

MONTENEGRO MANUAL

MOVE
GROOVE
CONNECT

METAMORPH

INTRO TO METAMORPH

Two topnotch health and fitness professionals unite forces to bring you an innovative lifestyle program that will change your life forever. We're not talking about quick fixes, we're talking about lifestyle transformation. Beach Monkeyz and Balanced Rebel have come together brains, hearts, and all with the goal to revolutionize retreats in the fitness and wellness industry. The result? METAMORPH: a program specifically curated for ambitious, avant gard individuals who recognize the importance of work/play balance.

In an increasingly competitive world, where time is a commodity, transforming your life requires effort, dedication and vulnerability. Most people fail not because they don't want to succeed, but because life gets in the way. At this point, the body and brain will trick you into falling back to old programming; back to the "mediocre" comfort zone.

METAMORPH is not just another fitness camp, nor is it a wellness clinic. METAMORPH is a 1 week lifestyle experience that will introduce you to the person you have always wanted to be. This will be achieved through playful movement exploration, fun social and recreational activities, nourishing and wholesome food programming, as well as mindfully empowering educational workshops that will bridge the gap between what we think we want, versus what we know is good for us.

Life is hard, and we know it. At METAMORPH, we speak your language. We understand that time is rare, stress is high, decision making is complex, and you still want to be able to relax. We get it, we've been there!

Taking care of yourself in today's life is not an easy thing to do, which is why we have designed a cutting edge program combining challenging yet realistic goals, with a cherry on top: a guide by your side. We want you to achieve optimal physical, mental, and emotional performance; however, we want you to achieve it in a sustainable manner.

Transformation is not a means to an end. The journey continues long after you have graduated from METAMORPH, long after meaningful friendships are made and lifelong goals are crushed. We believe in the saying "if you give a man a fish, you feed him for a day. If you teach a man to fish, you feed him for a lifetime". Which is why we are giving all participants access to 12 online group workshops via the Balanced Rebel platform to empower, inspire, and encourage all METAMORPH graduates to keep the flame alive long after they have left the stunning waters of Adriatic Sea.

THIS IS JUST THE BEGINNING!

RECOMMENDED FOR ANYONE THAT WANTS TO IMPROVE THEIR LIFE!

You don't need to be fit to participate in this program. It's a process; we're in it together. Exercises are scaled based on capacity, and everyone is encouraged to listen to their body, respect their boundaries, and challenge their limitations.

THE CONCEPT

The Seed Why this program was designed
To create a unique, handpicked experience in an authentic location by the sea merging the concepts of self-development, movement exploration, and personal connectivity.

The Inspiration Who is this program for

- Anyone that wants to grow and evolve into the best version of themselves, and expanding their circle of like-minded people.
- Anyone independent of fitness level. All activities can be scaled down.

The Gift What we offer
A luxury opportunity to connect with yourself and others in a fully developed resort town based on the sunny shores of the Adriatic coast.

The Gains What you will gain from the program

- An opportunity to reclaim your energy
- A process of self growth, exploration, and transformation
- An element of fun and play with like-minded individuals

The Edge What makes us different
Curated by two experienced professionals in 2 areas that complement and complete each other

Location, Location, Location
Weather, and diversity of activities offered

What is the platform used
Balanced Rebel, Beach Monkeyz

The Learning Experience What is the desired outcome
The sweetness of life is most palpable when we come together to play, to explore, to connect, to move, to inspire, to empower, and to rest in the beauty of knowing that our days are well spent.

THE PROGRAM

- 1 6 nights, 7 days, 1 week of magical experience
- 2 A luxury experience at The Chedi Luštica Bay (5-star Montenegro hotel)
- 3 Full retreat program inclusive of all activities
- 4 Meals during the program (Brunch and Dinner); following the 80:20 rule
 - 80% energetic
 - 20% emotional social
- 5 Tailored for up to 20 people per program
- 6 Experienced, professional, and passionate practitioners for every activity

*Flights not included

**Transfer from airport to hotel and return not included (The Chedi can arrange transfers upon request at an additional cost)

RECOMMENDED FOR ANYONE THAT WANTS TO IMPROVE THEIR LIFE!

