

Rest + Reset Retreat

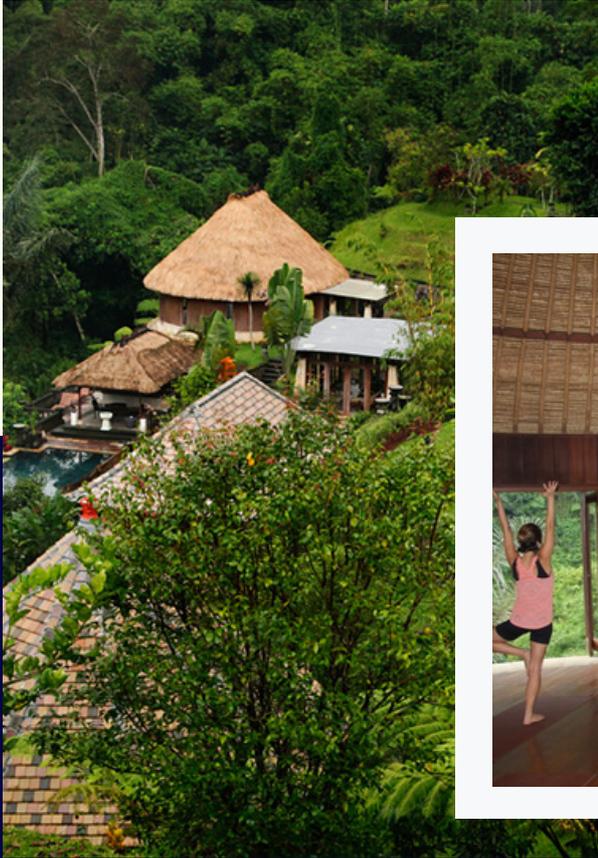


Ubud Bali

10th-15th August 2023

5 nights

Hello From *Bali*



Rest + Reset Retreat

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

A soulful, life enhancing experience that brings women together for 5 days and nights of pure bliss. Enjoy healthy, wholefood eating, soaking up the sun, wellness and personal development workshops, yoga and meditation classes, sipping cocktails by the pool, cycling through the rice paddy fields, a sound healing session, shopping for fabulous finds in Ubud and melting into heavenly spa treatments. During our time together we will be reconnecting with the playfulness and fun you have within!



Retreat inclusions

This Rest + Reset Retreat includes:

- 5 nights' accommodation in a Luxury Superior Villa at Bagus Jati Wellness Centre Ubud.
- Daily Breakfast
- Daily Dinner including 1 x 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
- A sound bath healing session
- An afternoon shopping experience in Ubud town
- 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.





About the facilitator

Who is Lisa Turnbull?

Okay, this is awkward but for those that don't know me...

Lisa is the director of Meraki Wellness Centre, multi-disciplinary centres located on the Central Coast of NSW. She is also the director and primary retreat facilitator for Women's Wellness Retreats, an international travel and retreat organisation that provides integrated and holistic wellness retreats. She also runs her own private practice where she combines her modalities for a truly integrative approach to health and well-being.

Lisa holds multiple qualifications and post graduate degrees in the field of well-being including; naturopathy, nutrition, psychotherapy and counselling, clinical supervision, wellness and meditation. She has been in private practice for over 20 years and lives her life passionately supporting others to embrace their Mind-Body connection through the combined disciplines and philosophy of naturopathy, gestalt psychotherapy, wellness, meditation and energetic healing.

Lisa is a mum, on-going student, practicing therapist, supervisor and facilitator, businesswoman and avid traveller. She has a special interest in working with women, focusing on their relationship with themselves and their state of well-being as they juggle the many facets of their lives.

For more information you can go to www.lisaturnbull.com.au



What We Do ?

The retreat program offers a combination of options created, designed and facilitated by Lisa Turnbull. All activities work to enhance your state of well-being and include: meditation, yoga, inspirational workshops, whole food cuisine, spa treatments, time for play and relaxation - all taking place in this Balinese paradise.

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.

BOOK NOW



The Why...

Retreat to a peaceful sanctuary in Ubud, miles away from the hustle and bustle of main Bali and be inspired by what this exotic location has to offer. Every step of the way, supported and guided by Lisa Turnbull Naturopath, Psychotherapist and Wellness Expert.

Get ready to awaken your senses, allowing you to feel alive and refreshed. Discover new sources of energy and vitality with a holiday experience that will transform your inner and 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 abroad 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 return home rested with a new perspective and gratitude for your life.

"Lisa 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



Details

The retreat starts from 2pm Thursday 10th August 2023. It finishes 12pm Tuesday 15th August 2023.

The retreat is set amongst a rainforest on a hillside. As such, 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.

A total of eight people have to book this retreat for it to go ahead; if we fail to get those numbers your money will be fully refunded. Please wait for confirmation before booking flights.

If you cancel less than ten weeks before retreat date – all money will be refunded minus your deposit. If you cancel less than four weeks before retreat date – your money will not be refunded.

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.

UBUD BALI
10TH AUGUST 2023
5 NIGHTS AT BAGUS JATI HEALTH AND
WELLNESS RETREAT UBUD
TWIN SHARE \$2995
SINGLE ROOM \$3495

BOOK NOW



Registration



This retreat caters for a maximum of 12 participants. To hold your place a \$500 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. Please note that we expect this retreat to be fully booked and advise you hold your place as soon as possible.

What is not included:

- Airfares to and from Denpasar Bali, Indonesia
- Personal purchases
- Lunch on each day
- Airport transfers to and from the resort
- Drinks and alcohol purchases
- Travel Insurance (which is compulsory)

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"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





Retreat Testimonials

Thank you, thank you, thank you. Having never immersed myself in such an experience I was so excited to have all of my senses popping off by being taken on a journey through so many new and exciting experiences. It has been the most stimulation and rejuvenating experience I have had in forever really. Your heart and soul is in this trip and I am so privileged to have taken this leap of faith to join a group of total strangers and leave with my new tribe. C. BOURKE, MELBOURNE

This Bali retreat definitely surpassed expectations and has filled me in so many ways. This was a journey of connection - to self, to nature, to joy, to a group of amazing women who shared it. Lisa created and held space for all of us to get out of it what we wanted and needed. I'm definitely saving up to go on another one. Thank you from the bottom of my heart. J. BOTHA, CENTRAL COAST

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.

LISA TURNBULL
Naturopath & Psychotherapist
Women's Wellness Retreats
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BOOK NOW

