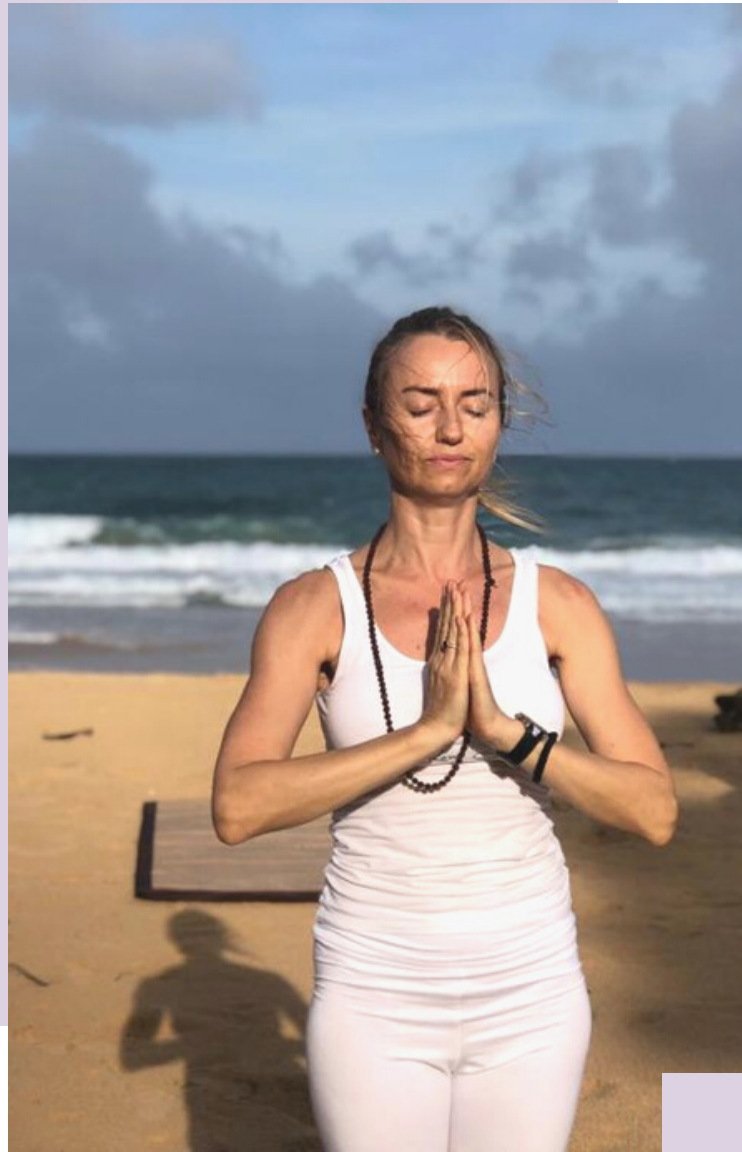
*Complimentary Thai massage &  
Sound Healing Therapy*

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# YOGA AND MEDITATION



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# MORNINGS WITH KARE

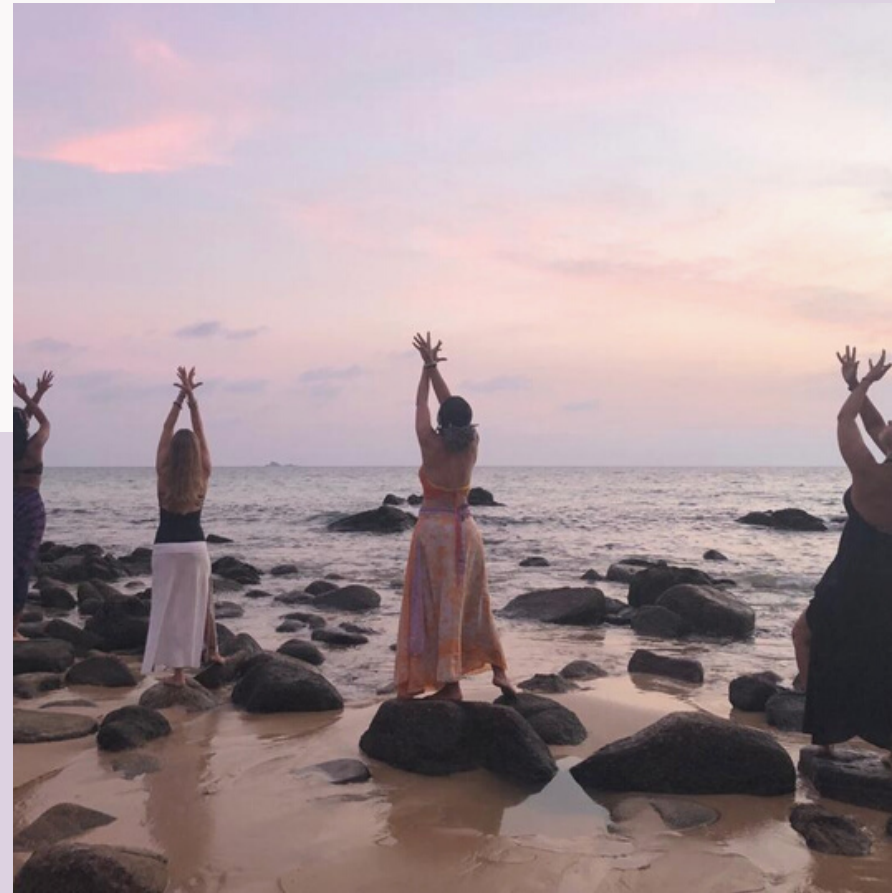


Be Transformed



# EVENING SESSIONS

Relax. Rejuvenate. Replenish.







