

Melaka Saujana Asahan Gunong Ledang (SAGL) Healing Trip



Day 1

- Sin-Melaka by 10-seater Van.
- Arrive Saujana & Lunch.
- Check-in to room.
- Activity 1.
- Activity 2.
- Freshen up.
- Dinner.
- Sweet bed, Sleep tight.

Day 2

- Watch Ophir daybreak & light stretching exercises.
- Breakfast.
- Forest Bathing / Waterfall retreat.
- Tea Break in the forest.
- Return to room & freshen up.
- Lunch.
- Fruit hub for good health.
- Freshen up.
- BBQ Dinner / Camp fire.
- Sweet bed, Sleep tight.

• Day 3

- Watch Ophir daybreak & light stretching exercises.
- Breakfast.
- Check out.
- Leave for Melaka town.
- Free & easy shopping, Lunch etc (*at own cost*).
- Transport leaves for Singapore.

Activities can be customised for the group. 10, 25 & 40 seater vehicles available. Single room available at surcharge. Special meals can be catered.



Retreats for:
Couples-New & Veteran
Families / Friends
Seniors / Retirees
Patients / Survivors /
Care Givers
Work / Project Teams



