

REVITALISE CAMP

RESET | REFOCUS | GET ACTIVE

3-7 OCTOBER 2019

October 2019

SOUTH COAST | LOMBOK | INDONESIA

1. Create a name and positioning for the "retreat"

Selofit Revitalise Camp

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3-7th October 2019

2. Identify audience:

Professional burnout. Men and women aged 25-44. Locations: Australia (Perth and Sydney), Singapore, Hong Kong, London

3. Update content on Selofit webpage

Elite Haven - <https://www.selongselo.com/selofit.html>

4. Create Facebook and GDS for advertising purposes, to commence in June

- Social media ads will be based on the content and imagery used on the website
- Elite Haven - <https://www.selongselo.com/selofit.html>

Image Design and Copy for approval



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Burnout, fatigue, illness and stress are all too common in today's world. It is important that we take care of our bodies and minds to get the best out of life and ourselves. Selofit Revitalise Camp is not your typical bootcamp and not your typical yoga retreat. This hybrid system has been created for professionals at any stage of life who are looking for that mental and physical RECHARGE, to reconnect with themselves, set new goals and get back to the working world with a positive mindset and body. You will be empowered with actual tools to make a positive impact on your life every day.

THE PROGRAM, LED BY TRAINER WILL HARVEY, FOCUSES ON THESE 7 ASPECTS:
BREATH • THOUGHTS • MOVEMENT • SLEEP • NUTRITION • HYDRATION • ONE LOVE

- 5 DAY 4 NIGHT CAMP
- LIMITED SPOTS AVAILABLE
- ALL INCLUSIVE (excluding flights)
- LUXURY VILLA ACCOMMODATION
- SPA & GYM FACILITIES
- ADVENTURE ACTIVITIES

For more info please contact Will
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Ad Intro text:

End professional burnout at the Selofit Revitalise Camp! Our wellness program will RECHARGE your mental and physical power with wholesome food, intensive exercise, meditation and nature-based activities at our luxury Selong Selo Resort on South Lombok.



Take charge of your health and sign up today!

5-day retreat to overcome stress, fatigue and burnout.

[BOOK NOW](#)

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Selofit Revitalisation Camp, is facilitated and held at the multi award-winning luxury location of Selong Selo Resort & Residences in South Lombok. The natural surroundings create an ideal environment to reconnect with nature, recharge your physical body and restore your mental energy.

Our program enlivens deep wellbeing through balanced nutrition, empowering skills, high intensity workouts, surfing, yoga, mental restoration, meditation, massages and essential deep sleep.

ENQUIRE NOW



Introduction



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Burnout, fatigue, illness and stress are all too common in today's world. It is important that we take care of our bodies and minds to get the best out of life and ourselves.

Selofit Revitalise Camp is not a bootcamp. Nor a yoga retreat. This Camp is designed for professionals at any stage of life who are looking for that mental and physical RECHARGE to reconnect with themselves, set new goals and get back to the working world with a positive mindset and body. You will be empowered with actual tools to make a positive impact on your life every day.

Full board: USD 1800,00 excl flights

Spaces are limited.

[ENQUIRE NOW](#)

Package information



Selofit Recharge Package include

- 5-day, 4-night camp program
- Luxury accommodation in an ocean view villa
- Expert physical and mental training by elite body-mind coach Will Harvey
- 3 customised group meals per day (catered to dietary requirements)
- Healthy snacks
- 1 massage
- 1 surf lesson
- An "ecofit" merchandise bag packed with a shirt, aluminum water bottle and visor
- Transportation to and from the airport

Extras

Furthermore, if you wish to extend your stay, partake in extra activities and spa treatments or explore the island a little further, this can all be arranged at an added cost.

The Program



The Program – The 7 Warrior Mindset, Body and Spirit Principles

Will Harvey's tried and tested program will upskill you with the actual tools required to make a positive impact on the individual "success" of your life.

The 7 principles include:

1. Breath
2. Thoughts
3. Movement
4. Sleep
5. Nutrition
6. Hydration
7. One love

You will practise all these techniques on Camp in addition to carefully planned day of nutritious food, intensive exercise, meditation, nature-based activities and all important sleep.

Extras

Furthermore, if you wish to extend your stay, partake in extra activities and spa treatments or explore the island a little further, this can all be arranged at an added cost.



Sample daily itinerary

Morning

- Sunrise walk/run in nature
- Breath work session
- HIIT circuit workout
- Breakfast
- Mental invigoration session
- Refreshments

Afternoon

- Nature-based activity (surfing, snorkelling, adventure walk)
- Poolside lunch
- Meditation and spa session

Evening

- Own time
- Dinner