



TRAVEL VUDA
very unique designer adventures

TROPICAL RETREAT—MALAYSIA

Women Only Small Group Holiday Retreat

Thursday 19th — Sunday 29th June 2014



Relax, revive and refresh in tropical paradise. Sound like bliss? Recharge your batteries and enjoy some 'me' time on this energy-boosting escorted tour, offering a unique insight into the culture, history & scenery of Malaysia. Combined with the knowledge of experienced yoga and nutrition guides, this 9-day guided trip offers a delightful mix of adventures and learning opportunities both in the city and a beautiful tropical island paradise for a perfect balance of mind and body nurturing.

"Join me on this exciting small group LADIES ONLY Escorted Holiday Retreat visiting some of the most beautiful parts of Malaysia. I love to travel and South-East Asia is one of my absolute favourite parts of the world (& I've been to every continent!). Not only did I choose to spend my honeymoon in Malaysia, I have been lucky enough to travel to Malaysia several times, and lived there for three months in 2007 and again in 2011. Let me share this wonderful country with you; allow me to introduce you to the people, the incredibly delicious food, the varied culture and traditions. I believe that a healthy mind equals a healthy body. We have carefully created this itinerary so you can enjoy a relaxing & healthy holiday with plenty of fresh air, exercise, wonderful pampering and of course shopping."

Margot van Cingel, of From Inside Out
Tour Hostess for Tropical Retreat and India Insights

ITINERARY:

Kuala Lumpur 1 night, Langkawi Island 6 nights, Kuala Lumpur 2 nights

*A bit of an Adventure, a Splash of Luxury,
a Heap of Culture, a Taste of Exotic Cuisine
= One Amazing Experience.*

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Itinerary in detail:

Day 1, 19 JUN AUCKLAND – KUALA LUMPUR

Meet your Travel VUDA Tour Hostess and the group prior to departure at Auckland International Airport .

1:15 pm, Depart Auckland on flight MH130 to Kuala Lumpur.
8:40 pm, Arrive in Kuala Lumpur.

On arrival into Kuala Lumpur you will be transferred to the hotel.

Accommodation for 1 night at **Concorde Inn KLIA** in Superior Rooms including breakfast daily.

Day 2, 20 JUN KUALA LUMPUR—LANGKAWI (B,D)

This morning over breakfast there will be a trip briefing.

Mid-morning we will be collected from our hotel and transferred to the airport in time for our onward Malaysia Airlines flight to Langkawi Island.

11:05 pm, Depart Kuala Lumpur on flight MH1438 to Langkawi.
12:05 pm, Arrive in Langkawi.

We will be met on arrival into Langkawi and transferred to our gorgeous resort .

Accommodation for 6 nights at **Ambong Ambong Langkawi Rainforest Retreat**. For more information on this property please see www.ambong-ambong.com.

Surrounded by a lush, breezy forest where monkeys chatter, birds sing and butterflies flutter gently from shrub to shrub, Ambong Ambong is an idyllic place to relax and let time drift by.

Settle in and enjoy the facilities, then enjoy a Welcome Cocktail and Dinner.

Day 3, 21 JUN LANGKAWI (B, L, D)

- * Sunrise yoga @ Ambong
- * Breakfast
- * Free and easy
- * Lunch @ Fat Cupid
- * Foot Reflexology @ Teratai Spa (1 hour)
- * Dinner @ Tulsi Garden

Day 4, 22 JUN LANGKAWI (B, L, D)

- * Sunrise yoga @ Ambong
- * Breakfast
- * Mangrove Boat Tour including lunch
- * Free and easy
- * Dinner @ The Brasserie

Day 5, 23 JUN LANGKAWI (B)

- * Breakfast
- * Free and easy—Full day at your leisure

Day 6, 24 JUN LANGKAWI (B, L, D)

- * Breakfast
- * Ishan Spa treatment (1 hour)
- * Lunch @ The Boat
- * Afternoon island trip with Sunset Yoga, BBQ dinner and cocktails on the beach

Day 7, 25 JUN LANGKAWI (B, L, D)

- * Breakfast
- * Free and easy
- * Malaysian cooking class including lunch
- * Sunset yoga @ Ambong
- * Dinner @ Temple Tree

Day 8, 26 JUN LANGKAWI—KUALA LUMPUR (B)

After breakfast, we will be met at our hotel and transferred to Langkawi airport in time for our onward flight to Kuala Lumpur.

