



THE DATAI
LANGKAWI

Serenity

The Datai Well-being Series



Roxanne De Guzman
Fitness Professional and
Yoga Instructor
10 - 17 December 2023

ROXANNE DE GUZMAN

Fitness Professional and Yoga Instructor

Roxanne De Guzman is a highly experienced fitness professional and yoga instructor, as well as a spa and wellness consultant. In her private fitness training and yoga sessions, she works one-to-one with guests, focusing on their unique goals based on where they are in their fitness and well-being regimen whilst incorporating a youthful and playful mindset.

Roxanne offers a range of services including: (1) Personalised fitness training programme on-site with the option of a tailored take-home programme; (2) Private and Group Yoga Sessions, incorporating Vinyasa, Hatha, Iyengar, Ashtanga or Jivamukti styles; or (3) Thai yoga stretch sessions: a blend of passive yoga with Thai massage, PNF stretching and shiatsu pressure points. Roxanne has been involved in the fitness and spa industries for over twenty-five years and has amassed numerous certifications and licenses, working and consulting with top luxury resorts around the world.

Join Roxanne De Guzman for a complimentary 45 minute class at Holistic Pavilion.

Strengthen and Lengthen - A comprehensive fusion class that combines elements of mat Pilates, yoga, ballet barre movement, and flowing 'muscle-confusion' exercises.

Sun, 10 Dec | Fri, 15 Dec, 08:15 hrs

Fluid Yoga - A journey of self-discovery and exploration with Flow Yoga, a dynamic class that combines the essence of Hatha, Jivamukti, and Vinyasa styles.

Tue, 12 Dec | Sun, 17 Dec, 08:15 hrs

PERSONALISED FITNESS EXPERIENCE (1:1 SESSION)

(60 mins) - MYR 500*

Indulge in a truly unique fitness experience tailored exclusively for you.

Roxanne will meet at your desired location - gym, outdoor yoga pavilion, or the comfort of your own room or villa. She will design a bespoke session to address your specific goals, focusing on areas of improvement and catering to your fitness level and preferences.

These sessions can include any or all of: holistic and *pro-ageing* exercises, resistance training, mat Pilates, yoga, mindful breathing/meditation, ballet barre moves, 'muscle confusion' method exercises and stretching.

COUPLES' FITNESS EXPERIENCE (2:1 SESSION)

(60 mins) - MYR 700*

Enhance your getaway with a rejuvenating couples' / friends' / parent/child fitness session.

Led by Roxanne, this session encompasses resistance training, mat Pilates, yoga, ballet barre movement, indoor/outdoor training, and Tracy Anderson-style exercises.

Choose your preferred location, be it our well-equipped gym, the picturesque outdoor Holistic Pavilion, or the privacy of your own room or villa.

She will customise the session to cater to both of your individual fitness goals and create a harmonious atmosphere that nurtures your connection.

GROUP FITNESS EXPERIENCE

(60 mins) - MYR 150* per person

Mon, 11 Dec | Thu, 14 Dec, 16:00 hrs

Share an extraordinary fitness experience with friends or family during your stay at The Datai Langkawi.

Roxanne will customise the workout to suit the needs and preferences of the group, ensuring an engaging and inclusive experience for all.

TRANQUIL THAI YOGA MASSAGE

(60 mins) - MYR 450*

Indulge in a blissful 60-minute Thai Yoga Massage session, a harmonious fusion of traditional Thai massage, shiatsu, Proprioceptive Neuromuscular Facilitation (PNF) stretching, and passive yoga stretches.

This unique experience aims to restore balance, release tension, and promote deep relaxation whilst offering the benefits of therapeutic touch and assisted stretching.

Thai Yoga Massage offers a range of benefits, including:

- increased flexibility
- improved posture
- enhanced energy flow
- reduced muscle tension
- overall physical and mental well-being

This holistic approach nurtures both the body and the mind, leaving you feeling rejuvenated, restored, and balanced.

To ensure a personalised and attentive experience, sessions are available by advance booking only.

**All prices exclude 10% service charge*