



WELLNESS COLLABORATION

Chiva-Som proudly presents a transformative wellness collaboration featuring two celebrated experts in the field of health and wellbeing: Natalie Dau and Dawn Sim. This special programme, taking place over four days, offers a holistic approach to enhancing physical strength, mental resilience, and emotional balance. With a curated series of movement classes, breathwork, sound healing, and empowering talks, guests are invited to explore their personal path to vitality and longevity.

Whether you are looking to build stronger bones, deepen your self-care practices, or simply learn how to navigate life's transitions with more ease, this immersive experience promises to educate, inspire and rejuvenate. The collaboration culminates in an open discussion panel, offering a holistic perspective on women's health through the lens of fitness, emotional wellbeing, and integrative health.





Natalie Dau



Dawn Sim

ABOUT OUR WELLNESS EXPERTS

Renowned Guinness World Record-holding ultra-marathoner and motivational speaker Natalie Dau joins forces with Dawn Sim, a yoga specialist, sound healer, and wellness coach, for this exclusive Chiva-Som collaboration. Together, they provide a rich blend of physical training, mindfulness, and restorative practices designed to support long-term wellbeing.

Returning for her third collaboration with Chiva-Som, Natalie Dau offers guidance tailored to women over 40 through strength training sessions, functional fitness workshops, and a beach-based running class focused on bone health. She also shares powerful lifestyle tips drawn from her journey as a high-performance athlete, mother, and businesswoman.

Making her Chiva-Som debut, Dawn Sim brings over two decades of experience in yoga, sound healing, and breathwork. Her sessions are crafted to promote emotional balance, self-awareness, and mental clarity. With her nurturing presence, Dawn creates a space for deep relaxation, personal insight, and mindful movement.

Together, Natalie and Dawn lead a joint panel alongside Chiva-Som's naturopath, Patience Sangwa, to explore women's health across various life stages, offering practical, empowering tools for the body and mind.

FEATURED SESSIONS

Complimentary, and to be enjoyed in addition to your chosen retreat activities and our usual schedule of classes.

26th August 2025

OVER 40 AND STRONG

10.00 - 11.00 | by Natalie Dau

Women can lose up to 8% of muscle mass each decade, which can impact daily functionality. This session guides participants through simple exercises suitable for the gym or home to build strength and feel empowered, regardless of age or fitness level.

SOUNDBATH AND BREATHWORK

17.00 - 18.00 | by Dawn Sim

Discover how conscious breathing can positively affect the nervous system and emotional wellbeing. Combined with a soothing soundbath, this session helps guide the body into deep relaxation for optimal recovery. No experience needed.

27th August 2025

FUNCTIONAL FITNESS FOR LONGEVITY

10.00 - 11.00 | by Natalie Dau

Using simple baseline fitness tests, this class identifies areas of focus to stay strong and active as we age. A practical and energising session for all ages and fitness levels.

SELF-CARE FOR EMOTIONAL AND MENTAL HEALTH (DISCUSSION)

14.00 - 15.00 | by Dawn Sim

Drawn from her experience as a mother of four, business owner, and wellness consultant, Dawn shares personal insights and practical self-care advice for maintaining mental and emotional balance in everyday life.

JOURNALING AND SOUNDBATH

17.00 - 18.00 | by Dawn Sim

A reflective session beginning and ending with journaling, complemented by a soundbath designed to support deep rest and mental clarity. An ideal practice for busy minds and those seeking emotional renewal.

28th August 2025

STRONGER BONES THROUGH RUNNING

7.00 - 8.00 | by Natalie Dau

A guided walk/run on the beach to support bone health and cardiovascular fitness. Move at your own pace in this joyful and inclusive session suitable for all levels.

SECRETS TO BEING YOUR BEST SELF AT ANY AGE (DISCUSSION)

14.00 - 15.00 | by Natalie Dau

Natalie shares her approach to a high-performance lifestyle with practical habits and life strategies that can be applied at any age. Includes a Q&A session.

INTENTION SETTING AND YOGA

17.00 - 18.00 | by Dawn Sim

Explore yoga as a mindful movement practice to support strength, flexibility, and injury prevention. The class begins with intention setting and is suitable for all fitness levels.

29th August 2025

A HOLISTIC PERSPECTIVE FOR WOMEN'S HEALTH IN TRANSITION (PANEL DISCUSSION)

14.00 - 15.00 | by Natalie Dau, Dawn Sim, and Patience Sangwa

An open conversation exploring the natural phases of women's health from menstrual cycles to menopause, with practical guidance on physical, emotional, and nutritional wellbeing.

For more information or reservations, contact Chiva-Som's reservations team or your preferred travel agent.

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