



ACTIVE WELLNESS GÀIÀ



FOR A LONG HEALTHY LIFE

Join our annual Active Wellness Retreat:
Learn from 12 experts the what, why and how to be
in prime health as the body changes with age.

22 - 24 MAY 2025

GÀIÀ
HOTEL



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GÀIÀ

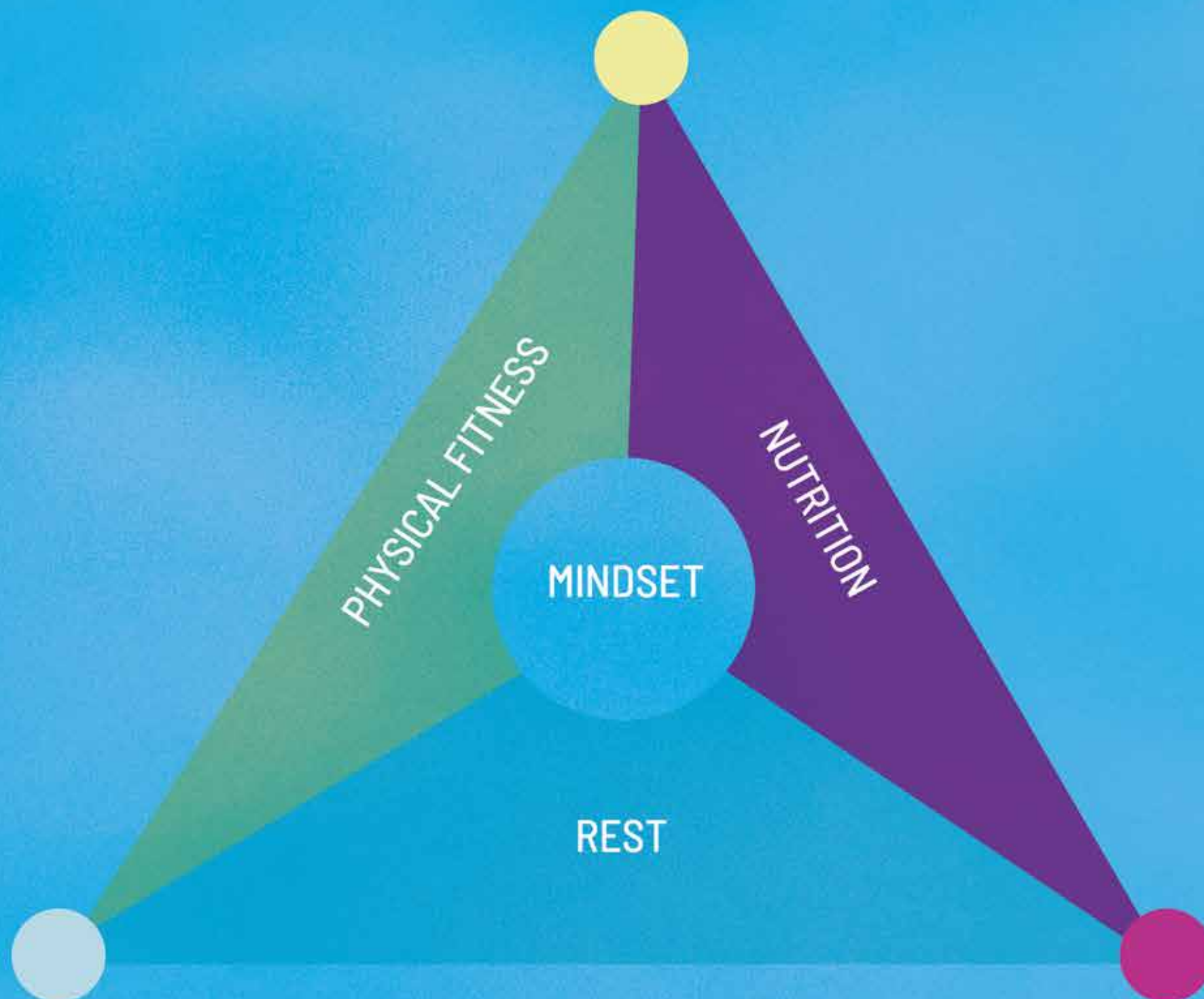
HOW TO ACHIEVE A LONG HEALTHY LIFE

You do not have to give in to age! Learn from a panel of 12 experts, certified coaches and instructors on the secrets to strength, health and vitality even as age increases.

For 3D2N at The Gaia Hotel Bandung, Active Wellness Retreat is an immersive and hands-on learning experience of understanding the body, the state of your health, and creating a personal and practical roadmap for better health.

Through seminars, workshops, exercise sessions, personal coaching and curated meals by Clinical Dietitian, you will receive first-hand knowledge and guidance on physical fitness, nutrition and rest.

You will go home empowered and equipped to make a difference to your health, and even your family's.



