



Pilates Yoga & Wellness Retreat

This Pilates Yoga & Wellness Retreat provides the ultimate wellness escape. Liberate yourself from the stresses encountered with modern-day living and discover new reserves of energy, a deeper sense of self and reconnect with your passion for life!

Retreat into a peaceful sanctuary in Ubud away from the hustle and bustle of main Bali on our 3rd annual Pilates Yoga & Wellness Retreat and be guided and inspired by what this exotic location has to offer with the support of Michelle Wonnacott Pilates Instructor, Lisa Turnbull Naturopath, Counsellor and Wellness Expert and Wayan, experienced local Balinese yoga instructor.

On this journey connect with other like-minded people, nourish yourself, have fun, get pampered and enhance your connection all in the beautiful surrounding of this exotic location.

This is a life enhancing experience that brings people together for 5 nights of healthy eating, wellness workshops and energising Pilates and yoga. This retreat is open to both experienced and those new to Pilates and Yoga. On this retreat you will awaken your senses, allowing you to feel alive and refreshed. Discover new sources of energy and vitality with a holiday

experience that can transform your life! 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 to another country can be soul stirring, heart opening and life changing. On this journey make heartfelt connections with other like-minded people, nourish yourself, have fun, get pampered, expand your awareness, belly laugh, rediscover your passion, and go home rested with a new perspective and gratitude for your life.

This Pilates and Wellness Retreat includes:

- 5 nights' accommodation in a Luxury Superior Villa
- Daily breakfast
- Daily dinner including 1 x farewell buffet dinner and one evening out in Ubud salsa dancing at the local Cuban restaurant.
- Opening ceremony and Balinese Blessing at hotel temple
- Nature walk and local village visit
- 1 hour heavenly Balinese massage
- Daily inspirational workshops on personal development and wellness
- Daily Pilates classes
- Daily yoga classes
- Evening meditations
- 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.
- Transfers to and from the retreat centre from the airport or another location in Bali
- Welcome drink & chilled towel upon arrival
- A daily plate of tropical fruit
- 2 bottles of mineral water per day per room
- Free transport from resort to Ubud area according to the schedule
- Free Internet connection (Wi-Fi) at Lobby area

The Retreat Venue

Imagine a place so green and rich from nature's creation the only noises you hear are exotic birds and butterflies, the views you see are of tropical forests, mountains and sea,



where the healing foods you eat are grown organically in your garden, a place where your every need is met with a smile, where you are cared for with traditional healing massages, refreshing facials, morning yoga to energise the body and evening meditation to calm the mind, imagine a place as beautiful as this where you are offered fun and inspirational workshops to live a more healthy, more harmonious way of life. Imagine this place in the heart centre of one of the most enchanting destinations in the world... Imagine being in Ubud Bali, imagine being here.

The Accommodation

This retreat will be set in 5 hectares of hillside gardens amongst lush tropical forests in the mountains of Ubud, Bali. A complete health and wellbeing centre with organic gardens and gourmet restaurant will offer you the true spirit and grace of Asian inspired traditional healing.



The Rooms

The superior villas are spacious with large bathrooms including tub and shower. Each villa has a private veranda where you can enjoy stunning views of mountains, valleys and lush tropical flora and fauna. You have the option of a single room or shared accommodation on this retreat. We can support you to

connect with an appropriate roommate if you desire to share accommodation. Either way, you will be experiencing the indulgence of all that this magnificent accommodation has to offer!



The Meals

This retreat's philosophy of wellness extends to the cuisine with a uniquely beautiful dining experience in the comfort of the retreat sanctuary.

Cooled by natural breezes, with spectacular view of the river valley, gardens and Mount Agung, the Surya Restaurant & Bar provides the freshest products, blended with fresh herbs and spices for a scintillating and unforgettable dining experience. The daily menu is specially designed to offer a wide range of options with a fine selection of Indonesian and International dishes. Special diets are available and can be tailored to individual needs. All vegetables are organically grown on the resort, observing strict ecological principles.

The Spa Treatments



The spa lobby and boutique forms the entrance to our health and wellbeing facilities. The architecture is influenced by Balinese temples using a long central staircase. Each are set amongst lush tropical forests in the mountains of Ubud.

The earth here blossoms with indigenous fruits, organic vegetables, flowers and herbs, many of which are also used in our spa treatments for medicinal healing as well as for our freshly prepared spa cuisine. Individual spa rooms have their own private water garden or views over the jungle valley. An extensive spa menu will be available for you to choose from during your stay with plenty of time for massages, pedicures, reflexology, ayurvedic treatments, facials and body treatments. A one hour heavenly Balinese massage is included.

