



RAK^{Xa} INTEGRATIVE WELLNESS
PRESENTS
JOURNEY OF TRANSFORMATION
OPTIMAL FITNESS RETREAT

DATE: 23rd - 26th August 2024

EMBRACE THE VITALITY OF SUMMER WITH
RAKxa's OPTIMAL FITNESS RETREAT
AT CASTELFALFI IN TUSCANY

RAKxa's Optimal Fitness Retreat invites you to embrace the vitality of the summer season. Inspired by Tuscany's rolling hills and its abundant summer energy, the retreat offers revitalising experiences, including nature hikes and delicious nourishing cuisine.

RAKxa Integrative Wellness lead trainer and corrective exercise specialist will lead fitness workshops to elevate your exercise performance and effectively restore your overall well-being using RAKxa's integrative approach in the heart of Tuscany.

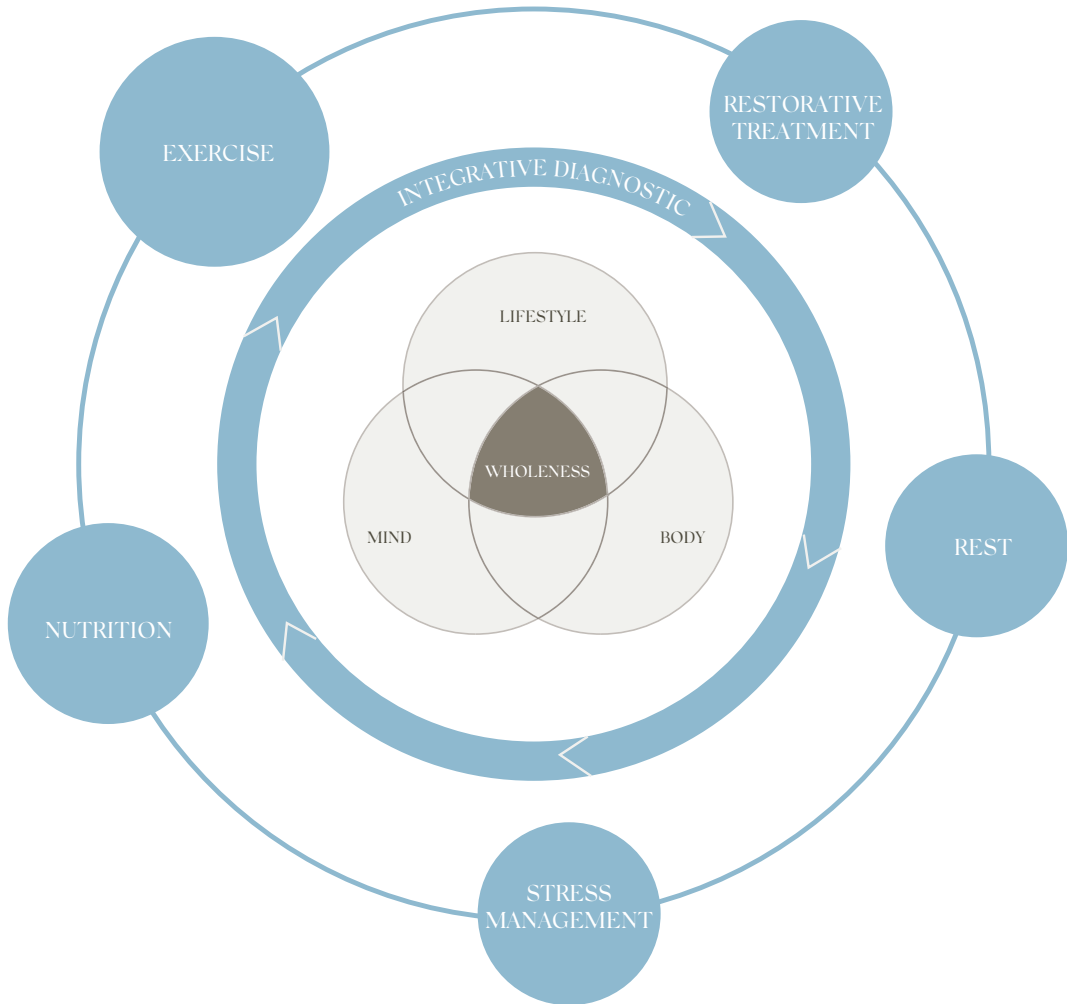




RETREAT INCLUSIONS

- 3-Nights Stay at Castelfalfi
- Full Board Wellness Meals
- 3 Exclusive Optimal Fitness Workshops: *Workshops will cover fitness fundamentals, common exercise pitfalls, effective exercise techniques, neuromuscular control and methods to identify and correct physical imbalances*
- 1x 60 min Deep Tissue Massage
- 1x 60 min RAKxa Tension Release Massage
- Daily Active Hiking
- Sunset Tai Chi
- Daily Access to Hydrotherapy
- Summer Truffle Hunting
- 1 Special Wellness Lunch with Summer Truffle
- Summer Cuisine Cooking Class

YOUR JOURNEY TO OPTIMAL FITNESS WITH RAKxa INTEGRATIVE WELLNESS



EXERCISE

Achieve your optimum fitness with knowledge and techniques from RAKxa's lead trainer and corrective exercise specialist through interactive workshops where newfound insights will enhance your hiking experiences and overall outlook on fitness.

