

# SILVER LININGS

RETREATS

## SILVER LININGS

By Chrissy Sundt

Imagine waking every day feeling gloriously well. Our vision at Silver Linings is to turn that dream into a reality by promoting every aspect of your personal wellbeing.

Wherever you are on your journey towards wellness, we are here to guide and support you. Our transformative, holistic wellness retreats take place in some of the most beautiful spots on the planet and whilst there you will be guided through your retreat by teachers and therapists who have devoted their lives to becoming expert in their field. Mindfulness informs every aspect of the retreat, so we will help you to make positive and conscious choices on your path to a calmer, stronger self.

‘YOUR WELLNESS  
JOURNEY  
STARTS HERE’





## KAMALAME CAY

Signature retreats

3–17 November 2017

2–16 February 2018

Kamalame Cay is a truly magical place where you will feel that rest and replenishment of both body and soul are possible. Our promise is that both prior to your retreat and upon your return, the team at Silver Linings will be there to support you and help you make good choices that will keep you feeling your very best.

Whether it is through our daily movement practice, soulful walks along the beach or enjoying the beautifully tailored menus, let Silver Linings nourish you.

WE ARE DELIGHTED  
TO INVITE YOU  
TO SHARE THIS  
RETREAT IN OUR  
WONDERFUL AND  
IDYLIC HOME OF  
KAMALAME CAY.

## A BAHAMIAN HAVEN FOR WELLNESS

Leave the stress of everyday life behind and enter another world – a private tropical island paradise. This award-winning hotel (recently voted #1 in the Caribbean by Condé Nast Traveller) offers rare seclusion and a slower pace of life. This is graceful island living at its best and serves as a beautiful backdrop to our signature retreat.

The Hew family have tastefully developed this three-kilometre strip of sand in the Bahamas into an island of rare beauty. Gorgeous rooms and villas are hidden away giving you peaceful seclusion and space to rest and restore.

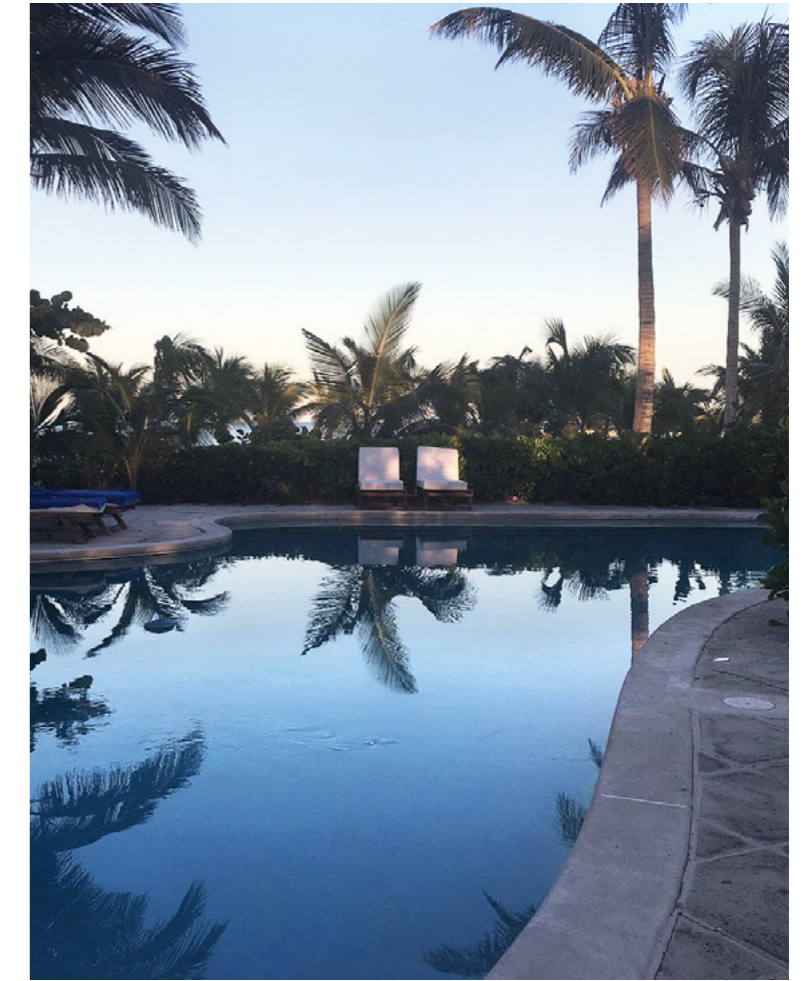
We dine at the Great House and movement classes and meditation take place on the spectacular decks at Kapoai or at your villa for one-to-one sessions with our experts. Be soothed by massage therapies at the unique over-water spa.

