

## KIM STROTHER Profile

Kim is a wellness coach, personal trainer and yoga instructor. Renowned as one of LA's top celebrity trainers, she has spent two decades creating individualised health programmes for clients, including her popular 30 Day Transformation Program and In Home Bootcamp. Kim is a featured fitness instructor on the Melissa Wood Health App and has taught for various studios and workshops across the country including Yoga Glo, Barry's Bootcamp, Bandier, SXSW and Summit Series.

Kim's full-circle approach to wellness comes from an underlying belief in bio-individuality. She believes that each and every person has unique needs, that personal differences in anatomy, metabolism and body composition all influence what makes you feel overall your best.

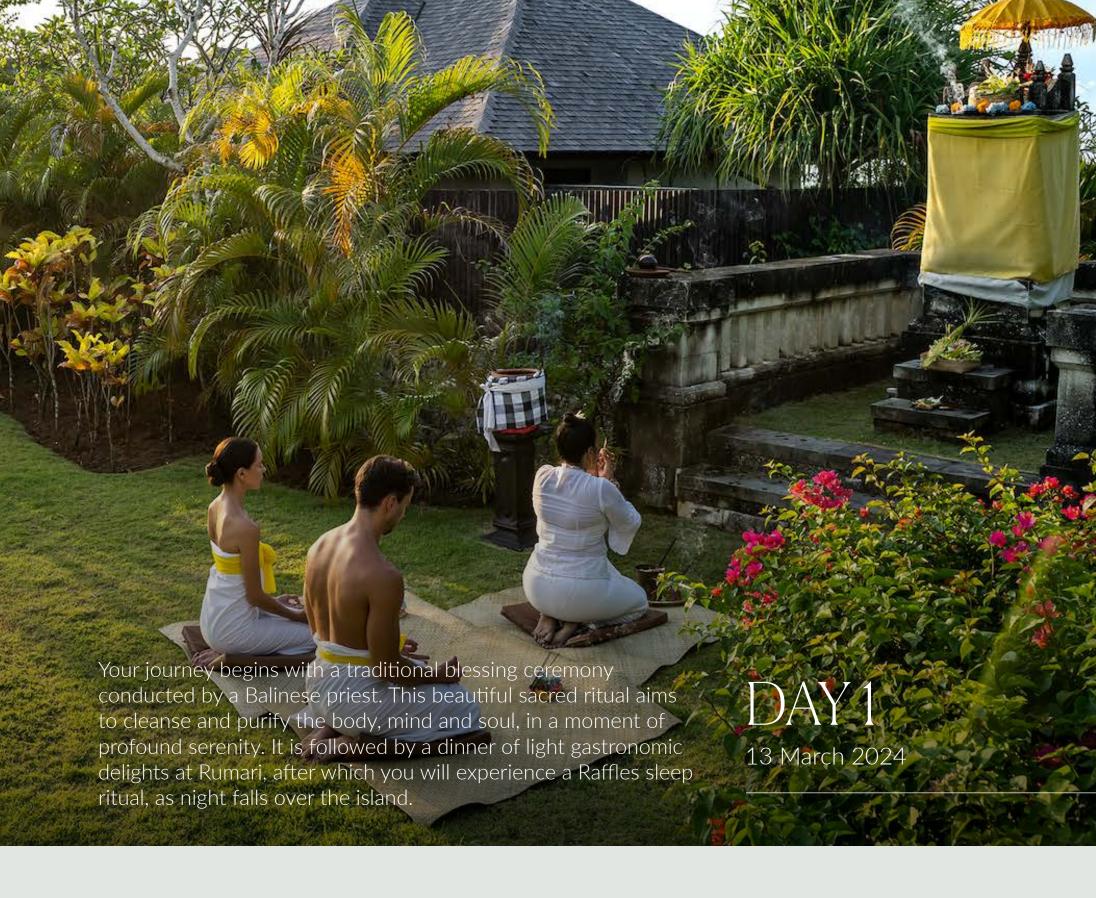
As a nutritional consultant, Kim's obsession with integrative health is a personal one. In 2013, after many months of struggling with extreme fatigue, she was diagnosed with Lyme disease. Kim's personal journey toward recovery ultimately led her to nutritional nourishment and integrative wellness as a means for healing.

Kim wholeheartedly believes that wellness is a deeply individualised journey. Her approach includes an equal dose of fitness, functional nutrition and mindfulness. Her goal is to create accessible wellness plans for anyone seeking to become a healthier version of themselves.

As a former Ford Model, she has appeared on the cover of Runner's World and has been featured in Fitness Magazine, Self, Shape, Women's Health and Health. Kim has also been the face of campaigns for Nike, Reebok, Champion, Vibram, Lady Foot Locker, Adidas and Columbia Sportswear, and was named one of the most in-demand fitness models by racked.com.

