

SILVER LININGS
RETREATS

SIGNATURE RETREATS

Kamalame Cay

8–22 February 2019

31 May – 14 June 2019

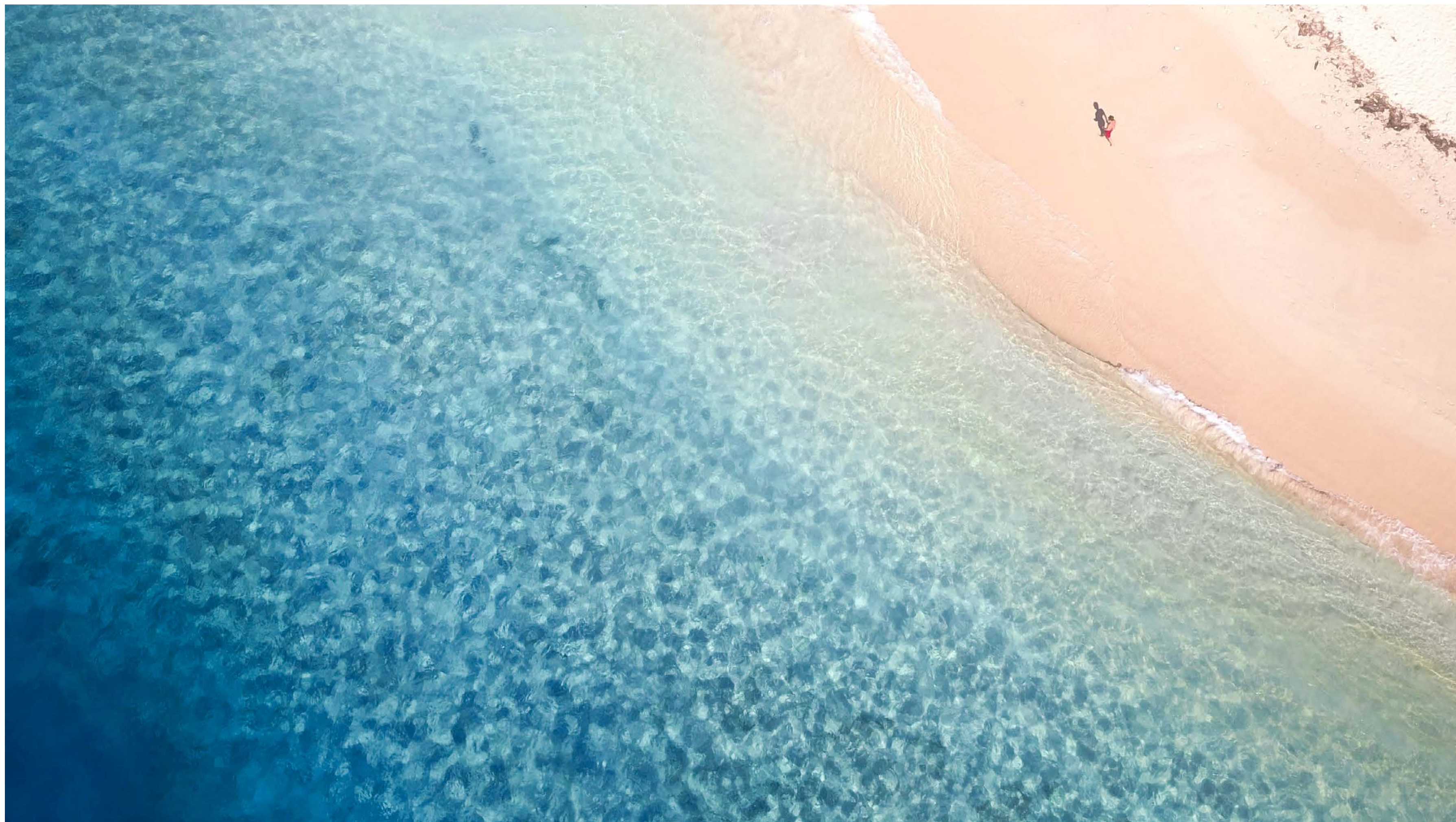
‘YOUR WELLNESS
JOURNEY
STARTS HERE.’





A WELLNESS ADVENTURE IN PARADISE

Imagine a magical island where you can find calm and restore balance. The Silver Linings Signature retreat at Kamalame Cay offers you a place to escape. Mindful movement is combined with healing therapies and nourishing food to create a completely transformational experience.



TRANSFORMATIONAL WELLNESS

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 Yoga or Pilates to gently move the body
A delicious breakfast at the Great House
Another class on the deck in the sunshine

Your afternoon

Some 'me time'
Soothing massage therapy
Replenish with a Radiance Juice
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

‘I FELT AMAZING
WHEN I GOT
BACK HOME
THANKS TO
YOUR WELLNESS
PROGRAMME.
IT WAS TRULY
AN AMAZING
EXPERIENCE.’

