

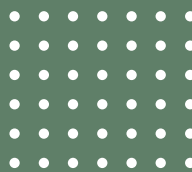
IN BALANCE

WELLNESS STUDIO



BALI RETREAT

FEB 28TH - MAR 4TH 2024



A PLACE TO RESET.

In Balance Retreats are designed for YOU.

They're not just about clean eating and Downward-Facing Dogs; it's a trip with a balance of fitness, amazing food and great company –with a big side of lounging by the pool.

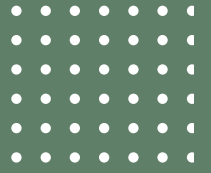
This is your trip in the sun to reset and recharge; on your time.

So join us as we restore and revitalise our souls with a 5 night retreat in Bingin, Bali.

Over the course of the retreat you will connect with nature and your spirit as you experience the traditional Balinese culture. Consisting of daily sunrise yoga and meditation, pilates and HIIT sessions, and nourishing yourself with delicious meals. You will experience an intimate sound healing session, enjoy a traditional Balinese massage and feast. With heaps of free time, soak up the sun, connecting with like-minded peers, and enjoying the Balinese culture, beaches and coastline.

We anticipate by the end of the Bali experience, you will feel more energised, clear minded and stronger than ever before - hopefully with a tan too.

This experience is geared towards those looking to relax, restore and revitalise the soul!



ACCOMODATION

All around the pool, at a good distance of each other, rooms are double bedroom bungalows with an en-suite bathroom will promise you restorative nights sleep or naps.

Each bedroom has two single beds that can easily be joined to make up a king, depending on your needs.



IT'S ALL ABOUT BALANCE



The retreat runs from 4pm on 28th February until 10am on 4th March. However, you are welcome to arrive earlier to relax by the pool, or maybe head to the beach or into town. From 4pm you can check in, have access to your room and meet your fellow retreat guests.

Remember this time is YOUR time.

You can choose to join in the sessions or take this time away for yourself



INCLUSIONS



- 5 Nights accommodation at Bingin Retreat
- Exclusive use of villa and facilities
- Welcome drink & canapés
- Daily breakfast and dinners
- Motion Fitness to cater 2 nights on-site
- Traditional Balinese Experience
- Daily sunrise Yoga in the poolside Yoga Shala
- Daily Pilates classes
- Daily meditation
- 2 x gym sessions
- 1 x remedial massage
- Boat cruise
- 2 x restaurant dinners
- Breath work & ice bath sessions
- Balinese Blessing
- Free time to relax by the pool or explore

Additional Activities also available.



PRICING

OPTIONS

TWIN SHARE \$2,350 PER PERSON
(2 X SINGLE BEDS OR 1 X KING)

SINGLE ROOM \$3,350 PER PERSON
(WHOLE ROOM TO YOURSELF)

WI-FI, WARDROBE, SAFETY BOX, MOSQUITO REPELLENT, HOUSEKEEPING, FRESH LINEN AND TOWELS, SHOWER GEL AND SHAMPOO, HAIR DRYERS





A PLACE TO UNWIND.

WE LOOK FORWARD TO WELCOMING YOU ON OUR BALI RETREAT.

"Make taking care of yourself a priority so you can protect your energy, and your headspace"

- @theblissmindful