



THE DATAI
LANGKAWI

Serenity

The Datai Well-being Series



Hannah Prescott
Nutritionist / Fitness Instructor
12 - 27 October 2024

HANNAH PRESCOTT

Nutritionist / Fitness Instructor

Hannah, a dedicated Registered Nutritionist (AfN) and fitness instructor, believes nutrition should seamlessly fit into each person's lifestyle for lasting results. Passionate about health, fitness, and food, she is committed to achieving well-being through personalised nutrition plans and consultations.

With an evidence-based approach, Hannah empowers individuals to make sustainable changes for a healthier, balanced life.

COMPLIMENTARY ENERGISER CIRCUIT TRAINING

14 and 21 Oct, 08:15hrs | 18 and 25 Oct, 10:00hrs

(45-minutes group session at the Holistic Pavilion)

This session is about circuit training, where you'll rotate through exercises targeting different muscle groups. It's an efficient way to stay fit and a great addition to a healthy lifestyle.

HACK YOUR HEALTH (60-minutes group session)

MYR 65* per person

In this group session, you'll learn an easy-to-follow model to adapt your diet for nearly any health goal. Hannah will cover topics like weight loss, exercise nutrition, gut health, and more. Be sure to bring your notepad - this workshop is full of useful tips you'll want to remember!

ENERGISER CIRCUIT TRAINING AND SMOOTHIE MAKING SESSION

(75-minutes group session) - MYR 125* per person

Kickstart your day with a morning circuit-training class, starting with slow movements, progressing into strength exercises, and finishing with an energising set! Moving your body benefits your mental health just as much as your physical health, and this class will leave you feeling great before you unwind for the rest of the day. Afterwards, enjoy a hands-on smoothie workshop, where you can create your own delicious blends while learning about essential post-workout nutrients.

**All prices are subject to 10% service charge*

To ensure a personalised and attentive experience, sessions are available by advance booking only.

PERSONALISED NUTRITION “POWER HOUR”

(60-minutes 1:1 session) - MYR 380* per person

Experience a bespoke 60-minute consultation designed to guide you towards your health goals. This exclusive session includes a thorough health review followed by a personalised action plan. Hannah will assess your overall health, identify challenges such as time constraints, work commitments, and accountability, and develop a tailored strategy to address them. Taking into account your food preferences, exercise habits, sleep patterns, and stress levels, to ensure your plan is realistic, accessible, and sustainable.

COUPLES NUTRITION “POWER HOUR” (60minutes)

MYR 550* per couple

Begin a shared journey towards better health through this couples session. Tailored for partners looking to improve their wellbeing together, this session takes a collaborative approach to diet and lifestyle changes. Having a loved one by your side can make it easier to stay on track.

If you live together, share similar habits, and have common health goals, we'll create a personalised plan that fits both your lifestyles. Like our 1:1 sessions, but with a focus on your shared routines and goals, this is designed to help you achieve lasting success together.

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