Marta Backova



MINDFUL
MOVEMENT

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

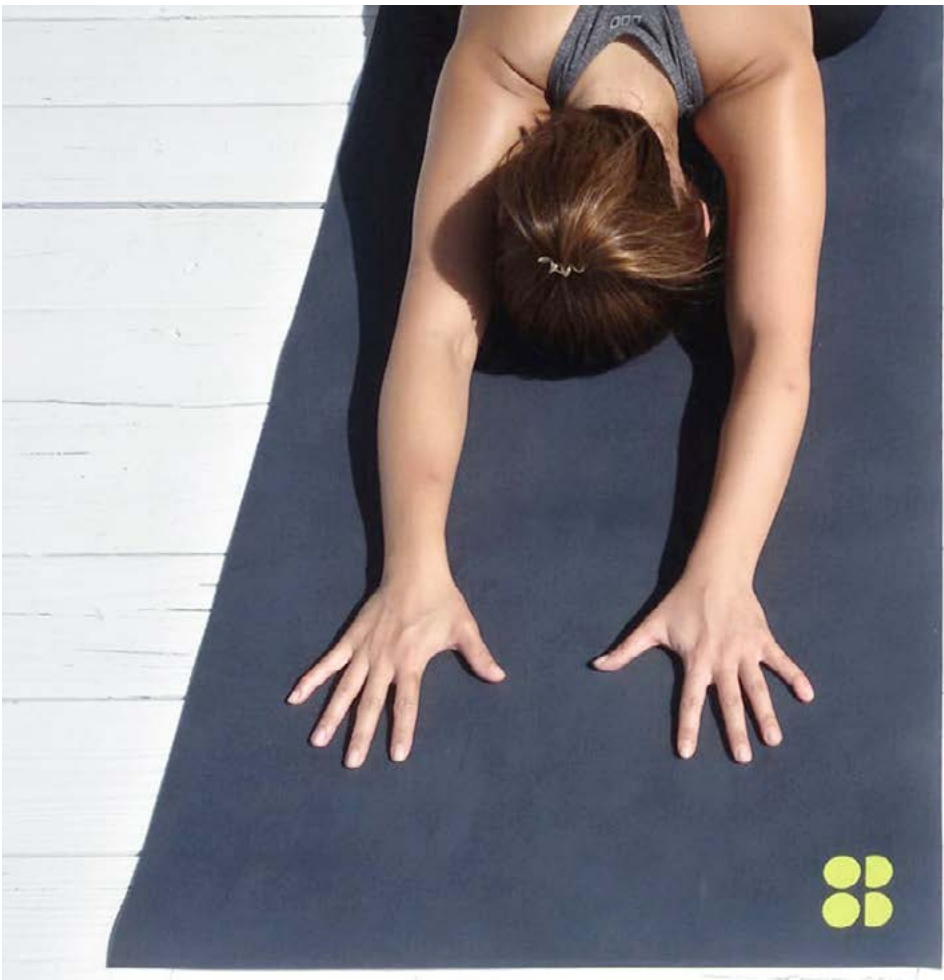
In some specialised cases such as post-major surgery we may need to create a modified programme but for most clients our group classes are a great challenge. Our experts skilfully ensure that each client is challenged appropriately.

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 ten 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

SILVER LININGS TASTE

Our approach to nutrition is simple: delicious food, beautifully presented that feeds the body, mind and soul.

On our Signature retreat the body will need really nourishing food to ensure a real transformation. With the help of the incredible kitchen team at Kamalame Cay, we ensure that all the food served on our retreat is of the highest possible calibre with a focus on: non-processed foods, gorgeous organic vegetables, freshly caught fish and seafood.

We can also cater to vegetarian or vegan diets and any food allergies or intolerances.





NOURISH THE BODY TO FEED THE SOUL

Every day on retreat our chefs will serve you fresh, local and seasonal dishes filled with nutrients, colour and flavour. Each dish is designed to eliminate inflammatory and harmful foods in favour of healthy and delicious wholefood ingredients to support your body and your taste buds.

