



YOUR ITINERARY

DISCOVERING YOU RETREAT - BALI

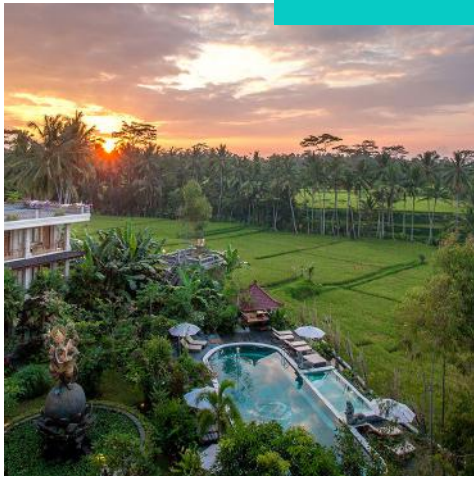
This is a Retreat for those who want to bring more peace and harmony into their lives by going within and healing. You have everything you need inside you to change your life.

Explore more about what Yoga has to offer and learn how to go within to heal yourself. You will learn the fundamentals about different types of yoga, techniques and how to connect with your mind, body and soul. Our Self-love workshops will teach you how to connect in and get a deeper understanding of why things happen, the lessons, dealing with past traumas and learning how to release so you can forgive, let go, grow and love yourself.

It doesn't matter where you are on your journey. Learning, healing and growing never ends.

This Retreat will be a mixture of yoga, workshops, activities, beautiful food, connection, laughter and sharing. Come and join us in magical Ubud, the healing hub of Bali.

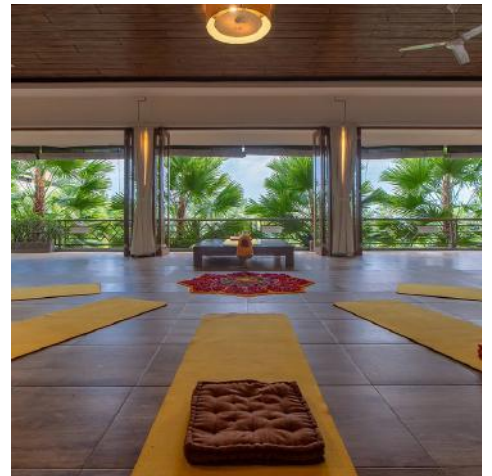
DAY 1



Arrive at your beautiful Tranquil Rice Fields Retreat in Ubud, Bali. You will receive a Welcoming Balinese Ceremony then we have the afternoon to relax or explore Ubud.

Cathy will do Readings for some people once arrival times are known.

7pm: Welcome Dinner at the Resort.



DAY 2



7.15 to 7.45am - Morning Meditation: Meditative practices help to keep you in the present states such as anxiety and depression. This meditation will include healing sounds to open you up and prepare for your Healing Ceremony.

8.00am to 8.45am - Breakfast at the Resort.

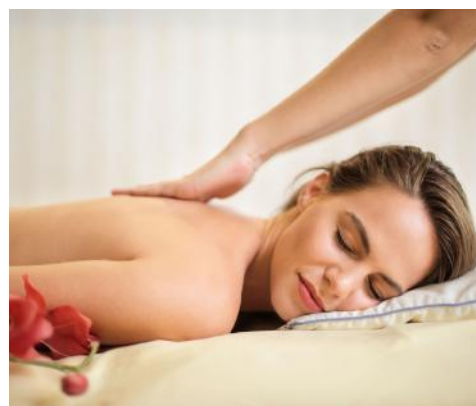
9.00am Excursion - Ancient Water Healing Ceremony

First guests will be taken to a sacred water temple surrounded by ancient shrines and crystal clear water fed by natural springs. Guests will be cleansed and blessed in natural holy water. The Balinese believe that bathing in these waters is a very healing and spiritual experience. This will be the perfect opportunity for guests to set their intention for the rest of the journey and to release and let go of what is no longer serving them. Please note women cannot do this if they are be menstruating.

Guests will then have lunch at the amazing Tegallang Rice Terraces as they overlook the breathtaking scenery. Then a swing to freedom out over the rice fields following by some coffee and tea tasting with the Luwak Kopi makers. The Luwak Kopi (coffee) is considered a delicacy among avid coffee enthusiasts. If you would like to drink the Luwak Coffee it is an optional extra for 50,000 per person.

Around 3.30pm - Arrive back to the Villa where you will have the rest of the afternoon and evening to do as you please.

Cathy will do Readings with some people.



