



BANWA

PRIVATE ISLAND

HARMONY UNVEILED
A Luxurious Evolve Wellness Retreat
on Banwa Private Island, Palawan.

28th November - 1st December 2024





HARMONY UNVEILED

Indulge your senses in an unparalleled journey of self-discovery and rejuvenation at the **Harmony Unveiled** luxury wellness retreat.

Nestled in the pristine Sulu Sea, Banwa Private Island is a marine protected sanctuary in the heart of the Palawan UNESCO biosphere reserve and home to abundant nature and endangered species. The island is completely mosquito free and has its own natural spring water feeding the showers and swimming pools.

This exclusive 4-day, 3-night experience is meticulously designed to elevate your mind, body and soul through the transformative practices of yoga, Pilates and sound bath meditation.

Immerse yourself into the opulent embrace of Banwa's natural beauty, surrounded by turquoise waters, lush greenery and unparalleled tranquility. Our expert wellness facilitators will guide you through a curated program that seamlessly weaves together invigorating yoga sessions, empowering Pilates workouts and immersive sound bath meditation. These activities, set against the backdrop of Banwa's breathtaking landscapes, aim to harmonize your physical, emotional, mental and spiritual well-being.

The retreat is tailored for both beginners and seasoned yoga and fitness enthusiasts, ensuring personalized attention and growth for every participant. Discover the art of mindful movement with world-class instructors who will lead daily yoga and Pilates classes, adapting to your individual needs and fostering a sense of unity within the group.

Incorporating the healing power of sound, our meditation sessions will take place in unique locations across the island, from pristine beaches to lush tropical gardens. Immerse yourself in the soothing sounds of nature combined with expertly crafted soundscapes, allowing you to unwind, release stress and achieve a profound state of relaxation.

Banwa Private Island's lavish accommodation, exquisite cuisine and unparalleled service add an extra layer of indulgence to your retreat experience. Each day will culminate in gourmet dining, offering a selection of healthy and delectable dishes to nourish your body and delight your palate.

Harmony Unveiled invites you to escape the ordinary and embark on a transformative journey towards holistic wellbeing. Join us on Banwa Private Island where the fusion of luxury, nature and wellness creates a haven for self-discovery and renewal. Elevate your mind, embrace your body and harmonize your spirit in this unique and unforgettable retreat.





OUTLINE ITINERARY & ACTIVITIES

DAY 1

Arrival, settle into your luxurious villa, brunch.

Afternoon: Welcome briefing; island exploration; optional activities (golf, tennis, pickleball, kayak, paddleboard, sailing, relax by beach or pool).

Evening: Sunset yoga & sound bath meditation; island activities; cocktails; dinner; stargazing.

DAY 2

Morning: Optional HIIT Pilates class; breakfast; visit to organic farm or wellness cooking class; or island activities.

Afternoon: Spa massage or island activities; sunset yoga with sound bath meditation on the sandbar.

Evening: Cocktails; Vegan dinner.

DAY 3

Morning: HIIT Pilates class; breakfast; Optional hike to the mainland waterfalls; or island activities.

Afternoon: Lunch; cooking lessons for wellness recipes; and / or spa massage / island activities.

Evening: Sunset yoga with soundbath meditation; Cocktails; evening dinner with wine pairing at Coconut Grove.

DAY 4

Morning: Optional morning activities; breakfast; further island activities; check out and departure.

The above itinerary is subject to change depending on the individual requirements of the group.





YOUR INSTRUCTORS

GINGER DIAZ SERRANO

Ginger has over 18 years' experience as a Yoga instructor having started as a practitioner in Bikram Yoga with her initial training in Honolulu. Having graduated to become a certified Bikram Yoga Instructor, she has participated in extensive Yoga events including the Philippine Yoga Asana Championships. She has been featured on TV and in print and in 2010 founded her own studio in Manila called Evolve Yoga and Fitness. She is a certified Vinyasa and Inferno Hot Pilates instructor as well. Ginger has been a participant, presenter, and organizer of international yoga conferences around the world and now runs luxury wellness retreats in unique locations.

KATRINA SANDEJAS-MANOSA

Combined with a career in business, Katrina started her Yoga journey over 20 years ago and started her teacher training in 2009. Since 2015 she has been an instructor at Evolve Yoga & Fitness Studio and has taught and practiced Yoga in The Philippines, Thailand, USA, Malaysia, Singapore, and Hong Kong. In addition to her Yoga activities, Katrina over the past 9 years has also operated Real Food, A Healthy Neighborhood Grocer.





THE RETREAT HOST - BANWA PRIVATE ISLAND

Banwa Private Island sits in the heart of a marine protected sanctuary within the ancient biosphere reserve of Palawan. The tiny island, home to just 6 luxurious villas, is a centre of conservation and sustainability creating harmony between its guests, nature, wildlife and marine life.

All of the villas have private freshwater pools, Jacuzzis, broadband internet, entertainment systems and every conceivable luxury.

In addition to the villas, the island includes a wellness centre, sports facilities, restaurant, sun terraces, yoga platforms, golf course, wildlife reserve and a plethora of water-based activities.

Within a 20 minute radius are a variety of islands including unique experiences for diving, snorkeling, bat and bird watching, hiking and exploration – all accessed via the island's fleet of private yachts.

All of the island's facilities are included within the retreat at no extra cost and participants can create their own schedule of experiences.





VILLA OPTIONS

The island consists of 6 villas including 1, 2 and 4 bedroom layouts, all en-suite and with private pools and Jacuzzis. For this wellness retreat the villas can be booked exclusively by groups of 2, 4 or 8 people per villa booking, or on a per room shared villa basis.

For more information on the individual villas, please see the attached brochure "Island Overview".

Accommodation	No. Bedrooms	Max Guests	Use basis	Price Exclusive	Price Per Room (2 guests)
North One Villa	1	2	Exclusive	US\$ 11,950	n/a
South One Villa	1	2	Exclusive	US\$ 11,950	n/a
North East Principal Villa	1	2	Exclusive	US\$ 14,150	n/a
North Two Villa	2	4	Exclusive/Shared	US\$ 19,650	US\$ 9,850
South Two Villa	2	4	Exclusive/Shared	US\$ 19,650	US\$ 9,850
South West Villa	4	8	Exclusive/Shared	US\$ 36,199	
				Premium Suite	US\$ 10,860
				Junior Suite	US\$ 7,240

- All prices are for 3 nights, 4 days – 28th November – December 1st 2024
- Prices are fully inclusive of 22.5% taxes and service charge
- Villas are available on a per room or exclusive basis
- Return airport transfers from Puerto Princessa or El Nido are included
- All meals and activities are included in the price
(excepting any individual alcohol requirements chargeable separately)



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PRIVATE ISLAND

For more information contact:

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