You don't need to be fit to participate in this program. It's all about challenging yourself (physically and mentally).

THE SCHEDULE: DAY 1

MINDFUL BEGINNINGS: SETTING INTENTIONS

| Time | Mindful Beginnings: Setting Intentions |
|--------------------|---|
| 8:00am to 9:00am | Intro and Sharing Circle |
| 9:30am to 10:30am | Intro to Martial Art Movement |
| 10:30am to 11:30am | Fitness Fundamentals |
| 11:30am to 1:00pm | Brunch |
| 1:00pm to 2:00pm | Rest & Recovery |
| 2:00pm to 3:30m | Bike Ride (City By Bike) |
| 4:00pm to 5:30pm | Workshop (What's Not Working) |
| 5:30pm to 6:00pm | Decompress |
| 6:00pm to 8:00pm | Rest & Recovery |
| | Sharing Circle |
| 8:00pm | Dinner |

*activities tentative to change

DAY 2

NOURISH & ENERGIZE: FEEDING BODY & SOUL

| Time | Nourish & Energize: Feeding Body & Soul |
|--------------------|--|
| 8:00am to 9:00am | Power Yoga |
| 9:30am to 11:00am | Fusion workout |
| 11:00am to 11:30am | Rest & Recovery |
| 11:30am to 1:00pm | Brunch |
| 1:00pm to 2:00pm | Rest & Recovery |
| 3:00pm to 4:30m | Dive/Sailing/Fishing |
| 4:30pm to 5:00pm | Rest & Recovery |
| 5:00pm to 6:00pm | Workshop (The Value of Time) |
| 6:00pm to 8:00pm | Rest & Recovery |
| | Sharing Circle |
| 8:00pm | Dinner |

*activities tentative to change

DAY 3

STRESS AWARENESS: BALANCING THE SCALES

| Time | Stress Awareness: Balancing the Scales |
|--------------------|---|
| 8:00am to 9:00am | Vinyasa Yoga |
| 9:30am to 10:30am | Brainfit |
| 10:30am to 11:30am | Intro to Golf |
| 11:30am to 1:00pm | Brunch |
| 1:00pm to 2:00pm | Rest & Recovery |
| 2:00pm to 3:30pm | SUP/Kayak |
| 4:00pm to 5:30pm | Workshop (Stress Management Techniques) |
| 5:30pm to 6:30pm | Breath and Ice Bath |
| 6:00pm to 8:00pm | Rest & Recovery Sharing Circle |
| 8:00pm | Dinner |

*activities tentative to change

DAY 4

REVITALIZING RECOVERY: REST & RECHARGE

| Time | Revitalizing Recovery: Rest & Recharge |
|--------------------|---|
| 8:00am to 9:00am | Pranayama and Yin Yoga |
| 9:30am to 10:30am | Animal Flow |
| 10:30am to 11:30am | Workshop (Recovery is a Necessity) |
| 11:30am to 1:00pm | Brunch |
| 1:00pm to 2:00pm | |
| 2:00pm to 3:30pm | |
| 4:00pm to 5:30pm | Vrmac Hike |
| 5:30pm to 6:30pm | |
| 6:00pm to 8:00pm | Sharing Circle |

*activities tentative to change

DAY 5

SOULFUL TRANSFORMATION: EMBRACE YOUR JOURNEY

| Time | Soulful Transformation: Embrace your Journey |
|--------------------|---|
| 8:00am to 9:00am | Spintonic |
| 9:30am to 10:30am | Run |
| 10:30am to 11:30am | Active Stretching |
| 11:30am to 1:00pm | Brunch |
| 1:00pm to 2:00pm | Rest & Recovery |
| 2:00pm to 4:00pm | Hydrofoil |
| 4:30pm to 6:30pm | Montenegro Cooking Class |
| 6:30pm to 8:00pm | Rest & Recovery |
| 8:00pm | Cable Car & Prosciutto |
| | Sharing Circle |

