

An aerial photograph of a tropical resort. The resort features a long, narrow row of buildings with thatched roofs, interspersed with palm trees. A small, kidney-shaped swimming pool is visible in the center of the resort. The resort is surrounded by dense, lush green tropical forest. In the background, a body of water is visible, possibly a river or a bay, with a rocky shoreline. The overall scene is serene and idyllic.

YOGA WELLNESS RETREAT

THE S.L.O.W EDITION

BALI, MAY 22 - 27, 2024



ARE YOU READY TO UNPLUG & SLOW DOWN?

BALI, THE ISLAND OF GODS...

... awaits to immerse you in a very special six-day yoga retreat centred around you and your wellbeing.

Be welcomed by the island's glorious colours and natural surroundings to allow your nervous system to reset, your brain to unwind, and your body to relax.

Spend six slow-paced days in a place where culture is steeped in ancient traditions and spirituality; where the everyday is the sacred.

Our magnificent oasis - a two hour drive from Bali's cultural centre of Ubud - overlooks the holy Balian River and its sacred waters. We will be in the lush tropical jungle a few minutes walk from the Indian Ocean with the sounds of the waves ever-present.

This is where we will settle, softly and slowly. Unwind in barefoot luxury.

THE S.L.O.W LIFE

THIS IS A JOURNEY...

... of slowing down, of cultivating presence, of being aware. It is in this stillness that we can truly relax and recalibrate, and even rediscover ourselves a little more.

Together, we will move in a daily yoga practice, share bountiful nutritious vegetarian (or vegan) meals, and get our best night's sleep ever!

You will sit in meditation, be carried away during a sound healing session, prepare for a deep sleep with Yoga Nidra and powerful reiki healing, and partake in cathartic breath work.

We will take it easy, with plenty of time to spend alone floating in the pool or walking to the ocean, paddle boarding on the river, or reading a book on your own private terrace.

You can join in as many activities as you like, or as little as you wish - as we work to give our nervous systems time and space to readjust and thrive.

This retreat is carefully designed to help you find balance in your mind, body and soul. You will return home with a joyful glow; inspired and grounded; whole.

All of this, in the perfect setting of Bali; one of the most spiritual places in the world.

No previous experience is needed to participate in any of our carefully selected activities. We will pick you up from where you are. Simply arrive with an open mind and open heart!



RETREAT DETAILS

WHAT AWAITS YOU

The retreat is exactly that - a retreat from your everyday life. We will be breaking habits, changing routines and doing things slower than usual. As such, we won't be sharing the detailed itinerary with you, allowing you to step out of the known, programmed habitual life, and into the unknown.

However, expect to have fun, build strength, focus and clarity, and enjoy the present moment in this spiritually inspiring environment.

Count me in!

WHAT'S INCLUDED

6 days, 5 nights at our boutique luxury resort in the beautiful coastal town of Balian

Bountiful vegetarian meals throughout your stay: buffet breakfast and lunch + chef's table dinner

Healthy snacks and fresh tropical fruit

Filtered water & herbal tea

Daily yoga with Cat (including meditation and pranayama)

Evening events with Michele including sound healing, reiki & breathwork

Personalised birth chart astrology reading with Michele (1:1)

Plenty of free time to be on your own or chat with new friends

All yoga equipment, so you can travel light

WHAT'S NOT INCLUDED

Flights

Airport transfers (we can happily help assist you with this)

Travel insurance

Alcohol and other drinks

Spa Treatments



ACCOMMODATION

WELCOME TO YOUR BALI HOME

Our resort offers ten carefully designed, separate bungalows featuring a mix of Mediterranean and tropical Bali vibes. The rooms are located alongside a lush garden which gently slopes down to overlook the magical Balian River.

All rooms feature a large open-air shower and private terrace with a comfortable daybed and oversized cushions.

You have the option for shared or single occupancy - so bring a friend, or enjoy meeting new like-minded people!

The entire resort is just for us, but all guests must be over 18 years old.