DAY 3



7.15 to 7.30am - Morning Meditation: Meditative practices help to keep you in the present states such as anxiety and depression. It is a practice to focus on one thing in 15 minutes continuously without a break then allow the mind to slowly fall into quiet mind.

7.30 to 9.00am - Hatha Flow: A fairly gentle basic yoga session that is at relatively slow pace and might incorporate pranayama.

9.00am to 10.00am - Breakfast at the Resort.

10.00am to 12.00pm - Modern Yoga, yoga postures (Asanas) & alignment Workshop: All the information about various styles of modern yoga, and comprehensive workshops delving deep into classical yoga asana, technique, precision, alignment, and movement.

12.00 to 1.00pm - Lunch at the Resort

1.30pm to 3.30pm - Self Love Workshop with Maree & Cathy

3.30pm to 5.00pm - Relax time. Go exploring or book in for some pampering at the Villa Spa.

5.00pm to 6.30pm - Restorative Yoga: A practice that is all about slowing down and opening your body through passive stretching. Allowing your muscles to relax deeply during the long holds of restorative yoga (around 3 min/pose). Props may be used in this session.

7.00pm - Rest of the evening off to do as you please.



DAY 4



7.15 to 7.45am - Morning Meditation: Meditative practices help to keep you in the present states such as anxiety and depression. It is a practice to focus on one thing in 15 minutes continuously without a break then allow the mind to slowly fall into quiet mind.

8.00am to 9.00am - Breakfast at the Resort.

9.00am to 11.00am - Self Love Workshop with Maree & Cathy

11.30am to 12.30pm - Lunch at the Resort

12.30pm to 2.30pm - Pranayama Workshop : This workshop is about learning and practicing pranayama/breathing techniques to heal, revitalize and recharge both body and mind.

3.00pm to 4.30pm: Pyramids of Chi:

An immersive Ancient Sound Healing Session in the Pyramid of Sun, a spectacular 14 meter gold painted pyramid built 1/16th scale to the Great Pyramid of Giza. The rhythmic frequencies produced by the ancient instruments propel you into a deep meditative state, connecting to the chakra system and allowing our bodies to feel, heal, relax & release.

5.15pm to 6.45pm - Yin Yoga: Works deep into the connective tissues to activate change at the deepest level. In Yin yoga class discomfort is welcome. Props may be used in this session.

7.00pm - Rest of the evening off to do as you please.



DAY 5



7.15 to 7.30am - Morning Meditation: Meditative practices help to keep you in the present states such as anxiety and depression. It is a practice to focus on one thing in 15 minutes continuously without a break then allow the mind to slowly fall into quiet mind.

7.30am to 9.00am - Ashtanga Vinyasa: A highly structured vinyasa - style class, where will be adjusted according to your level. It's great for building core strength and toning the body.

9.00am to 10.00am - Breakfast at the Resort.

10.00am to 12pm - Chakra Workshop: Exploring 7 energy centres in our body, how to open, align and heal your chakras to activate your energy system.

12.00pm to 1.00pm - Lunch at the Resort.

2.00pm to 4.00pm - Self Love Workshop with Maree & Cathy

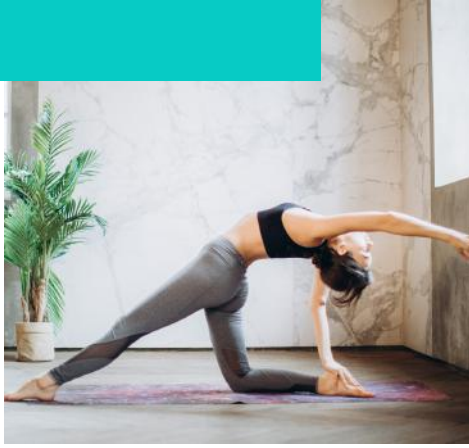
4.00pm to 5.00pm: Relax time

5.00pm to 6.30pm - Restorative Yoga: A practice that is all about slowing down and opening your body through passive stretching. Allowing your muscles to relax deeply during the long holds of restorative yoga (around 3 min/pose). Props may be used in this session.

7.00pm - Rest of the evening off to do as you please.



DAY 6



7.15 to 7.30am - Morning Meditation: Meditative practices help to keep you in the present states such as anxiety and depression. It is a practice to focus on one thing in 15 minutes continuously without a break then allow the mind to slowly fall into quiet mind.

7.30am to 9.00am - Hatha Flow: A fairly gentle basic yoga session that is at relatively slow pace and might incorporate pranayama.