## REST AND FREE TIME

Relax and rejuvenate your senses



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## *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 limousine.

# All inclusive

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TAILORED DIET  
DESIGNED JUST FOR  
YOU

# *One-on-One Nutrition Consultation*

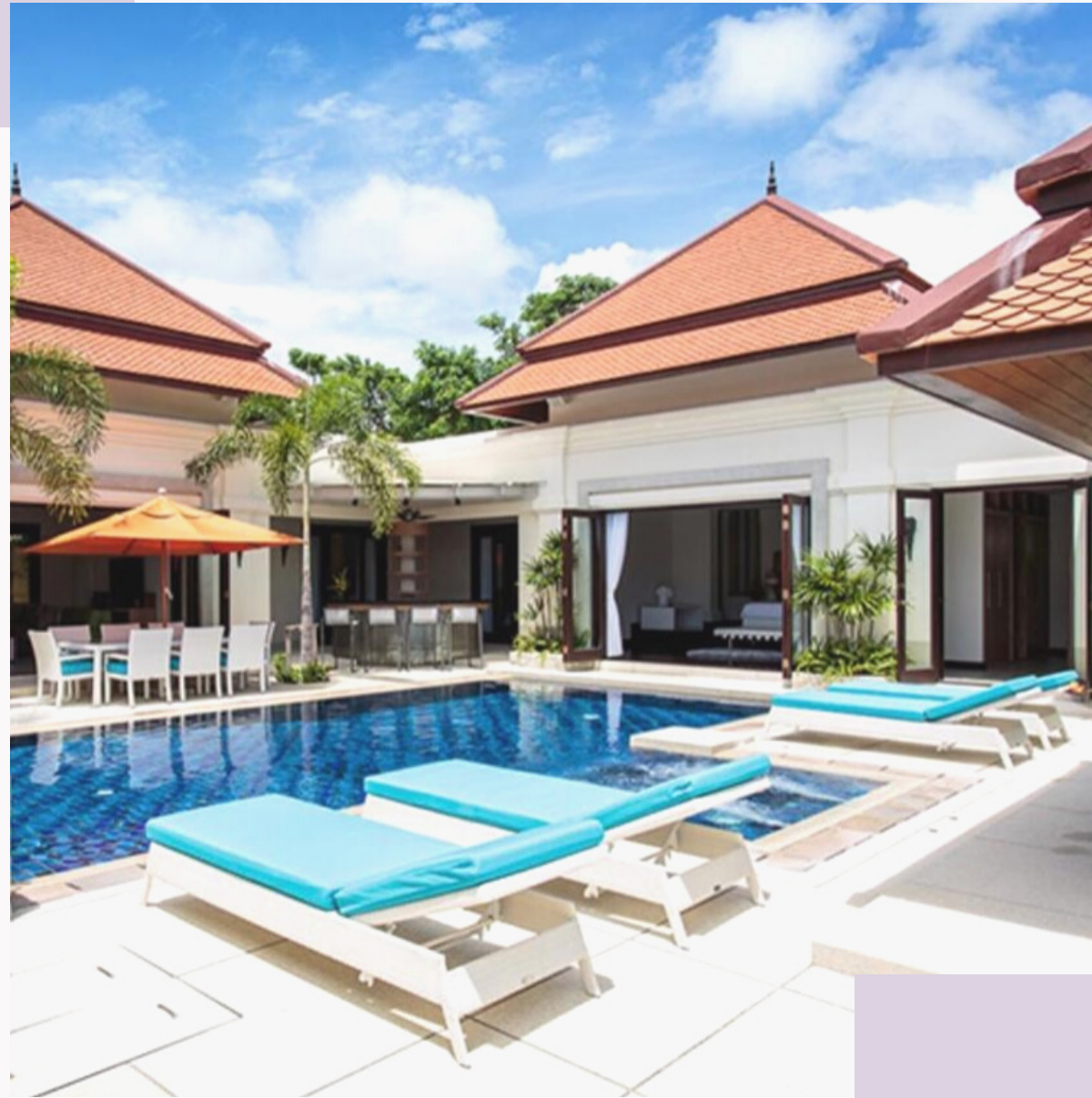
Includes tailored nutrition advice and nutrition plan with Nutritionist Ai Jerome (APD)

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**BOOK WITH US**



4 days & 4 nights of Wellness



# *Book yourself a well deserved Retreat.*

Accommodation, wellness activities, nourishing  
meals and transfers

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28 Nov - 2 Dec, 2019

**BOOK WITH US**

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*Package 1 - Supreme LUXE Goddess*

Majestic spacious bedroom with king bed & master ensuite bathroom.

Standard \$2097

*Package 2 - Supreme Goddess*

Spacious bedroom with queen bed & private ensuite bathroom.

Standard \$1847

*Package 3 - Sassy Goddess*

Comfortable single room with double bed & shared ensuite bathroom.

Standard \$1647

**Pricing**  
*all prices in USD*

*Package 4 - Goddesses of the Sisterhood*

Twin-share room with king-single beds - shared ensuite bathroom

Standard \$1497

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# Contact Information

## **BOOK WITH US**

### *Website*

[www.KAREforWOMAN.com](http://www.KAREforWOMAN.com)

### *Phone Number*

+66 6 6027 6248

### *Email Address*

[info@KAREforWOMAN.com](mailto:info@KAREforWOMAN.com)