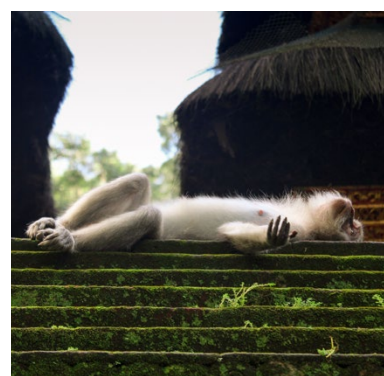
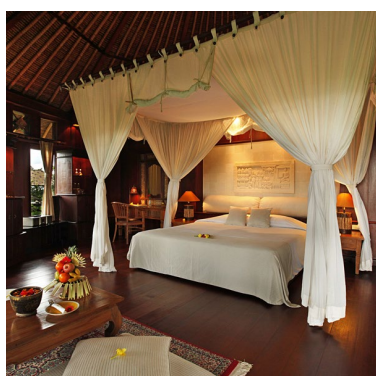
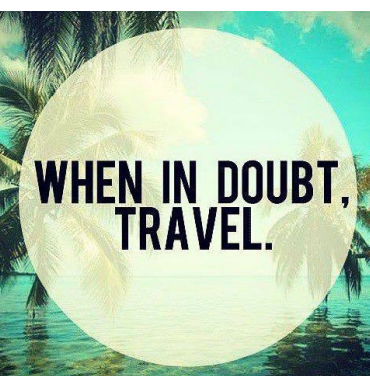




# JOIN THE FUN ADVENTUROUS SPIRIT RETREAT

Ubud, Bali

#soulful #playful #thebestisyettocome





# 2019 UBUD BALI

27th March to  
1st April 2019

**A soulful retreat experience designed to  
take you from the everyday to the exotic**

**A soulful, life enhancing experience that brings women together for 5 nights of healthy eating, wellness and personal development workshops, yoga classes, cycling through the rice paddy fields, a sound healing session, spa treatments, waterfall adventures, nature hikes and lots of fun!**

This Adventurous Spirit Retreat provides the ultimate wellness escape. Liberate yourself from the stresses encountered with modern-day living and discover new reserves of energy, a deeper sense of self and reconnect with your passion for life!

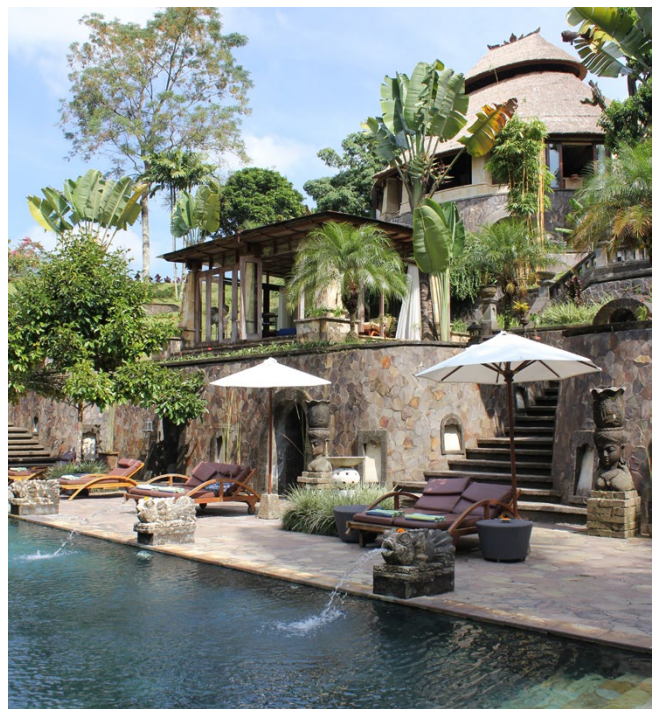
Retreat into a peaceful sanctuary in Ubud away from the hustle and bustle of main Bali and be guided and inspired by what this exotic location has to offer with the support of Leanna McNeil Psychotherapist, Energetic Healer and Body intuitive and Lisa Turnbull Naturopath, Psychotherapist and Wellness Expert.

On this retreat you will awaken your senses, allowing you to feel alive and refreshed. Discover new sources of energy and vitality with a holiday experience that can transform your inner & outer world. This is an integrated and comprehensive

retreat with an amazing program where you can do as much or as little as you desire.

This retreat creates the opportunity for you to take time out and un-plug from your busy, overcommitted, responsible life and take time for yourself to restore, revive and have fun!

Travelling to another country can be soul stirring, heart opening and life changing. On this journey make heartfelt connections with other like-minded women, nourish yourself, have fun, get pampered, expand your awareness, belly laugh, rediscover your passion, and go home rested with a new perspective and gratitude for your life.