Morning Juice

Ginger, turmeric and lemon wake-up shot from Radiance

Breakfast

Grilled local white sweet potato & sautéed kale served with two organic poached eggs

Midday

Refreshing green post-workout juice from Radiance

Lunch

Fresh coconut water

Roasted eggplant & pomegranate salad with toasted pine nuts served with a side of quinoa tabbouleh

Afternoon

Vanilla & cinnamon cashew milk from Radiance

Dinner

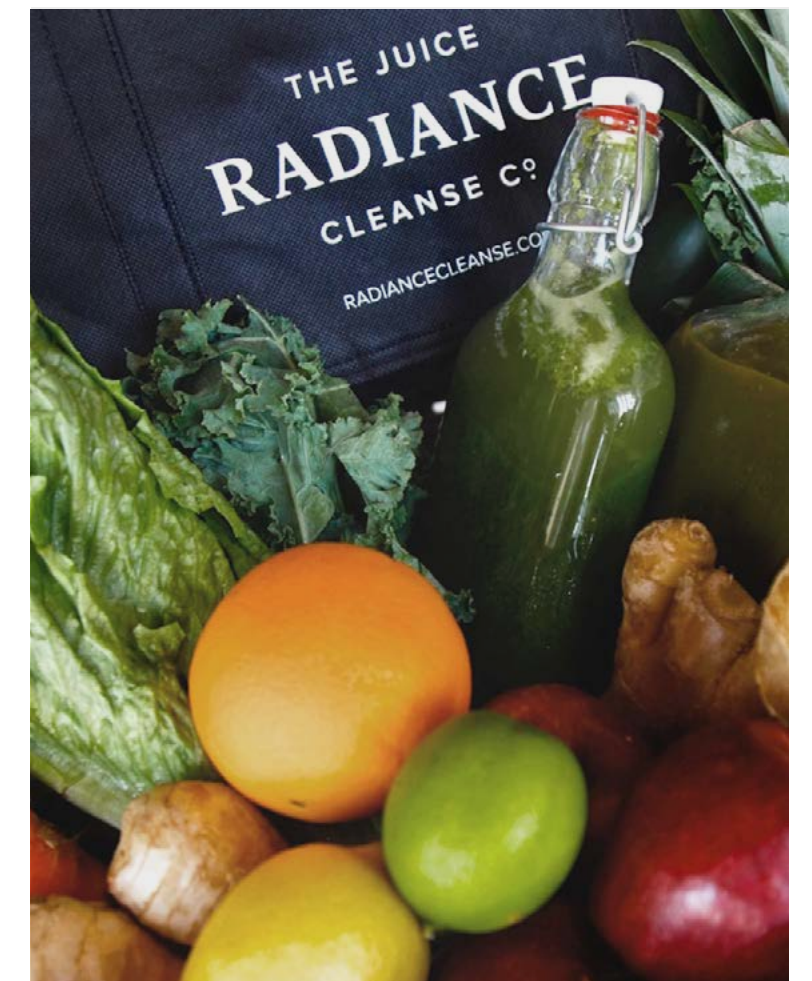
To start: Spicy thai coconut soup with organic poached chicken breast, served in a green coconut

Main: Pan seared freshly caught mahi mahi accompanied by a citrus arugula & shaved asparagus salad

Dessert: Creamy cacao & avocado mousse

Freshly brewed mint or other herbal tea

Silver Linings Signature juices provide essential hydration and restorative nutrients to the body in a natural way.



ESCAPE... WITH
YOUR FAMILY
AND FRIENDS

Our magical home in the Bahamas offers you and your family an opportunity to escape the stresses of city life and enjoy a healthy holiday that will give you all an opportunity to reset and reconnect.

Whilst you enjoy the movement classes in the morning or your afternoon massage at the Spa or PT session at your beach bungalow, we can offer a full childcare package and fantastic activities for children of all ages and partners who may wish to dip in and out of the wellness programme.

Group childcare starts from just \$50 per day and this ensures that you can relax and enjoy our transformational Signature retreat.



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 classical 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 taught for many years at the exclusive Barrecore studios in London. She has practised yoga since childhood and has Vinyasa Yoga certification from Yoga London and is a registered member of the Yoga Alliance. 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.

Chrissy combines her ongoing work as a choreographer with her work as an instructor and director for Silver Linings. Her latest project is the Silver Linings Technique, a fusion of all her movement disciplines that focuses on strength, stamina, stability, stretch and soul.



‘TO RETREAT IS NOT
A TREAT, IT IS AN
ESSENTIAL. A CHANCE
TO RESET THE BODY
AND THE MIND...IT
IS THE ULTIMATE
GIFT TO YOURSELF.’

VANESSA MICHIELON

Movement Expert

Vanessa is a Yoga, Pilates and Barre teacher, Dance artist and Researcher, trained in Vinyasa and Hatha with Hari Om Yoga School, Mandala with The Yoga People, Yin with Sarah Lo, and Rocket with David Kyle.

She originally studied Ballet and Contemporary dance, joining two Professional courses and a program in Community Dance in Italy.

In 2014 she moved to UK to attend an MA in Dance Performance at Trinity Laban Conservatoire of London, where she toured with Transitions Dance Company; soon after she trained in Barre at Barrecore London, where she has been teaching since 2015.

