

RETREAT IN CAMBODIA

24 - 31 JANUARY 2023

2-9 FEBRUARY 2023

WITH KELLIE CHAMBERS &
DEBBIE-LEE VAN GINKEL



innia

THE PRACTICE

WHAT IS NIA?

Practiced barefoot to an eclectic range of music, Nia is a holistic fitness practice combining dance, martial arts and mindfulness. Nia conditions not only your entire body, but also your mind and soul. We believe every person can discover, explore, unleash and enhance their individual potential to live a healthy and meaningful life by engaging their senses and listening to their bodies. Since Nia encourages people to move in their own Body's Way, Nia is completely safe and adaptable to all ages, fitness levels and abilities. Beginners are most welcome!

This retreat is the perfect opportunity for anyone looking to discover or deepen their practice of Nia, reconnect with their bodies, rejuvenate and pamper with luxury, whilst exploring an exotic destination.

For more information about Nia, please visit:
www.nianow.com



Photo by Stuart
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KELLIE CHAMBERS

Kellie found and fell in love with Nia in 2013. Kellie feels like she came home to herself and found true joy in movement again after putting her passions and her health on the backburner for many years while raising her family. She dove deeply into the practice of Nia and began teaching later that same year. Kellie has applied the tools that Nia teaches to navigate major life changes including the loss of her husband to cancer and stepping out into a new chapter with meaning and purpose. "To me Nia is not just a dance but a lifestyle practice to become more empowered, vibrant, connected and alive. It is absolutely transformative."

Through Nia, Kellie has experienced boundless personal growth and mind, body and spirit transformation. The changes in her body were significant, yet the real change occurred from the inside out. Kellie believes this growth is possible for every body and every heart. She sees the beauty in each dancer. Kellie encourages and guides people to come alive through movement, self-expression and self-discovery.

Kellie is a 2nd Degree Nia Black Belt, and part of the 3NGT Training Faculty. She resides in Pleasant Hill, Oregon and dances daily at her studio, Just Move, with the vibrant Nia community she helped cultivate. Kellie's true joy and life calling is sharing dance with the world, empowering others, and inspiring confidence and joy in every one she meets.



DEBBIE-LEE VAN GINKEL

South African born Debbie-Lee is a Black Belt Nia teacher and member of the 3NGT Nia Training Faculty. She found Nia in a rehabilitation centre whilst she was being treated for chronic eating disorders, and it became her most important tool for self-healing and development. She began teaching Nia in Beijing in 2008, and has never looked back. Through her dedication and commitment to sharing the practice, she helped grow the Nia community in China, whilst at the same time transforming her own body, mind and spirit. One of the aspects she loves the most of Nia is how the practice encourages people to move with authenticity, honesty, and uniqueness. Debbie aims to bring this human element into every single Nia experience she delivers.

Through her own experience of transformation and self-empowerment, she has gained a great deal of empathy and compassion, and uses these qualities in her teaching of Nia.

"Nia continues to be my number one navigation tool for life in this body. It's the biggest gift I have ever received, and I hope to always be able to share it with others".

Debbie has been leading Nia retreats in Siem Reap since 2015. After falling in love with Cambodia and its beautiful people, she decided to relocate to Siem Reap and pursue a full-time path with Nia. Debbie is dedicated to planting the seeds of this incredible practice in this country which she now calls home.



THE VENUE

MAISON POLANKA

Maison Polanka is a luxury boutique hotel in Siem Reap. Set in magnificent lush green gardens and completely secluded, the property comes with two spacious and authentic Khmer-style villas that provide a true oasis of peace and tranquility. Each room is exquisitely decorated and completely unique, filled with the owners' private furniture and art collections, reflecting their French and Cambodian heritage. At Maison Polanka, you will experience hospitality that is truly personalized and authentic.

