

spirited women

PRESENTS

BALI RETREAT

THE ART OF MIDLIFE & BEYOND



15TH TO 21ST SEPTEMBER 2024

www.spiritedwomen.com.au

REDISCOVER YOU AS A SPIRITED, CREATIVE WOMAN

Come to where Mother Nature is at her best; lush, fragrant and colourful to experience The Art of Midlife and Beyond retreat.

A retreat that offers creative processes to re-imagine, re-create and re-connect with the woman you are to find new meaning for the second half of life. There is no better way to do this than to spend time in a new environment with like-minded women.

A week to be creative in mind, body and spirit as you engage in art-making, journaling, yoga, meditation and venturing out in a new environment with new people.

Art-making during the retreat is not about getting it right, following a set style, or worrying about who will judge it. It's about being curious and expressing what the unconscious wants to say—**definitely, no art experience required.**

Let go of those preconceived beliefs that say, I'm not creative. Creativity is about finding new ways to explore life, unleashing what needs to be expressed rather than doing more of the same.

Midlife and beyond is an art as we forgo the rules of the first half of life and shape a new identity with colour and flair.



OUR RETREAT INCLUDES

LOVE AND CARE

We're here to nurture and take care of you. We have crafted a package to meet the needs of the woman at midlife and beyond. You don't need to think about where to sleep, eat or find activities. Imagine a week free from decision-making where you have time to think about your needs and connect with yourself.

ACCOMMODATION

Because we want you to feel relaxed, rested and pampered, we've chosen a small, charming guesthouse set in the heart of Ubud. It is within walking distance of shops, markets and cafes and tastefully combines traditional style with modern amenities.

Each room has a mosquito canopy over the bed, a bar fridge, a private balcony with tables and chairs, air conditioning, filtered water, tea and coffee-making facilities. It also features a café for delicious snacks, great coffee, wine and spirits.

AIRPORT PICK UP

Your pampering starts as soon as you arrive. Our friendly driver, Wayan, will pick you up from the airport and drive you to the guesthouse, where we will be excitedly waiting.

WELCOME DINNER

Your retreat starts with a shared meal, and making new friends to pave the way for a beautiful week together.

WELCOME GIFT

A gift to engage your creativity.

DAILY BREAKFAST

Take your time over breakfast in the traditional open-air dining area. Enjoy a healthy selection of tropical fruits, fresh juice, muesli, yoghurt, eggs, home-baked pastries (gluten-free available).

DINNER AT A LOCAL FAMILY RESTAURANT

Enjoy delicious home cooking with genuine Balinese hospitality just a step away from the rice fields.



ACTIVITIES INCLUDED

MORNING YOGA

Start the day with gentle yoga, intended for the woman at midlife and beyond. It is the perfect way to nourish your body and mind as you breathe in the spirit of Bali. No experience required or the latest yoga gear (yoga mats provided).

CREATIVE PROCESSES- ART-MAKING & JOURNALING

Connect to your imagination, thoughts and feelings. Engage in art-making (that anyone can do) and explore what your art might want to say. Reflect and journal your insights to bring a fresh perspective to being a woman at midlife and beyond—all art materials provided and definitely no art experience required.

MEDITATION

Enjoy guided meditation in a beautiful space as you focus on midlife and beyond. It's a great way to find your sense of calm, bring awareness and re-imagine the second half of your life.

FACIAL

The perfect way to unwind and pamper yourself with a facial to rejuvenate your skin. Simply close your eyes and let go.

MASSAGE

A traditional Balinese massage is the ideal way to relax and feel pampered. A must for every woman.

DOWNHILL BICYCLE TOUR

Experience Balinese culture as you explore village life, cycle through the rice fields, visit a coffee plantation and finish off with lunch. No huffing and puffing. It's all downhill cycling.

FREE TIME/YOUR TIME

Rest or even nap in your air-conditioned room or private balcony. For something more energetic, browse nearby shops or wander down to the colourful Ubud market for a bargain. Solo travellers won't feel alone as there is always a sister to connect with for coffee or wine over a conversation at the guesthouse or nearby cafes. If sunshine is your tonic, relax by the pool, followed by a refreshing swim.

FAREWELL LUNCH

Enjoy the breathtaking views and eclectic cuisine of this modern/traditional Balinese restaurant. A great way to celebrate friendship and the soul-medicine Bali has provided in valuing what it means to be a woman at midlife and beyond.



ABOUT THE FACILITATORS

Having worked nationally and internationally, Amelia and Carla are twin sisters and experienced group facilitators, educators, authors, art therapists and retreat leaders. They will guide you through a rejuvenating retreat experience and create opportunities to re-discover more of the woman you are.

What they value most is the face-to-face experience, and they have come to know that magic happens in the presence of women who get you.

Their wish for you is to celebrate and live as a spirited woman at midlife and beyond.

COST:

\$2 495 pp twin share

\$2 895 single room

\$500 deposit to secure your place and is not refundable.

Payment plan available

Not included:


Airfares

Visa (available at Denpasar airport approximately \$50 AUD)

Travel Insurance

Alcohol

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