12:35 pm, Depart Langkawi on flight MH1447 to Kuala Lumpur.
1:35 pm, Arrive Kuala Lumpur.

We will be met on arrival into Kuala Lumpur and transferred to the hotel.

Accommodation for 2 nights at the **Federal Hotel** including breakfast daily.

Rest of the day at leisure or for independent activities. Perhaps join Margot and go by taxi to the **Mid Valley Mega Mall** for some amazing shopping bargains!

Day 9, 27 JUN KUALA LUMPUR (B, D)

This morning, after breakfast, we will enjoy a half day orientation tour of Kuala Lumpur.

Afternoon at leisure to rest, swim in the hotel pool, or shop & explore the city.

Meet in the hotel bar for a pre-dinner drink, before heading off for our Farewell Dinner.

Day 10, 28 JUN KUALA LUMPUR—AUCKLAND (B)

Today you will have the option of more sightseeing, time for shopping, to explore the food halls and many other things on offer in KL.

Later, you will be transferred to Kuala Lumpur International Airport to connect with your Malaysia Airlines flight back home to Auckland.

9:45 pm, Depart Kuala Lumpur on flight MH131 to Auckland.

Day 10, 28 JUN AUCKLAND

11:45 am, Arrive Auckland. Tour Ends.

*Option to extend your time in Malaysia, discuss with Travel VUDA *



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In summary:

Kuala Lumpur 1 night; **Langkawi** 6 nights; **Kuala Lumpur** 2 nights

Includes:

- Return economy class airfare from Auckland to Langkawi, via Kuala Lumpur with Malaysia Airlines
- All transport throughout, as per the itinerary
- 9 nights hotel / boutique resort accommodation
- Meals; Breakfast daily, 4 lunches & 6 dinners, as per the itinerary
- Sightseeing Activities, Yoga Instruction, Reflexology/Massage, as per the itinerary
- All airline surcharges & levies, departure taxes
- Local Malaysian guides, as required, during your stay in Malaysia
- Escorted from Auckland by Tour Hostess Margot van Cingel

Excludes:

Travel Insurance (it is mandatory that you have some form of cover, approximate cost \$120). Spending money, additional sightseeing (optional), some lunches & dinners not included - recommended approximately NZD\$500 (more for those who just love to shop!).

Cost:

\$ 4750 per person share twin

Prices are based on twin share accommodation (two people per room). However if you are travelling solo Travel VUDA will do our best to team you up with a roommate. If you would like your own room there is the option to have a single room, please discuss costs with Travel VUDA. Note prices are subject to change due to exchange rate fluctuations.

A limited amount of **Land Only** packages are also available for those joining us from elsewhere around the world and/or if this trip is part of a bigger itinerary. Contact Travel VUDA to discuss this option.

Note prices are subject to change due to exchange rate fluctuations.

Payment:

A deposit of \$ 250 per person is required within 7 days of making your reservation. This deposit is non-refundable. The balance is then required on or before 19th April 2014. Please note that the airline may request full payment for airfares before the balance due date, you will be advised at the time of booking. Direct deposit or cheque payment preferred. Credit card payment incurs a 2% surcharge. Payment plan available.

Note:

- Where meals are shown on the itinerary, B = Breakfast, L = Lunch, D = Dinner
- The tour will operate with a minimum group size of 8 & maximum of 12
- Standard booking conditions apply, these are included on the booking form which is required at the time your deposit payment is made.
- Every care and attention is taken in providing the services stated in this itinerary, however alterations can occur due to local factors beyond our control. The information provided in this itinerary is prepared for the purpose of giving you accurate information available at the time of printing. However, unforeseen circumstances may result in changes to the material advised.
- This tour has been carefully created to allow for a good mix of health related activities, sightseeing and free time to relax – so the experience is your own. Margot is there at all stages to help with suggestions, show you around, recommend cafes and generally help make your holiday run as smoothly as possible.
- Extend your stay? Ask Travel VUDA for details

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Margot van Cingel

from Inside Out Ltd www.frominsideout.co.nz

Your Travel VUDA Tour Hostess, Margot van Cingel, has been working in Tauranga as a coach (using NLP) for six years and has a keen interest in total body health.

