



FORM STUDIOS  
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F Zeen Retreat

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**Kefalonia, Greece**  
Monday 8<sup>th</sup> - Friday 12<sup>th</sup> October 2018

## The Retreat

FORM Studios retreats encompass luxury health and fitness retreats set in the most tranquil settings around the world. Created by FORM founders Elissa and Jerry, this retreat is tailor made to allow you to leave the daily stresses of home life behind and escape to a world of wellbeing, leaving you feeling rested and restored.



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## The Location



FORM Studios has partnered with F Zeen Retreat Hotel to bring you the perfect wellness getaway. Set on the idyllic Greek island of Kefalonia, F Zeen Retreat is a boutique adults-only hotel, encompassing panoramic views of the Ionian Sea, set in luxurious surroundings, alongside the warmth and friendliness of the local culture.

## What's Included

- Your 5 night stay in F Zeen Retreat Hotel
- 2 workouts a day, including HIIT, boxing, and Pilates delivered by Elissa and Jerry
- Full board - buffet breakfast, lunch and dinner all locally sourced
- Wonderful scenic hikes of the island.
- Plenty of time to relax and unwind.
- Dinner, chats and mentoring
- Airport transfers



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## Optionals & Extras



- Additional spa treatments with a 10% discount
- 1-to-1 PT Session
- Greek Cooking Lesson
- Guided Kayaking
- Stand up paddle boarding
- Jeep Safari of the island
- Final farewell dinner at local restaurant

## The Facilities



## A Typical Day

*Elissa and Jerry appreciate that this is your holiday. They will be there as much or as little as you need them to be. They are on hand to provide support and guidance throughout your wellness retreat.*



## Example Itinerary

- 7:30am *Sunrise Hike*
- 9:30am *Nourishing breakfast*
- 11:00am *Outdoor Pilates class*
- 1:00pm *Locally sourced lunch*
- 5:00pm *Outdoor HIIT/Boxing training*
- 7:00pm *Locally sourced dinner*

## Accommodation and Pricing

**CLASSIC GARDEN – DOUBLE** - £1250/person

- Private terrace, proximity to the beach.

**CLASSIC GARDEN – SINGLE** - £1650/person

- Private terrace, proximity to the beach.

**SUPERIOR – TWIN** - £1400/person

- Sea views and spacious balconies.



*Superior Twin*

## How to Book

- To book your space please email [hello@formstudios.co.uk](mailto:hello@formstudios.co.uk)
- Please note that the deposit is 30% to secure their place and the remaining balance 2 months before the beginning of the retreat (2nd August).
- For any dietary requirements, please let us know.

*We look forward to seeing you there!*



**FORM**™