

# Wellness retreat



SOL & FLEX x MALDIVES

March 20 - 27 2026

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# hi sunshine

**We are beyond excited to welcome you to the Sol & Flex Maldives Retreat.** Think sunshine, salty hair, Pilates flows, ocean dips, and the kind of relaxation you can actually feel in your bones.

For seven dreamy days on Kamadhoo Island, expect restorative movement, sun-kissed mornings, snorkelling with turtles, and ocean adventures, sunset dinners, and a whole lot of feel-good energy.

**It's paradise... but with Pilates.**  
**Yes, it's exactly as dreamy as it sounds.**

**Spaces are very limited, so secure your spot and be part of something truly special.**

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# i am your host



**Hala! I'm Aysha, a certified Level 3 Mat Pilates instructor** with a love for movement that feels good for both body and mind.

In December 2024, I went to the Maldives for a solo holiday. I did a lot of pilates on the beach and I made a lifelong friend. This trip changed me in the most magical way.

This retreat is your chance to experience that too: views that move you, friendships and community and movement that supports you, softens you, strengthens you, and connects you back to yourself, all in the most magical setting.

- Let your reasons be your fuel
- Let consistency be your actions
- Take accountability all the way

**See you on the mat in paradise!**

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# what is included

- 7 nights accommodation at Hawks Hotels. (The Nest or Swarn) on Kamadhoo Island
- Daily breakfast, lunch & dinner
- 1 Turtle snorkeling excursion
- 1 Tropical sandbank experience
- Complimentary use of stand-up paddle board
- Return seaplane transfers from Malé (MLE)
- Daily Pilates sessions
- Self-development workshops
- Free time to explore, rest and enjoy island life
- Canoeing (TBC)\*
- **Flights ARE NOT included**

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# Nest *by* Hawks hotel

OPTION 1

Kamadhoo Island



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Nest packages  
Double - £800  
Single - £850

# Swarn *by* Hawks hotel

Kamadhoo Island

OPTION 2



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Swarn Packages  
Double - £900  
Single - £950

# next steps

**Step 1:** Select your trip package

**Step 2:** Get in touch with me on Instagram [@solandflex](#) or email: [aysha@solandflex.com](mailto:aysha@solandflex.com)

**Step 3:** Select a payment plan and pay **10% deposit**

**Step 4:** Book your flights (booked on your own)

**Step 5:** Read up all the updates for the trip as they happen

**Step 6:** Pack your bags!!!

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# day 1-3 schedule

## Note:

Exact schedule may shift slightly depending on mood, weather or tides, but all experiences will be included.

## Day 1

### Arrival & Welcome

- Check-in at Hawks Hotel
- Settle into your room
- Explore the island
- Welcome dinner on the beach

## Day 2

### Island Flow

- Morning stretch
- Group breakfast
- Turtle snorkeling excursion
- Free time to swim, relax or explore
- Pilates flow
- Dinner under the stars

## Day 3

### Ocean Adventures

- Morning Pilates
- Brunch
- Tropical sandbank experience
- Mobility stretch
- Sunset dinner with workshop

# day 4-7 schedule

## Day 4

### Rest & Rejuvenate

- Morning Stretch
- Breakfast
- Group lunch
- Self-development workshop
- Pilates
- Evening group dinner

## Day 5

### Culture & Calm

- Morning stretch
- Breakfast
- Paddle boarding + beach time
- Explore local island culture
- Lagoon swim + relaxation
- Group dinner

## Day 6

### Connection Day

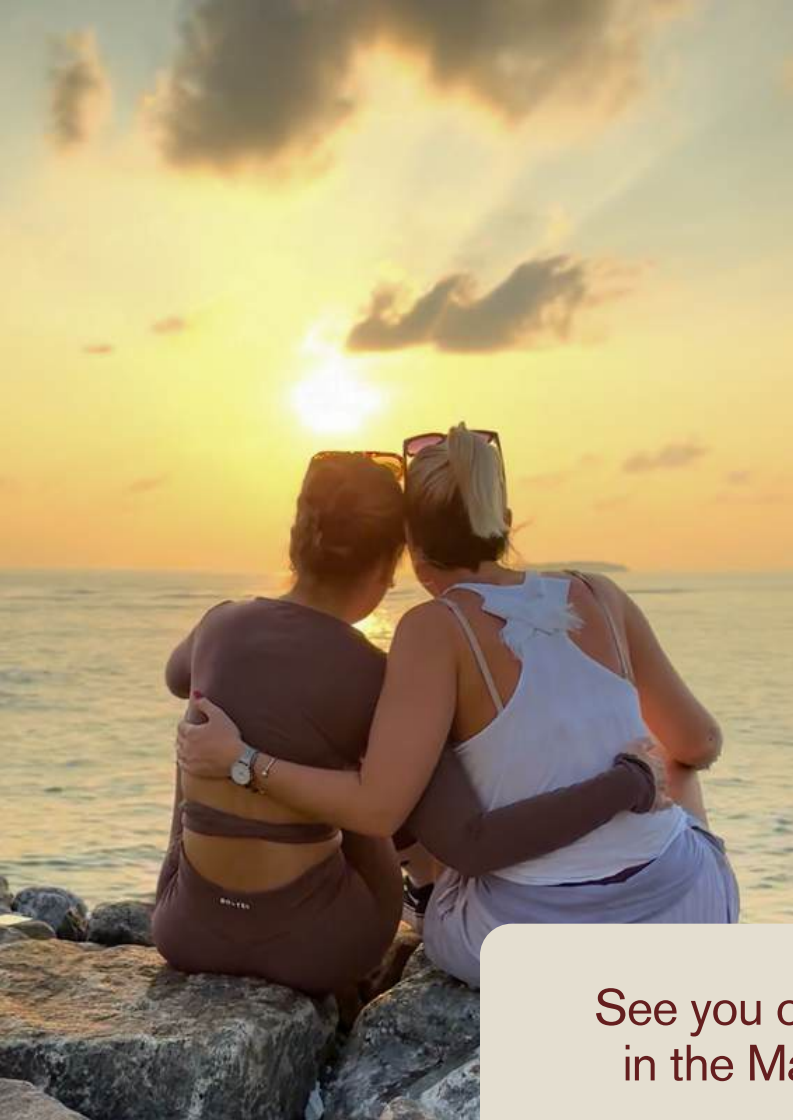
- Morning Pilates
- Workshop session
- Breakfast
- Free time
- Goodbye group dinner

## Day 7

### Departure

- Final breakfast together
- Check-out & goodbyes
- Seaplane transfer back to Malé





See you on the mat  
in the Maldives!!!

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