*activities tentative to change

DAY 6

SOULFUL TRANSFORMATION: EMBRACE YOUR JOURNEY

| Time | Inner Harmony: Cultivating Mindfulness |
|-------------------|---|
| 8:00am to 9:00am | Yoga Jam |
| 9:30am to 11:30am | Olympics BM & BR |
| 11:30am to 1:00pm | Brunch |
| 1:00pm to 2:00pm | Rest & Recovery |
| 2:00pm to 3:30pm | Workshop (Build Your Roadmap) |
| 4:30pm to 6:30pm | Archery |
| 7:30pm onwards | Closing Ceremony and Dinner |
| | Sharing Circle |

*activities tentative to change

CURATED BY



NIRVANA ZAHER

As a Certified Strength and Conditioning Specialist from the National Strength and Conditioning Association, Nirvana Zaher believes in a holistic and integrative approach to fitness. She specializes in human performance and functional training strategies, incorporating principles from yoga, weight lifting, sports conditioning and fundamental motor development techniques in her programs. Paying special attention to corrective training strategies, Nirvana's philosophy follows a PREVENTATIVE approach to exercise, ensuring that a) clients who come to her are taught all the basic, fundamental movements before progressing to more advanced, complex techniques and b) any poor movement patterns are caught early in the training program and are rectified before advanced skills are taught. Quality of movement should never be compromised and a ruthless approach to training must be employed with extensive attention to detail.

Nirvana's background as an elite international gymnast has laid much of the foundation that has paved the way for a career in this field. In college, Nirvana was competing on a full scholarship representing the university's gymnastics team, while simultaneously pursuing a Bachelors in Exercise Physiology. Shortly after she graduated from university in California, Nirvana went on to pursue a Masters degree in Exercise Physiology from Loughborough University in the UK, making her the only current practitioner in Egypt to hold a degree of this caliber. Nirvana's dissertation, "Lower Limb Influence on Standing Arm-cranking ('grinding')" can be found in the International Journal of Sports Medicine.

As a Performance Specialist, Nirvana is also certified through the Aerobics and Fitness Association of American, is a veteran Spinning instructor through the Mad Dogg organization, creator of The Bootie Camp Project, founder of Pole Fitness in Egypt, and an ambassador to the NSCA in Egypt and the Middle East. Moreover, over the past fifteen years Nirvana has been educating and empowering people through courses and workshops in fitness education, assisting anybody with a passion for health and fitness toward a career in this field. Her dedication to exercise science, and her cat-like curiosity for the limitless functions that the human body can perform have been primary pillars in her quest toward fitness and athletic excellence.

Nirvana is the founder of Beach Monkeyz®, El Gouna's premier class-driven fitness playground offering group classes, personal training, and transformation bootcamps. The Official Annual Party on Wheels® (POW), and Gounies Stay FIT: "Inspiring people to MOVE" are two of the biggest events brought to life by The Fitness Playground®; the engine that powers all of Nirvana's programs. Her motto? Divinity lies in the details, and passion is the foundation upon which any success is created.

Instagram [@beachmonkeyz](#)
[beachmonkeyz.com](#)



RUI DA SILVA

Balanced Rebel was born in 2020 but the philosophy behind the brand has been building for over forty years.

In 2021 Rui da Silva won the “Leadership in health coaching award” by IIN. In 2022 Rui da Silva was nominated as “Top 5 coaches to look at” by Herald Entrepreneurs.

Kootshi aka Rui da Silva climbed the corporate ladder over his impressive career, excelling for over twenty years in the telecom and satellite industry worldwide. Although he traveled 70% of the time for work, he was committed to working out daily, keeping himself in prime shape and maintaining a healthy lifestyle.

Ultimately reaching great success, he felt burned out, realizing that he really wasn't at his happiest or healthiest because everything was out of balance. Kootshi started turning inwards and studied more and more about health and balanced living which led him to become a certified Holistic Health Coach at Institute for Integrative Nutrition (IIN), the world's largest nutrition school. The more he learned, the more he was convinced that so many of us are not living to our fullest potential because it's always on someone else's terms. We tend to prioritize the quantitative over the qualitative as if we must give up certain things for the sake of others. It's simply not true. It's not about fads, diets, strict regimes, or any other narrative we've been all forced to believe for the sake of marketing.