9.00am to 10.00am - Breakfast at the Resort.

10.00am to 12pm - Bandhas Workshop : It's for exploring the theory and practical application of the three main yoga bandhas ("Body Locks").

12.00 to 1.00pm - Lunch at the Resort.

Free time until 3pm. Lay by the pool, explore Ubud or book in for a Massage. Cathy will do some Readings.

3.00pm to 5.00pm - Self Love Workshop with Maree & Cathy

5.00pm to 6.30pm - Yin Yoga: Works deep into the connective tissues to activate change at the deepest level. In Yin yoga class discomfort is welcome. Props may be used in this session.

7.00pm - Dinner. You are free to explore and have dinner where you like.



DAY 7



7.15 to 7.30am - Morning Meditation: Meditative practices help to keep you in the present states such as anxiety and depression. It is a practice to focus on one thing in 15 minutes continuously without a break then allow the mind to slowly fall into quiet mind.

7.30am to 9.00am - Vinyasa Flow: Flowing yoga session where you will move from one pose to the next using inhalation and exhalation.

9.00am to 10.00am - Breakfast at the Resort.

10.00am to 11.30/12pm - Ayurveda Workshop:
Intro to Ayurveda and how to create health in your life with your Ayurvedic constitution.

12.00pm to 1.00pm - Lunch at the Resort.

3.30 to 5.30pm - Self Love Workshop with Maree & Cathy

5.30pm to 7.00pm - Restorative Yoga: A practice that is all about slowing down and opening your body through passive stretching. Allowing your muscles to relax deeply during the long holds of restorative yoga (around 3 min/pose). Props may be used in this session.

7.30pm - Dinner. You are free to explore and have dinner where you like.



DAY 8



8.00am - Breakfast at the Resort then relax until we leave for the Cooking class.

10.00am to 1.30pm - Traditional Balinese Cooking Class: A traditional 4 hour home style cooking class with the lovely Putu and her family at their charming home in Ubud. Here guests get to channel their inner chef as they learn how to cook an assortment of delicious Balinese dishes. Then they get to enjoy their culinary delights for lunch!

2.30pm to 3.30/4pm - Time for some pampering with a 1 hour Massage and 1 hour Facial.

Relax time back at the Villa then get ready for a great night out.

7.00pm: Our last dinner together will be at the amazing "The Sayan House"
A great atmosphere, stunning views, delicious food and tasty drinks. A great way to end such a fantastic journey you have taken with new friends.

DAY 9



Breakfast at the Resort. Then we will all meet for our final goodbye at 10am.

Check out is 11am.

TERMS & CONDITIONS



INCLUDED IN PRICE

- 8 nights accommodation
- 8 breakfasts, 7 lunches & 2 dinners
- Afternoon Tea on 7 days
- All meditation, yoga & workshops
- All activities as shown on the itinerary are included
- A personal Reading with Cathy
- All scheduled transfers to and from the airport and 1 daily pick up and drop off.

COSTS NOT INCLUDED

- Flights to and from Bali
- Meals not mentioned above
- Transfers to and from optional activities and appointments outside the scheduled times
- Medical expenses
- Any unforeseen accident, injury and/or damage to property
- Hire of personal scooter or motor vehicle
- Travel insurance
- Toiletries
- Special meal requirements not already discussed

THE ITINERARY MAY BE SUBJECT TO CHANGE DEPENDING ON AVAILABILITY AND WEATHER RESTRICTIONS.

HANDY STUFF



HANDY STUFF

- We STRONGLY recommend you get Travel Insurance. There are many great providers worldwide who will cover you at a reasonable price.
- We DO NOT recommend you ride a scooter or drive a car in Bali unless you have valid licences in your own country plus an International Licence which covers you. If you ride or drive without them and have an accident, your Insurance Company WILL NOT COVER YOU and your hospital expenses will be HUGE.
- We recommend you use the sim card provided in your goodie bag as it is very cheap to buy data packs in Bali so you can stay in touch with friends and family.
- The cost of food and other expenses in Bali is very affordable. You can eat very easily to suit your budget from 30,000 to 100,000 IDR.
 - Massages range from 80,000 to 100,000 IDR.
- Toiletries are very cheap in Bali and you can easily buy them at many shops. One thing we do recommend you bring from your own country is tampons as they are expensive here and not that easy to find. Pads are no problem to buy.
- You will be given your own specially designed journal to write in whilst on the Retreat and for your Self Love Workshops.
We highly recommend you write in it each day.