Please note that the accommodation is shared (two people per room). Each room is extremely spacious and luxurious, and extra beds can be added to all rooms. If are requiring a private bedroom, we suggest booking the Garden Cottage with two separate bedrooms. Check out the rooms, the estate and facilities at: www.maisonpolanka.com



THE SURROUNDINGS

SIEM REAP & ANGKOR TEMPLES

The town of Siem Reap is most famous for being the gateway to the ancient ruins of Angkor, the seat of the Khmer Kingdom from the 9th–15th centuries. Our retreat includes two visits to these spectacular ruins, situated in the Unesco World Heritage site Angkor Archaeological Park. We will visit the largest and most popular Angkor Wat, as well as hidden architectural



jewels such as the temples of Bayon, Preah Khan and Ta Prohm. Apart from temples, Siem Reap is a bustling and vibrant town with so much to do and see. Visit the Old Market to get a taste of daily life in Cambodia, or stock up on art, clothing and souvenirs at some of Siem Reap's unique boutiques. There is a vast range of dining options and spas if you're looking for some extra pampering. One of retreat highlights is a cultural night out at Cambodia's leading contemporary theatre, the Phare Cambodian circus. Dedicated to the upliftment of Cambodia's youth through performance art, all proceeds are reinvested into the education of these performers, many of whom come from backgrounds of extreme poverty and hardship. Expect a night of inspiration, humour and incredible energy!

IMPORTANT DETAILS

COST OF THE RETREAT PACKAGE

Shared accommodation (Khmer House, Green Room, Yellow Room, Purple Room) - US\$2350 p/p

Shared accommodation (Orange Room) - US\$1850 p/p

Single occupancy (Garden Cottage) - US\$2500 p/p

RETREAT PACKAGE INCLUDES

- Airport transfer
- Luxury shared accommodation (two people per room) at Maison Polanka
- Daily breakfast and dinners at Maison Polanka
- Daily Nia sessions
- Two half-day trips to Angkor Wat with senior guide (please note: temple pass NOT included)
- One hour aromatherapy full body massage
- Khmer cooking class
- Performance by the PHARE Circus



PAYMENT DETAILS

Deposit of US\$1000 is required in order to reserve your spot on the retreat. Please contact Kelle (kellie_chambers@yahoo.com) or Debbie (debbieleevanginkel@gmail.com) for further details.

IMPORTANT DETAILS

VISA:

Please note that the cost of the retreat package does NOT include Cambodian tourist visa. We advise you to apply for a visa online rather than choosing the 'visa on arrival' option.

All information about the online Cambodian visa, can be found here:

<https://www.evisa.gov.kh/>

WHAT TO BRING:

- Swimsuits, sunscreen and hats
- A bunch of cool and comfortable clothes for Nia. Be prepared to SWEAT. Cambodia is hot in September!
- US dollars (Please note that older USD bills are often not accepted. ATMs can be found throughout Siem Reap)



FLIGHT INFORMATION:

Please email us your flight details so we can arrange your pickup and transfer to the hotel. Please note that the cost of the retreat package does NOT include flights to Siem Reap.

ADDITIONAL RECOMMENDED ACTIVITIES

KULEN ELEPHANT SANCTUARY

A half-day trip to the elephant sanctuary at the foothills of Kulen Mountain is a must! Elephants were used in the tourism industry in the Angkor Park for years. Now these retired elephants roam freely and safely in this sanctuary which focuses on conservation, rehabilitation and education. With only 75 elephants remaining in Cambodia today, your visit to the sanctuary is making a very important difference to the future of these incredible creatures.

USD\$50 per person

More info at :

<https://www.kulenforest.asia/>



ADDITIONAL RECOMMENDED ACTIVITIES

APOPO VISITOR CENTRE



The legacy of three decades of war has left Cambodia with some 40 000 amputees and approximately 5 million landmines remaining, especially in rural areas. APOPO is an international organization that trains rats to detect landmines, and increase the efficiency of the clearance process.

A fascinating learning experience!

Find out more here:

<https://www.apopo.org/en>

CONTACT DETAILS OF MAISON POLANKA

Upper East River Road

North of Wat Polanka

Siem-Reap

Angkor, Cambodia

Call: international +855 12 499 810.

Call: local 012 499 810.

Email: contact@maisonpolanka.com

If you have any questions about the retreat, travel or accommodation, please feel free to email Debbie (debbieleevanginkel@gmail.com) or Kellie (kellie_chambers@yahoo.com)