The profound improvement in his overall wellbeing once he regained the optimum lifestyle balance by reducing work related stress, managing his travel schedule, and ensuring a focus on physical activity, mental wellbeing, and emotional satisfaction, transformed not only his outlook in life, but his life itself.

Changing his perspective and going against the grain completely changed his life. He realized that we can have it all and kootshi is committed to changing the perception and ideology that you must do this or that. (whatever the latest fad is).

Balanced rebellion stands for individuality, unique personalities, ambitions and last but not least commitment to achieving the results you want, on your terms. Everyone is unique, therefore the solutions to your life challenges should be just unique.

At Balanced Rebel, we offer the tools to reclaim your life, on your terms, unlocking your greatest potential towards your success, one step at a time.

Instagram [@i.koach](#)
[balancedrebel.com](#)

LOCATION

Luxury Unrivaled A Jewel on the Adriatic Sea

Our five-star hotel is located within the resort town of Luštica Bay, which is itself within the gorgeous Tivat Municipality. Nestled along the Luštica peninsula in the bay of Trašte, Luštica Bay is a haven of natural beauty and modern convenience; a one-of-a-kind destination offering peace, healthy living and modern luxury for those who seek life as it should be.

At the nexus of gentle azure seas and majestic mountains, you'll find The Chedi Luštica Bay — a luxury 5-star Montenegro hotel. Located on the magnificent Montenegrin coast 16 km from Tivat, The Chedi Luštica Bay welcomes travelers to unwind amidst authentic, breathable luxury.

The Chedi Luštica Bay is the cornerstone of the waterfront Marina Village neighborhood, overlooking the marina and the Adriatic Sea beyond. As its own private enclave with a signature ambience, The Chedi Luštica

Bay integrates seamlessly with the surrounding community, making it a truly unique offering within Montenegro.

This luxurious retreat, a member of The Leading Hotels of The World, encompasses 111 exceptionally elegant rooms and suites, two restaurants, two bars, versatile meeting facilities, a private beach, an Asian-inspired Spa, an indoor pool, and an outdoor infinity pool. From our culinary artistry to our thoughtful guest amenities, The Chedi Luštica Bay offers everything you could expect from one of the most exclusive luxury Montenegro hotels, brought to life with genuine hospitality and flawless service that has anticipated your every need.

Visit us and create your memories on the Adriatic Coast.

Explore Our 5-Star Montenegro Hotel: The Chedi Luštica Bay chedilusticabay.com

TRAVEL INFORMATION

Montenegro is the jewel of the Adriatic Sea. It's bordered by 293 km (182 miles) of coastline, and is bordered by Serbia, Kosovo, Albania, Croatia, and Bosnia and Herzegovina. Montenegro is well-connected, renowned for the hospitality of its locals and is known for being a safe and easy place to travel.

Air Travel: The Chedi Luštica Bay is convenient to three international airports which connect to all major European cities. Tivat International Airport is just 15 minutes away, and offers direct flights from the UK, France, Germany, Denmark, Sweden, Dubai and many more. Many guests also fly to us via Podgorica International Airport and Čilipi-Dubrovnik International Airport.

Ground Transport: The Chedi Luštica Bay is able to arrange luxury hotel transfer upon request. Local taxis are available, with fares on the meter. There are also a selection of private car agencies and rental cars.

Visas

Visas are not required for travelers from any country in Europe, Australia, North America or South America (except Bolivia, Guyana and French Guiana).

Identification

Montenegrin law requires the carriage of a valid form of ID at all times — such as a driver's license, passport or equivalent.

Currency

Montenegro's local currency is the Euro. ATMs are widely available. Local vendors do not usually accept credit cards. Sundays are customarily a day off for most local merchants.

Seasons

Montenegro's peak summer season is from July to August. May to June and September to October are typically quieter, but still blessed with plenty of sunshine. The ski season runs between November and April annually.

Weather

Montenegro enjoys 240 days of sunshine a year on average, with warm summers averaging 27°C (80°F) and cool winters including mountain snowfall. The swimming season typically spans 180 days each year.

Local Time

Montenegro's local time is UTC+1.00.