Kim is certified through the National Academy of Sports Medicine, Yoga Alliance and The Institute of Integrative Nutrition.



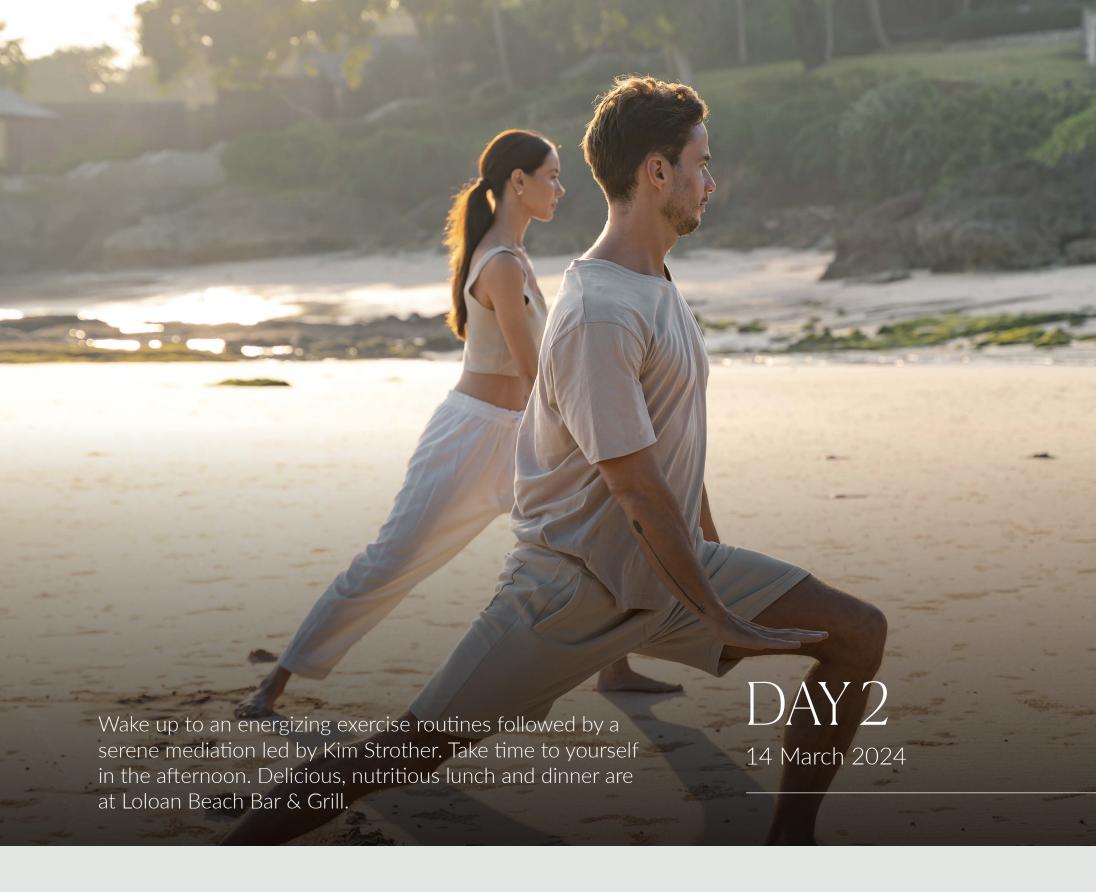


2.00pm Arrival

**4.30 - 5.30pm**Soul Blessing Ceremony

**6.00pm**Dinner at Rumari

**8.00pm** Sleep Ritual



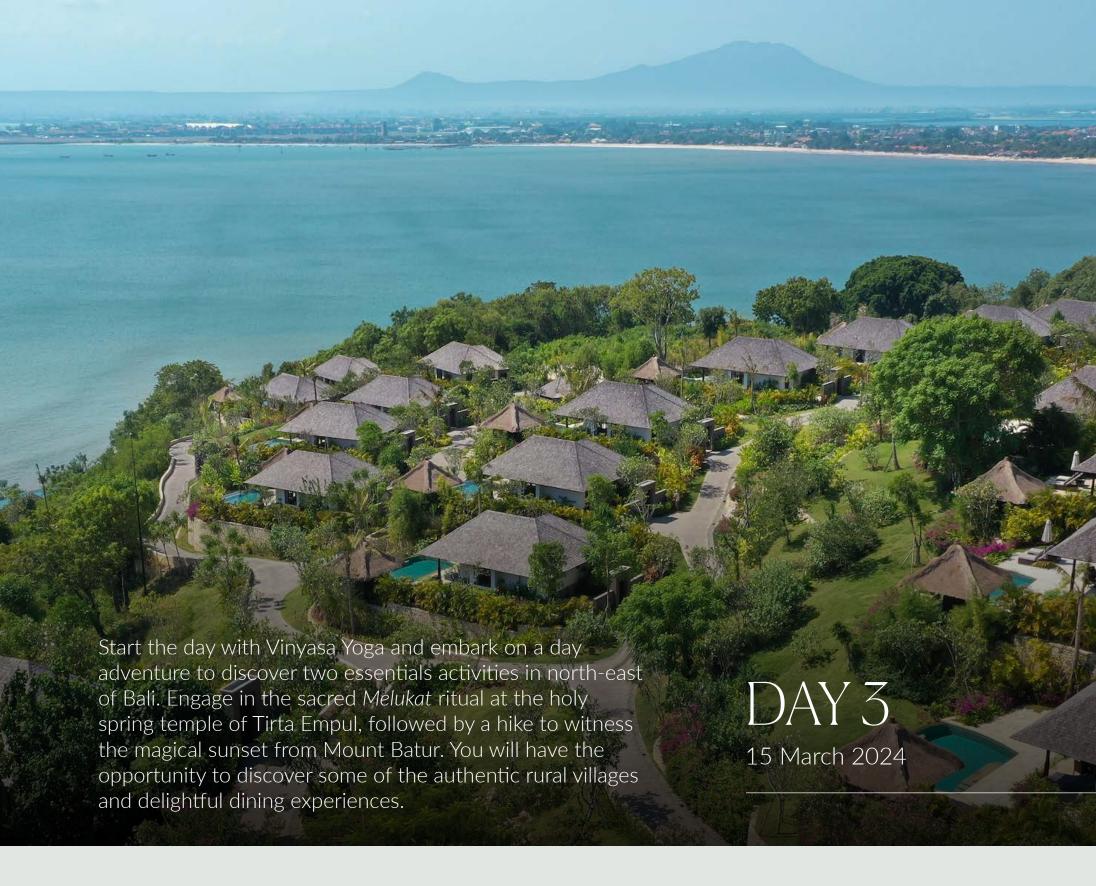
9.00 - 10.00am Full body HIIT at the beach lawn

10.00 - 10.30am Meditation at the beach lawn

12.30 - 1.30pm Lunch at Loloan Beach Bar and Grill 1.30 - 4.00pm Leisure activity

6.00 - 8.00pm Dinner at Loloan Beach Bar and Grill

**8.00pm** Sleep ritual



**8.15 - 9.00am** Vinyasa yoga

9.30am - 12.00 noon Melukat ritual at Tirta Empul Temple

> 12.30 - 2.00pm Lunch

**2.30 - 7.00pm** Hike to Mount Batur

> 8.00pm Dinner

**9.00pm**Back to Raffles Bali



9.00 - 9.30am Meditation at the beach lawn

9.30 - 10.30am Yoga Sculpt at the beach lawn

12.30 - 1.30pm Lunch at Loloan Beach Bar and Grill 1.30 - 4.00pm Leisure activity

4.30 - 5.30pm
Fire cleansing ceremony

6.30 - 8.30pm Dinner at Loloan Beach Bar and Grill

> 9.00pm Sleep ritual



7.00 - 8.00am
Picnic breakfast by the beach

**9.00 - 10.00am**Booty sculpt

10.00 - 10.30am Meditation at the beach lawn

12.00 noon - 2.00pm Lunch at Loloan Beach Bar and Grill 2.00 - 6.00pm Leisure activity

7.00 - 9.00pm Dinner at Rumari

> 9.00.pm Sleep ritual



**9.30 - 10.30am** Full body HIIT

10.00 - 11.00am Meditation at the beach lawn

**11.30am**Departure experience

## RETREAT BY RAFFLES with KIM STROTHER

Retreat by Raffles with Kim Strother is an all-inclusive experience:

- Five nights' luxurious accommodation in an Ocean Pool Villa from 13 18 March 2024
- Return airport transfers
- Full board (food only) based on the scheduled itinerary
- Retreat activities following the scheduled itinerary

Single occupancy USD6,000 ++ Double occupancy USD8,200 ++

Special villa rates are available for pre and post event dates. Etc

For more information, please contact us WA (62) 811 3820 9559 Email bali@raffles.com



## RAFFLESSPA

Find your oasis of emotional wellbeing at the edge of a pristine Jimbaran hilltop, carefully designed to be enfolded in lush greenery and the calming sounds of nature. Inspired by Balinese architecture and ancestral techniques for relaxation and treatment, we offer a unique space to revitalise body, mind and spirit. Explore our treatments from Raffles Spa Journeys to classic facials, body massages, body treatments and Sanctuary Spa Journeys to enhance your transformative experience during Retreat by Raffles.