# THIS ADVENTUROUS SPIRIT RETREAT INCLUDES

- | 5 nights' accommodation in a Luxury Superior Villa at Bagus Jati Wellness Centre Ubud.
- | Daily Breakfast
- | Daily Dinner including one farewell buffet dinner
- | Opening ceremony and Balinese Blessing at hotel temple
- | A one hour heavenly Balinese massage
- | Inspirational workshops on personal development and wellness
- | Daily yoga classes
- | Meditation sessions
- | A cycling tour through the rice paddy fields of Ubud
- | An afternoon shopping experience in Ubud town
- | A once of a lifetime waterfall adventure
- | A sound bath healing session
- | Time to sleep, swim, eat, read and relax
- | Free use of the health and well-being facilities, including pool, gym, hot jacuzzi and herbal steam bathroom in the spa pavilion.
- | Transfers to and from the resort from the airport

This retreat offers a combination of options creating a program that is designed to enhance your state of well-being. Meditation, yoga, inspirational workshops, whole food cuisine, spa treatments, time for play and relaxation all in a beautiful setting are available to support your experience on this retreat.

We are providing a unique variety of workshops and experiences designed to assist with improving your connection to your mind, body and soul. As this is your personal holiday experience you are welcome to attend as much or as little as you desire.



# 2019 UBUD BALI

27th March to  
1st April 2019

5 nights at Bagus Jati Health and Wellness Retreat Ubud  
Twin Share: \$2490 | Single Room: \$3190

We will be creating the opportunity for you to have some real fun and adventure on this retreat! Whether it is through soaking up the sun; immersing yourself beneath a waterfall; cycling through the rice paddy fields; sipping cocktails by the pool; shopping for fabulous finds in Ubud; melting into heavenly spa treatments; exploring yourself through workshops or experimenting with yoga classes. During

our time together we will be reconnecting with the playfulness and fun you have within!

“Life is not meant to be serious. Laughter is even more uplifting and healing than any form of prayer, meditation or chanting” — Anita Moorjani



## REGISTRATION

This retreat caters for a maximum of 15 participants. To hold your place a \$1000 non-refundable deposit is required at time of registration. The remaining balance can be placed on a payment plan or paid in full 10 weeks prior to the retreat.

The preferred payment method is by direct debit to avoid banking fees. There is a 1.9% fee for credit card payments

**Women's Wellness Retreats**

**BSB: 012473**

**ACC: 390478324**



# FLIGHTS

Lee-anne Talbot

0403 495 697 :: [lee-annet@travelmanagers.com.au](mailto:lee-annet@travelmanagers.com.au)

Please note that we expect this retreat to be fully booked and advise you hold your place as soon as possible. We encourage you to book your flights through Garuda airlines and when discount flights arise we will let you know.

For ease we have built a relationship with a licenced travel manager Lee-Anne Talbot. Lee-Anne is available to support you to book your flights in addition to taking care of our booking with the retreat centre. Lee-Anne's details are [lee-annet@travelmanagers.com.au](mailto:lee-annet@travelmanagers.com.au) or on her mobile: 0403 495 697

## WHAT IS NOT INCLUDED

- |   |   |
|---|---|
| Airfares to and from Denpasar Bali, Indonesia | Visa fees on entrance and exit from Indonesia |
| Personal purchases                            | Drinks and alcohol purchases                  |
| Three lunches                                 | Travel Insurance (which is compulsory)        |

- This retreat is set amongst a rainforest on a hillside. In order to get around the retreat you will be required to climb a number of stairs daily.
- This retreat is 30 minutes outside of Ubud set in a beautiful rainforest. In order to get to town we will be using taxis or a minivan. We have especially chosen Bali for its spiritual energy, natural beauty and this specific venue for it's secluded location. If you desire to see more of Bali please add days either side of the retreat. You can contact our travel manager Lee-Anne who is the travel agent looking after this trip for more ideas and options regarding extending your trip.
- The retreat starts from 2pm Wednesday 27th March. There will be transfers available to the retreat from the airport. The retreat finishes 12pm Monday 1st April.
- Keep in mind that although we have a retreat schedule we will be working with the flow and speed of Bali so there may be unforeseeable reasons that require us to make changes to the itinerary.

This retreat is going to create a real opportunity for you to unplug, have fun and reconnect with yourself. There is no prerequisite to come other than an open heart and mind. If you feel inspired, excited or moved to join us for a week then please contact us for more information.

**Leanna McNeil** 0424 098 913 :: **Lisa Turnbull** 0417 541 838

# KIND WORDS

Leanna and Lisa together taught me that I am capable of making a mind/body connection. The resort and its staff gave me the ability to let go and be cared for. The standard of service was extremely high and not intrusive. My fellow participants all came with an open

heart and contributed willingly of themselves. I take away a happy memory of each and everyone one of them. I am confident that my everyday life will be enriched by my many experiences at Bagus Jati.

— L. McIntosh, Central Coast

“I absolutely loved this retreat! Conducted in the natural beauty of a mountainous rainforest in Ubud, this unforgettable experience for me was healing, uplifting, fun and life changing. I am so very grateful. I loved the workshops, the fun, the accommodation, the food, the treatments and the connection with so many beautiful people.

— B.Murray, Brisbane

This was by far the BEST travel experience I have ever had. An awesome location teamed with lovely and caring facilitators. Bagus Jati was absolutely stunning and the staff so accommodating. What a wonderful treat, an entire week to reflect, honour and connect

with like-minded people in a setting that was truly Paradise! I thank you with all my heart for this truly magical experience. The location, treatments, room/villa, pool area, scenic view, facilitators. The highlight was the waterfall experience.

— A.Starr, Sydney

leanna and lisa x

