



Join Fitness Guru Alex Salihin On Board

Aqua Mekong Departure 15th December 2017

Join the brand Ambassador for Lululemon and founder of LEVEL fitness, Alex Salihin on a Mekong luxury cruise in December 2017 with private training sessions, yoga and meditation classes on board the Aqua Mekong.

Learn the latest techniques from Alex for maximizing your flexibility, strength, endurance and athletic form complimented by relaxation and meditation. Schedule your own personalized training class in our well-equipped gym and sync-up with nature at a sunrise yoga class. After your workout, enjoy a cocktail beside our infinity plunge pool or enjoy a spa treatment to sooth your every muscle.

This unique collaboration between Alex Salihin of LEVEL and Aqua Expeditions offers you an exclusive opportunity to experience professionally-delivered, personalized fitness and wellness instruction surrounded by the scenery of the beautiful countryside of Cambodia. Return home feeling energized, relaxed and prepared to tackle life's challenges with a whole new outlook. Limited number of spaces available:

2017 Departure December 15th to 19th, 2017

ABOUT ALEX SALIHIN

Alex Salihin is a professional fitness trainer based in Singapore, founder of the successful LEVEL fitness facility and currently an ambassador for the premium sportswear brand, Lululemon. Setting a new standard of personal training, Level is now the home to some of the city's best personal trainers, yoga teachers and rehab practitioners.



Originally serving as a member of the Singapore Armed Forces, Alex Salihin spent the early part of his career launching and leading fitness and personal coaching programs at several commercial gyms in Seattle, Washington. Upon his return to Singapore in 2014, Alex founded Level, an innovative new fitness experience for both trainers and their clients providing premium, personalized approaches to fitness, nutrition, lifestyle management and wellness. Besides training clients, health and fitness continue to be the most important cornerstones in Alex's life. He continues to carry out his own personal training in sprinting and Olympic weightlifting

Limited cabins available – reserve your room now for this exclusive and unique cruising opportunity!



Unique opportunities for guests on this departure include:

- **Morning Yoga Classes:** Join a sunrise yoga class with Alex on the outdoor sundeck in the morning as the soothing flows of the Mekong float past you. Tap into your own natural rhythms as you greet the morning with these mindful one-hour practices. Learn a unique set of yoga poses that focus on flexibility and strength but easily accommodating to all fitness levels. Start with a series of dynamic flow movements to invigorate and energize the body before settling into deeper long held postures to release tension in within the body and mind, cultivating a state of stillness and calmness from within.
- **Meditation Classes:** Choose to learn the art of "sound and breath" meditation with our instructor. This meditation class focuses on the techniques of Nada (Sound) Yoga, exploring various pranayama (breathing) techniques that vocalize the breath to promote a calming inner peace while reducing stress. Enjoy the mental benefits of letting your mind and body enter into a deep peace, helping you to reduce stress and improve self-awareness and concentration. Enjoy physical benefits from enhancing your cardiovascular health to boosting your immune system.
- **Personal One-on-One Training Sessions with Alex:** Schedule your own personal training session with Alex to evaluate your fitness goals, develop a lifestyle-appropriate set of fitness routines and a progress-tracking program to keep you accountable. Learn how to combine aerobic and anaerobic activities to help you improve your fitness, strength, flexibility and endurance levels. Discuss longer term heart rate and body fat goals and collaborate with Alex to create your own personalized program for achieving these.
- **Daily Biking & Kayaking:** Hybrid mountain bikes are available for guests to take on guided, active biking excursions into local Cambodian villages, touring along the banks of the Tonle Sap River or pedaling around Koh Oknha Tey Island. Guests who like to kayak can also enjoy paddling our two-man open-top kayaks along the Mekong River, around floating villages and to Sand's Island. Work out by bike and kayak whilst immersing yourself in the amazing scenery of Cambodia's Mekong River.
- **Spa Treatments:** After working out on board (or off while on an active excursion), enjoy an Aqua Mekong spa treatment in our luxurious on-board spa facility. Our internationally trained massage therapists combine traditional Khmer and Asian spa treatments with carefully selected professional spa products to deliver bespoke treatments of pure bliss. Try one and you'll be back for more.
- **Five-Star Dining:** Savor southeast Asia's best flavors as you dine on four-course custom-created menus featuring the cuisine of Consulting Chef David Thompson, an award-winning, internationally acclaimed chef, restaurateur, and cookbook author. Taste handcrafted recipes which transform the freshest of local ingredients into delicious and innovative, Asian-inspired dishes.



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