NUTRITION

You will savor wellness meals prepared with seasonal, organic ingredients that showcase Tuscany's culinary heritage, adhering to RAKxa's anti-inflammatory food philosophy featuring a truffle-themed lunch.

A summer wellness cuisine workshop will equip you with the skills to maintain a healthy lifestyle at home leveraging the season's bountiful produce.

RESTORATIVE TREATMENTS

To rejuvenate and recover tired muscles, restore balance and your full range of motion from day-long exercises with Deep Tissue Massage and RAKxa Tension Release Massage at RAKxa Wellness Spa.

STRESS MANAGEMENT

Enjoy sunset Tai Chi as a form of active meditation by combining gentle physical movements and mindful breathing techniques to alleviate your stress.



MEET RAKxa's SPECIALIST
SAKDA SANGDUAN (YUUKI)

NASM Certified Personal Trainer
and Corrective Exercise Specialist, Fitness Educator
RAKxa Integrative Wellness

As a certified corrective exercise specialist and fitness educator, Sakda Sangduan (Yuuki) holds a graduate degree in physical education. He has a deep understanding of physical fitness and physiology, as well as advanced training techniques to help people achieve their fitness goals.

Sakda has cultivated his expertise working with health centres and wellness retreats. With a proven track record of helping people reach their fitness goals, he takes a personalised approach to each client, taking into account their individual needs, preferences, and limitations in order to design a customised fitness plan that will deliver results.

“My passion is to empower people to take control of their health and well-being through exercise, nutrition and lifestyle changes. I want to raise awareness about a preventive approach to health and support my clients every step of the way on their journey to a fitter, healthier and happier life.”



ABOUT CASTELFALFI

The Castelfalfi 2.700 acre estate includes infinite views on the rolling hills, a medieval Borgo with its historical castle, the Medicean garden and the ancient church of San Floriano. Within walking distance from the historical village is located the 5-star hotel with 146 rooms and suites distributed among a contemporary building and a tobacco warehouse dating back to the 1900s. The hospitality choice also includes Tuscan style villas and old exquisitely restored farmhouses where to be totally immersed in nature. In addition to the 27-hole golf course- largest golf course in Tuscany, the estate also comprises 25 hectares of vineyards and more than 40 hectares of olive groves, where an organic production comes from.

ABOUT RAKxa INTEGRATIVE WELLNESS

RAKxa is Thailand's first and leading integrative wellness retreat. Located on a protected island, Bang Krachao and surrounded by the Chao Phraya River or an area known as "Bangkok's Green Lung," RAKxa's integrative approach includes a suite of diagnostics to help guests set their own health goals. RAKxa's integrative approach offers a variety of treatments and opens up more possibilities to match individual's needs and preferences which bring out the healthiest and happiest version of oneself. Beginning with integrative diagnosis, RAKxa designs a personalised treatment programme that combines traditional medicine with modern medicine in RAKxa's five pillars of wellness: exercise, nutrition, stress management, rest and restorative therapies.





OPTIMAL FITNESS RETREAT PRICE

EUR 4,300 FOR SINGLE OCCUPANCY
EUR 6,300 FOR DOUBLE OCCUPANCY

FOR BOOKINGS PLEASE CONTACT:

Call: +66 2055 3100

Whatsapp: +66 65 950 6388

Email: reservation@rakxawellness.com

Please contact our reservations team for inquiries regarding additional nights

LOCATION: Castelfalfi 50050 Montaione, Firenze, Italia



ADDITIONAL NIGHT

EUR 900 PER NIGHT FOR SINGLE OCCUPANCY
EUR 1,000 PER NIGHT FOR DOUBLE OCCUPANCY

INCLUSIVE PER NIGHT:
ROOM
BREAKFAST

TERMS AND CONDITIONS

- All rates are in Euros , inclusive of VAT and service charge
- All bookings require 100% payment in advance upon time of reservation
- The reservation is non-cancellable and non-refundable
- Bookings are not inclusive of airport transfer to and from Castelfalci Estate