Informed by almost 30 years of passionate study of movement, she has developed the desire to help people cultivate a deeper mind and body connection, with genuine curiosity and self-examination, and experience the benefits of somatic practices on the physical, mental and emotional level.



‘A RETREAT OFFERS YOU
THE OPPORTUNITY TO
BE INSPIRED, RESTORE
AND RECHARGE, AND
TO MAKE LONG LASTING
POSITIVE CHANGES
IN YOUR LIFE.’

LOUISA DRAKE

Fitness Expert

Louisa Drake is a fitness expert, founder and creator of The Louisa Drake Method, a unique fitness-fusion approach to working out and a holistic approach to your lifestyle. The Method was created by drawing upon her illustrious industry experience and background as a professional dancer and choreographer, to provide creative and varied sessions that generate lasting results.

Having worked in the industry for several years, highlights include training some of Hollywood's leading ladies, Gwyneth Paltrow and Victoria Beckham as part of Tracy Anderson's elite team in LA and NYC. With her enviable career history and qualifications in Pilates, Barre, Level 3 Personal Trainer and nutrition, further nutritional studies with Poliquin Group and Strala yoga - in 2015 Louisa fused her passion, experience and exceptional skills to create the 'The Louisa Drake Method' aka LDM.

In September 2017 Louisa opened up her first boutique LDM Studio space within the Detox Kitchen's flagship deli in Fitzrovia where her renowned boutique fitness classes and private training sessions are delivered. Since then, Louisa and her talented team of experts work with many high profile London and international clients. LDM have been recognised and awarded by Tatler magazine as 'Best for Variety' in their prestigious Gym Awards. Forbes magazine highlighted LDM in their Little Black Book of the best health, beauty and wellness practitioners. Louisa has been featured as a fitness and wellness expert in Harpers Bazaar, Prima Magazine as well as Femail for the Daily Mail offering a wealth of current industry knowledge and sound advice.



‘MY METHOD IS A FUSION OF DISCIPLINES, KEEPING THE MIND AND BODY GUESSING. IT’S A MINDFUL, ENERGISING WAY TO WORK OUT AND THE BEAUTY OF KAMALAME CAY IS THE IDYLIC PLACE FOR IT.’

CLARISSA LENHERR

Nutritional Therapist

Clarissa Lenherr is a registered and qualified Nutritional Therapist and founder of Clarissa Lenherr Nutrition, a consultancy where she uses her extensive knowledge and experience to advise on all aspects of nutrition. Clarissa practises from a clinic in Marylebone, London, offering clients one-to-one nutrition consultations, corporate seminars and health brand consultancy.

Clarissa is passionate about educating people to discover and celebrate nutritious food, enabling clients to utilise and benefit from food and lifestyle choices in order to reach their optimum state of wellbeing. Clarissa practises personalised nutrition, advocating the “no one size fits all” approach. With this in mind, she works closely with each individual client to implement tailored and personalised nutritional strategies which fit into each client’s unique lifestyle and health objectives.

Clarissa’s extensive knowledge of the science of health and food has enabled her to frequently comment for publications such as The Telegraph, Women’s Health and Red Magazine.



‘RESET. REPLENISH.
REJUVENATE.

RETREAT IS AN
OPPORTUNITY TO
INVEST IN YOUR MIND
AND BODY, LEARNING
TOOLS AND METHODS
THAT WILL HELP YOU
REACH LONGER
TERM WELLBEING.’



METICULOUSLY PLANNED BY SILVER LININGS

8 – 22 February 2019

31 May – 14 June 2019

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

3 days of wellness

From \$2,150 / £1,665 per person*

5 days of wellness

From \$3,100 / £2,400 per person*

7 days of wellness

From \$4,000 / £3,097 per person*

Please note that 50% deposit is required to secure the booking.

*Complete Wellness Package pricing may vary according to individual clients' needs and SLR programme

*Local Taxes & Gratuities are not included in the listed rates

*Total GBP price subject to currency variations as billed in US\$

Rooms start at \$475 per night.

Flights and transfers can be booked by our team here at Silver Linings assisted by the Guest Services team at Kamalame.

Daily flights connect through Nassau or Miami followed by a short seaplane or helicopter ride over to Kamalame. It really is simplicity itself.

Spaces on our Signature retreat are limited so please do contact Chrissy or Sophie to ensure your place on this very special journey at:

bookings@silverliningsretreats.com



IN PARTNERSHIP



Kamalame Cay
[View film](#)



Radiance
radiancecleanse.com



Clarissa Lenherr
clarissalenherr.com



Nox Entertainment
noxentertainment.com



The Modern Concierge
themodernconcierge.club



The Louisa Drake Method
louisadrake.com

Photography
[Emma Dunlavey](#)

silverliningsretreats.com

SEE YOU IN
PARADISE...