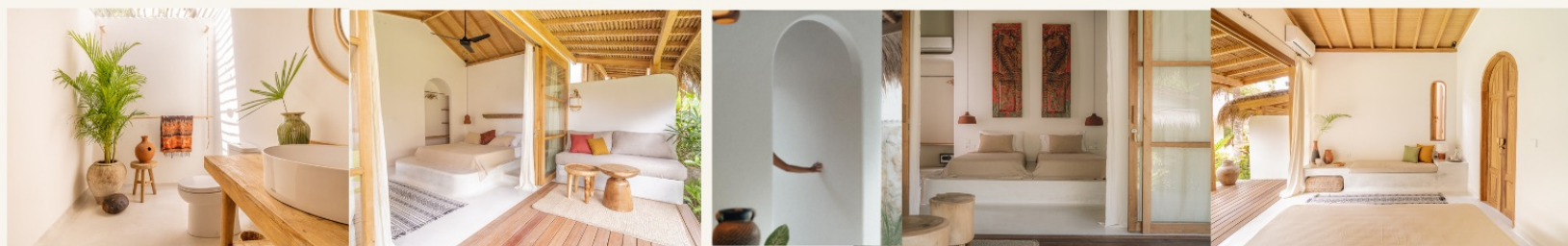


DELUXE ROOMS

36 sqm
single sink
air conditioning & fans
amenities
hair dryer
safe box

SUITE ROOMS

48sqm
double sink
air conditioning & fans
amenities & hairdryer
electric kettle
safe box



RETREAT PRICING

ALL RATES ARE PER PERSON

DELUXE ROOMS - Ideal for couples or solo traveler

Single occupancy (one double bed) \$2700 AUD

Double occupancy (one double bed) \$2300 AUD

SUITE ROOMS - Ideal for sharing with a friend or a fellow retreator

Double occupancy (two twin beds*) \$2400AUD

*option for one double bed if two people booking together,
wishing to share a bed

A \$800 AUD deposit is required to secure your spot.

Final payment is due March 22, 2024.

If you intend to share a room with a friend/partner, please email us after booking your spots, and we will arrange rooms accordingly.

ABOUT YOGA



We will be practicing traditional Hatha Yoga, a gentle yet strong style of yoga. In Hatha Yoga we tend to hold poses a little longer, and practice a little slower than say, Vinyasa or Flow Yoga.

Expect to move your body with intention, guided by the breath, in a series of poses that allow you to fully connect with your mind, body and soul.

And because this is the retreat where time moves slow, we will give you the chance to relax in an extra long savasana.

Each yoga day will be different; no two classes will be the same.

Cat will be your teacher. All levels of yoga experience including minimal yoga experience, and all bodies will be honoured. Cat teaches to all levels, and will give options for varying levels. This is a practice of yoga for all.

We will be practicing yoga in an outdoor shala, with blinds and ceiling fans.



ABOUT REIKI


Reiki is a Japanese form of healing, transferred through the hands of the practitioner.

A perfect accompaniment to this retreat, Reiki offers some incredible benefits. It helps quieting your nervous system, which aids in improving sleep, alleviating stress and / or anxiety, and reducing pain and discomfort by accelerating the body's self-healing abilities.

Reiki also promotes harmony & balance where there is an imbalance, and dissipates energy blocks.

Enjoy the calming effects of Reiki by lying down comfortably and being open to receive.

Michele will be leading group Reiki sessions.



ABOUT BREATHWORK

We breathe around 20'000 times a day. Everyone creates their own pattern of breathing during their life, which is deeply connected to our broad range of emotions and also by how we perceive our environment.

Given our fast-paced world, Breathwork is a beautiful way to influence our state of wellbeing by adapting our breathing patterns.

In our Breathwork sessions with Michèle we will practicing circular breathing, which is performed laying down. During this work we will engage our sympathetic nervous system to access suppressed and / or stagnant emotions. We will be gently led into and out of the work to ensure you finish the session in a calm and regulated state.

These sessions will be held in the outdoor shala.



During the retreat, each participant will have the opportunity to have their natal astrological chart read in a one on one session with Michele.

This personalised astrological reading allows us to gain an awareness of our habits and traits, thus allowing us to change patterns of behaviours that no longer serve us. You will learn which subconscious patterns you need to decondition, ultimately allowing you to become more aligned, balanced and whole.

Your unique chart gives insight into your potentials, patterns and tendencies - and in the session, we will combine this information with your own life experiences, to help you gain a deep insight into your individual personality.