The hotel offers some of the best diving and fishing in the Caribbean and guests are encouraged to enjoy these and many other facilities such as the tennis court and bicycles whilst with us on the retreat.

This truly is 'barefoot chic' at its finest!

[kamalame.com](http://kamalame.com)

[View the Kamalame Cay video](#)





## THE WELLNESS PROGRAMME

Your individually tailored programme will be masterminded by retreat founder Chrissy Sundt to focus on your personal wellness needs. These may be to de-stress, to kick-start your fitness or to prepare for a special occasion and in each case, we will create a bespoke schedule just for you. This schedule is shared with you prior to departure following an in-depth wellness consultation with Chrissy and the team.

‘YOUR PERSONAL  
PROGRAM IS  
METICULOUSLY  
PLANNED AND  
EXPERTLY DELIVERED.’







## A TYPICAL DAY AT KAMALAME CAY

### Your morning

A little wake-up juice  
A little Yoga or Pilates to gently move the body  
A delicious breakfast at the Great House  
Another class on the deck in the sunshine  
A cooling Signature Juice

### Your lunch

Served with love in the open air or in the calm shade  
of the Great House

### Your afternoon

Some 'me time'  
Soothing massage therapy  
Some one-to-one time with  
our experts

### Your evening

Restful meditation or stretch session  
Restore with dinner by candlelight or under the  
Bahamian stars





## CLASSES

Our retreats combine many kinds of movement experiences including: Pilates, Yoga, Barre, HIIT, Cardio, stretch classes and gentle meditation.

Classes are set to an uplifting series of specially created playlists from the DJs at NOX Entertainment alongside the sounds of the ocean.

Our Signature retreat is limited to a maximum of eight guests in any group class ensuring plenty of individual attention and optimal results on your wellness journey. Our valued guests are the personal invitees of the island owners or they are private clients of the retreat leaders, partners and therapists ensuring a curated guest list of like-minded people.

‘REAWAKEN YOUR  
SENSES AND YOUR  
NATURAL ENERGIES.’







## RETREAT CUISINE

Nourish the Body to Feed the Soul

Our menus are specially created, locally sourced and truly delicious. Fresh fish and seafood are key elements but we can also cater to vegetarian, vegan diets and any food allergies or intolerances.

Silver Linings signature juices have been specially developed with the experts at Radiance Juice to complement the gorgeous clean cuisine and provide essential hydration and restorative nutrients to the body in a natural way.

### Breakfast

#### Eggs & avocado

Poached eggs on top of ripe avocado with choice of smoked salmon or bacon

### Lunch

#### Pulled Lobster Lettuce Wraps

Tender pieces of pulled lobster in a light lemon and orange aioli served with soft butter lettuce leaves

### Dinner

#### Grilled Ahi Tuna

Served medium rare with a light caper and white wine sauce with sugar snap peas

### Dessert

#### Chia Pudding

Creamy dairy free chia pudding with almond milk and coconut sugar

## RETREAT GUEST

Athena Ko Woo

'Chrissy and her Silver Linings team has put together an extraordinary wellness retreat. The team really took time to listen to my needs and my bespoke programme of Yoga and Barre training, treatments and meals were all delivered with great care and attention. Set in the stunning Kamalame Cay, the island is everything the retreat embodies - authentic, sustainable and in harmony with its environment.'