*“My professional focus is coaching people to find Health, Clarity and Balance ...
with plenty of fun, travel, rest and relaxation ”*

Margot has travelled extensively worldwide, so far enjoying 3 extended “OE’s”!! One of these journeys included a month spent backpacking in India where the sights, smells, sounds & food (of course!) captivated her. She has also spent three months living in Malaysia during 2007, & again another 3 months during 2011 living in Malaysia & volunteering at an orphanage in Southern Thailand.



In her spare time Margot likes to regularly twalk (talk & walk) around Mt Maunganui with her girlfriends, as well as cycling with her family. She is currently in training for the Taupo Half Marathon (walking). Originally from Wellington, Margot loves living in Tauranga where she shares her home with her husband John, 13 year old son Hugo plus a couple of crazy cute cats.

Dorothy Ang, Langkawi Yoga

Fitness instructor & reiki practitioner.

Dorothy, a law graduate from a well known university in the United Kingdom, who upon obtaining her law degree returned to Malaysia and started conducting aerobics and steps classes in her mother’s fitness centre. At the same time, she was also looking forward to having an unconventional profession as a fitness instructor. From being a fitness instructor, she became a yoga guru and has also been certified as a Pilates instructor and reiki practitioner. With such fitness backgrounds, she is creative, open minded, is full of energy and compassionate. Due to that, she is able to conduct her classes spontaneously to adapt to the fitness levels and ability of her students.



LANGKAWI YOGA, the main yoga provider on Langkawi island, has been operating from 2006. Since then, Langkawi Yoga has been handling yoga sessions in various hotels, including the beautiful Bon Ton Resort and more recently Ambong-Ambong.

Dorothy will be our local contact and yoga instructor during our 6 night stay on Langkawi Island.

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Testimonial;

Laurie, Tropical Retreat 2011:

What a fabulous trip - we had so many laughs. If you are looking to spend some time seeing the real Malaysia, then this is a must. Great food, fun bunch of women and loads of duty free shopping. Yoga, massage, reflexology, cooking class, mangrove tours, mystery islands - NOT your typical beach holiday! Would recommend it to anyone who needed 'to get away' and recharge. And don't worry about the Yoga Retreat Title -the biggest hoot was that Not One person on our tour had done Yoga - rather confused our lovely Malay Yoga Instructor Dorothy, who was very patient with us all and probably still wondering why we had all chosen to do a Yoga Retreat! It was that kind of trip and we were that sort of group! Hilarious. Margot was a wonderful hostess and was part of our group - more a friend than a guide. Will be saving the pennies for the next wonderful VUDA escape - many thanks for the memories!

Louise visited Langkawi in 2010. Read about her experience;

Just wanted to let you know how amazing Dorothy's yoga retreat on Langkawi was - enjoyed every moment of it! Langkawi is perfect place for a little getaway and Dorothy looked after me so well. Bon Ton resort is truly beautiful and well worth a visit - great restaurant and beautiful rooms - definitely worth the price.

Here's an insight to what I experienced;

The day begins with a yoga session at the beach overlooking islands and brilliant blue sky, with the gentle sound of the ocean lapping against the shore. On another morning we hike to a waterfall where we have only the cheeky monkeys for company and practice yoga looking down the forest, out over the islands and the beautiful ocean, followed by a swim in refreshing water and slide down natural water slides! Breakfast of rice with chilli sauce & dried fish wrapped up in banana leaves and pandan pancake rolled up with palm sugar and coconut paste inside – yum.

Then it's off on a mangrove tour or island hopping or up cable car for amazing views, rare animals and funny experiences. Afternoon massage or reflexology where the body is pampered and refreshed. Yoga at sunset on the balcony of old colonial house restored to original glory. Gazing over the rice paddy fields, palm trees and falling sun. Meditation and reiki with the gentle breeze and sounds of the frogs/cicadas.

A refreshing jump in the pool before heading for dinner of Chinese steamboat, modern Asian fusion, Indian curry or home cooked traditional Malay food.

So so glad I came to experience all that this place has to offer for the mind, body, eyes and stomach!!

Thanks again for all your help.