You will learn to understand yourself on a deeper level. You will discover your truest version of yourself.

To have an astrological reading done, you will need to know your birthdate, time and location.

After booking your spot in the retreat, we will send an email to request those details, in advance of the retreat.



ABOUT CAT

Cat is a yoga-holic.

She has loved yoga since the first time she tried it in India, 1996. The minute she hit that downward dog she knew there was something there aligning body and heart.

Cat has practised yoga ever since, and after years of faithful daily movement, she became a yoga instructor. Her classes are all about freedom and flow - all ages and levels welcome. It doesn't matter if you can bend like a pretzel or are as stiff as a surfboard, her classes have something for all.

Yoga is a personal journey and Cat allows each and every person to be present at whatever stage their body is at. Her classes encourage a welcoming, peaceful community of like minded individuals who just want a moment to quieten the noise and get back to basics.

She looks forward to moving and breathing and bending with all of you soon!



ABOUT MICHÈLE

As an Astrologer of 16 years, Michèle sees the patterns and tendencies of each person's personality traits and belief-system. Michèle utilises these insights to help clients create specific ways on how they can embrace their uniqueness. These insights lets clients gain a new sense of empowerment and to shift their perspective and to change their patterns.

Michèle studied Holistic Health Coaching, Reiki & Breathwork.

Being a multi passionate woman brought Michele on a path to find herself and what she truly wants to contribute to her environment.

Things she never wavers from are her passion for health, a want of nurturing others and a thirst of accumulating knowledge & tools around wellbeing.

Michèle practices in a way where client's thoughts and emotions will be held sacred, void of judgement and negativity.

Let Michele help you put your health back into your own hands.

DETAILS

DATES TO KNOW

THE RETREAT BEGINS ON WEDNESDAY MAY 22, 2024 AT 3PM

Please know it takes two hours to drive from Denpasar airport to our resort near Balian Beach.

If you need a transfer from the airport (if flying in early on May 22, 2024) or from your hotel in Bali (if arriving early and starting your trip in Ubud/Seminyak/Canggu etc), we will happily help you arrange airport transfer to the resort. It will be around \$70 AUD one way.

THE RETREAT ENDS ON MONDAY MAY 27, 2024 AT 11AM

Check out from resort is 12pm.

Please bear in mind, if flying out on May 27, that the resort is at least two hours from Denpasar airport. Afternoon flights are ideal.

If you need airport transfer on May 27, the hotel staff will happily arrange it during the week.

TRAVEL NOTES

AIRPORT

The closest international airport is Denpasar Airport (Bali, Indonesia).

Airport code is DPS.

Airport name is Ngurah Rai International Airport.

TIME ZONES

If coming from Western Australia, we are on the same time zone as Bali.

If coming from overseas, please remember you cross the international time zone coming from Europe, and end up a day 'ahead' upon arrival.

VISA

You can purchase your visa upon arrival at Denpasar Airport. It costs around \$50 AUD, and they accept cards or cash. This visa is valid for 30 days.

Also, please make sure your passport is valid for at least six months from your return date.

CANCELLATION POLICY

The \$800 deposit is non-refundable.

If a registrant withdraws from the retreat before 90 days of the retreat start date, they will be refunded the full amount paid, minus the deposit.

If a registrant withdraws fewer than 90 days before the retreat start date, the amount paid will not be refunded unless there is a paying customer to fill that space, perhaps family or friend or person on our waitlist. We will try our best to fill your spot however in the event that we cannot, the amount paid cannot be refunded. Due to our need to commit to the cost of the accommodation and other arrangements in advance, your understanding on this matter is appreciated.

Cancellations due to flight interruptions, volcanic activity, Covid, or other such circumstances that result in inability to attend are not the responsibility of the organiser, and unfortunately will not be able to be refunded.

I don't need to think about it! I'm coming along and want to book.

Take me to your webpage to book:



ANY QUESTIONS? NEED HELP?

For queries regarding your retreat, and room requests (including requests to share with a friend/partner) please email catread@icloud.com

For submission of your astrological data, and other queries regarding the retreat activities, please email michele@holistic8.com.au

Both Cat and Michèle will answer any other questions you have.



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