'AFTER A WEEK  
WITH SILVER LININGS  
I FEEL PHYSICALLY  
STRONGER AND  
LEANER, MENTALLY  
CALMER, MORE  
FOCUSED AND  
SPIRITUALLY LIFTED.'



## RETREAT LOGISTICS

3–17 November 2017

2–16 February 2018

Our Wellness Package includes all of your wellness elements: food, juice, movement classes, massage therapies, pre and post-retreat support and a little welcome gift from the team at Silver Linings.

**5 Days of wellness**

\$1,950 Per person

**7 Days of wellness**

\$2,850 Per person

**10 Days of wellness**

\$4,000 Per person

Please note that a 50% deposit is required upon initial booking.

There are a number of room and villa options. Our bookings by The Modern Concierge service means you can organise your flights and transfers on the same call as choosing your room and tailoring your retreat, making it simple and easy to book.

Rooms start at \$450 per night.

Flights and transfers can all be arranged by The Modern Concierge and our team here at Silver Linings. Daily flights connect through Nassau or Miami followed by a short seaplane ride over to Kamalame. It really is simplicity itself.

Spaces on our signature retreat are limited so please do contact us to ensure your place on this very special journey.

Jackie Gallagher, The Modern Concierge  
London, 0207 060 1060  
[kj@tmconciergeclub.com](mailto:kj@tmconciergeclub.com)

bookings by  
**THE  
MODERN  
CONCIERGE**



## CHRISSY SUNDT

Founder, Silver Linings Retreats

Chrissy is a classical Pilates, Yoga and Barre instructor with a deep passion for movement and holistic forms of exercise. She has been teaching for over 15 years and combines her teaching with her ongoing work as a choreographer. After 8 years of training at the Royal Ballet School and a dance career that saw Chrissy dance with both the Royal Ballet and Birmingham Royal Ballet, an ankle injury led her to discover the extraordinary rehabilitative effects of the Pilates method.

Chrissy went on to gain certification from Pilates International, London and later with Power Pilates, New York. She also has Barre certification and teaches for the exclusive 'barrecore' studios in London. Her focus as an instructor is always to challenge each client appropriately and focus on building a mind-body connection that goes beyond the work in the studio – to create long-term body awareness and a true sense of wellbeing.

‘MY INSPIRATION  
FOR SILVER LININGS  
WAS TO CREATE  
BEAUTIFUL RETREATS  
THAT I WOULD  
WANT TO GO ON.’

## KASIA GDOWSKA

Kasia Gdowska is a master therapist with a difference. She is a counselor and physiotherapist by trade and a healer at heart, which comes with over 11 years' experience under her belt. Her Signature treatments are a curious fusion of psychosomatic therapy and a gentle healing touch. Kasia's heart opening sessions are set to nurture you towards a better understanding of yourself – lifting you out of survival mode into a deeper sense of compassion.

She has always been fascinated by the unity of mind-body and its effects on our health and role in the unconscious origins of a sense of self.

Kasia is a keen globetrotter. She found great joy by learning natural healing techniques from indigenous ethnic groups in her travels and by immersing herself in many spiritual traditions.



## IN PARTNERSHIP



Kamalame Cay  
[kamalame.com](http://kamalame.com)



Radiance  
[radiancecleanse.com](http://radiancecleanse.com)



Sweaty Betty  
[sweatybetty.com](http://sweatybetty.com)



Nox Entertainment  
[noxentertainment.com](http://noxentertainment.com)



The Modern Concierge  
[themodernconcierge.club](http://themodernconcierge.club)

Photography  
Emma Dunlavy

[silverliningretreats.com](http://silverliningretreats.com)



SEE YOU IN  
PARADISE...