

# Join the Naturel Retreat to Tanjung Setura

This weekend getaway is specially created for food lovers to learn and discover more about greening up lives right from the farm to the kitchen to the way we cook and even look at our food, choices, health and body.

For a weekend we retreat to the peace and solace of Tanjung Sutura right by the south China Sea for a time to slow down, get some fresh air and explore truths about going green, self sustainability and eating for health and wellness with practical tips you can bring back to improve your hectic urban city life - everything you need to know to make greener, healthier and happier choices.

We'll also be visiting an organic farm to see, smell and feel what organic farming is all about.



## View of the South China Sea

Chill by the poolside



## Lakeview Villa

"I WANT TO CHANGE THE WAY PEOPLE THINK AND FEEL ABOUT FOOD. I WANT TO HELP PEOPLE LEARN THE BASICS OF QUALITY INGREDIENTS AND ITS NUTRITION. I WANT TO HELP PEOPLE EMBRACE FOOD ONCE AGAIN, AND I WANT TO CHANGE YOUR BODY AND LIVES FOREVER."



## Itinerary

### Day 1

11:00am: Depart / Organic farm visit / Resort check-in / BBQ Dinner and light activities

Lunch followed by Naturel Cook-off games / 6:30pm Buffet Dinner / 8:00pm Movie

Date: Sep 24-26  
All-inclusive rates: S\$450 per person (Meals / twin-room / transport included)

### Day 2

8:30am Arise forest trek / 10:30am Breakfast / 11:30am Healthy cooking with Sinma / 1:30pm

### Day 3

Morning: Free and Easy / 11:30am Games galore / 1:30pm Lunch / 3:00pm Checkout and depart for Singapore

Other amenities / activities: Soccer field, swimming pool, ocean, tracking, snorkle, yoga. Call [6339 9626](tel:63399626) to book your seat now!