LEAD EXPERTS



dr. Amanda Dianky, AIFO-K
Program Director at LIF



Emilia E. Achmadi MS., RDN
Clinical Dietitian & Sports Nutritionist



Mia Fitri,
CPT, CHC, WMS
Certified Health Coach



Pasha Yudadibrata,
CPT, CHC, CSC
Applied Health &
Human Performance Specialist



Vishal Dasani
Certified Sleep Recovery Coach &
CBT-Insomnia Practitioner

COACHES & INSTRUCTORS



Aini Sofie
Certified Yoga Instructor



Agung Kurniawan
Certified Yoga Instructor



Deece Dewayani
Sound Meditation &
Somatic Yin Yoga Instructor



Erick Limans
Internationally Certified Fitness Expert
& Co-founder Paradigm Fitness



Firmpoint Pilates Studio
Polestar Pilates Host Studio



Hasya Putra
Fitness & Activity Specialist at LIF



Puspasari Pasaribu
Nutritionist at LIF



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PROGRAM HIGHLIGHTS



DAY 1 | 22 MAY 2025

Begin with gaining insights on the state of your health and meet like-minded people who share the same goals of health and vitality.

10.00 am - 12.00 pm

- Event Registration
- Hotel Check In
- Body Composition Test by LIF

12.00 pm - 17.30 pm

- Lunch
- Seminar "Age with Vitality"
by Mia & Pasha
- Workshop Session 1:
*Menopause Transition by Mia / Train for Vitality by Pasha /
Nutrition : Who Am I Physically? by Emilia*
- Coffee Break

18.30 pm - 21.45 pm

- Dinner & Seminar: "Microbiome 10% Human" *by Emilia*
- Night Exercise:
Unplug by Vishal / Night Yoga by Aini / Sound Healing by Deece

PROGRAM HIGHLIGHTS



DAY 2 | 23 MAY 2025

Seek balance in variety for your physical and mental health. Enjoy the rewarding experience of exploration and discovery, conversations and connections.

05.30 am - 12.00 pm

- Pre-exercise Nutrition
- Breakfast
- IP Organic Farm Tour
Farm Tour & Harvesting

12.00 pm - 17.30 pm

- Lunch
- Workshop Session 2:
Nutrition: Portioning & Microbiome Adaptation with Emilia / Senior Fitness with Mia / Debunking 7 Sleep Misinformation with Vishal
- Personal Coaching Session 1:
In-depth InBody: Disease Risk / Nutrition / Senior Fitness & Menopause / Personal Training / Posture with Pilates / Sleep & Insomnia
- Enrichment & Leisure:
Batik Making / Coffee Workshop / Massage Therapy
- Coffee Break

19.00 pm - 21.45 pm

- Dinner & Seminar: "Sleeping Better, Naturally" by Vishal
- Night Exercise:
Unplug by Vishal / Night Yoga by Agung / Sound Healing by Deece

PROGRAM HIGHLIGHTS



DAY 3 | 24 MAY 2025

Commit to your health goals and live out the lifestyle changes. You will feel the positive difference.

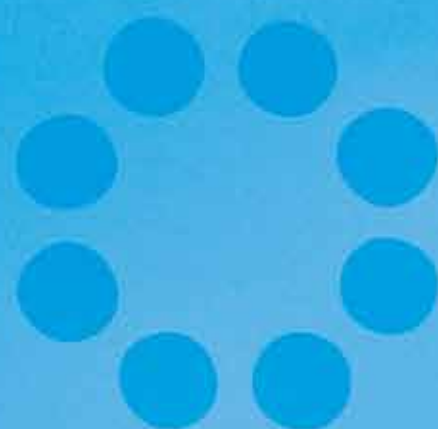
05.30 am - 12.00 pm

- Pre-exercise Nutrition
- Fun Workout with Erick Limans
- Breakfast
- Personal Coaching Session 2:
In-depth InBody: Disease Risk / Nutrition / Senior Fitness & Menopause / Personal Training / Posture with Pilates / Sleep & Insomnia
- Enrichment & Leisure :
Massage Therapy

12.00 pm - 16.30 pm

- Lunch & Closing Ceremony
- Check Out
- Personal Coaching Session 3:
In-depth InBody: Disease Risk / Nutrition / Senior Fitness & Menopause / Personal Training / Posture with Pilates / Sleep & Insomnia

PROGRAM RATE



SINGLE OCCUPANCY

IDR 6.880.000

Price is nett per person

DOUBLE OCCUPANCY

IDR 4.880.000

Price is nett per person

INCLUDES:

Room for 3 days 2 nights at Deluxe Garden View /

Body composition test / Full program /

Curated healthy meals and snacks by Clinical Dietitian and Nutritionist

Free use of LIF health app for 1 month

PROGRAM:

Seminars and workshops / Fitness sessions /

Personal coaching session with experts /

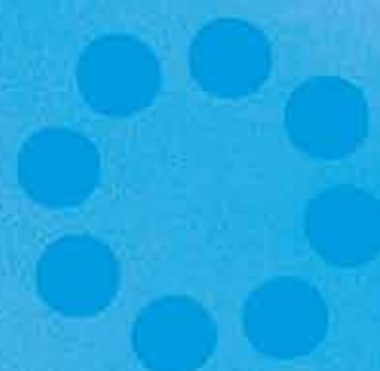
Field trip to an organic farm / Enrichment & leisure activities

Healthy snacks and merchandise



For information and reservation:

 +62 811 2020 0500





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MOVE INC.

PARADIGM
FITNESS



For information and reservation:

 +62 811 2020 0500