Fun and Adventure



We will be creating the opportunity for you to have some real fun and adventure on this retreat! Whether it is through soaking up the sun, immersing yourself beneath a waterfall, giggling at our new salsa dance moves, sipping cocktails by the pool; shopping for fabulous finds in Ubud, melting into heavenly spa treatments, exploring yourself through workshops or experimenting with Pilates & Yoga classes. During our time together we will be reconnecting with the playfulness and fun you have within!

“Life is not meant to be serious. Laughter is even more uplifting and healing than any form of prayer, meditation or chanting” Anita Moorjani

Pilates in Paradise

Be inspired and energised by Michelle's Pilates Classes. Connect to your body and breath whilst strengthening, lengthening and toning your body. Start each day with Pilates and/or Yoga to align your body, mobilise your spine, release tension and focus your mind.



Traditional Balinese Yoga

Enjoy the nurturing and harmonious atmosphere of the uniquely designed circular Yoga pavilion, with vistas onto a natural bamboo forest. Be inspired and energised by daily morning yoga classes facilitated by Wayan. Wayan is a local Balinese yoga instructor who's philosophy is based on sharing the delights of yoga with all. His Yoga practice will aim to teach, nurture, encourage and inspire.

Inspirational Workshops and Meditation Classes

Join us for workshops with Lisa, experienced naturopath, meditation teacher and psychotherapist on self-care, meditation and mindfulness, wellness, and relationships. These workshops have been created to support you through personal transformation all set in the serene surroundings of this healing environment.



The Retreat Facilitators

Your primary facilitators for this retreat will be **Michelle Wonnacott and Lisa Turnbull**



Michelle Wonnacott is a Pilates and fitness instructor with over 20 years' experience in the fitness industry. As a young professional dancer Michelle worked with the Australian Ballet and carved a career in dance that lead to her to gaining her Pilates qualifications through the University of Technology Sydney. Over the past 15 years she has built a successful Pilates business working with corporate clients, implementing primary and high school Pilates programs, developing and designing Pilates

retreats and successfully running her Pilates business from over 7 locations. Michelle's enthusiasm, expertise, experience and down to earth approach helps her students and instructors to get the most out of each and every class.



Lisa Turnbull is a naturopath, counsellor, psychotherapist, meditation teacher and group facilitator with over 20 years' experience working in the field of complementary medicine. She is the director of Women's Wellness Retreats and co-owner of Sana Wellness Centre and has over 20 years' experience running a variety of different businesses. She has recently completed post graduate studies in Wellness and lives her life passionately supporting others to embrace their Mind-Body-Soul connection. Lisa has a natural insightful style of facilitating workshops and seminars. One of her gifts as a facilitator is her capacity to be able to take a group of people and support them to connect with their own internal wisdom, awareness and authenticity.

Michelle and Lisa are independently successful in their own fields and come together for their third retreat to share their individual wisdom, awareness and understanding of what Pilates, health and wellness means to them. Each facilitator has their own creative spirit and passion to share with the group. As colleagues and friends they will bring a powerful collective energy to the retreat that will hold the space for learning, fun, inspiration and well-being.



Program and Workshops

We are providing a unique variety of workshops and experiences designed to assist with improving your connection to your mind, body and soul. Meditation, pilates and yoga classes, inspirational workshops, whole food cuisine, spa treatments, time for play and relaxation all in a beautiful setting are available to support your experience on this retreat. As this is your personal holiday experience you are welcome to attend as much or as little as you desire.

Pilates Yoga & Wellness Retreat Ubud Bali 1st June 2017 5 nights

Twin Share \$2490
Single Room \$3090

Registration

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. For further details please contact Lisa or Michelle.

The preferred payment method is by direct debit to avoid banking fees. There is a 1.9% fee for credit card payments

This retreat caters for a maximum of 15 participants.

Please note that we expect this retreat to be fully booked and advise you hold your place as soon as possible. Please refrain from booking flights until we have confirmed with you the minimum number has been reached.

For ease we have built a relationship with a licenced travel manager Lee-Anne Talbot. Lee-Anne is available to support you to book your flights in addition to taking care of our booking with the retreat centre. Lee-Anne's details are lee-annet@travelmanagers.com.au or on her Mobile: 0403 495 697

What is not included

Airfares to and from Denpasar Bali, Indonesia
Personal purchases
Lunch on each day
Visa fees on entrance and exit from Indonesia
Drinks and alcohol purchases
Travel Insurance (which is compulsory)

Please Note

- This retreat is set amongst a rainforest on a hillside. In order to get around the retreat 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. You can contact our travel manager Lee-Anne who is the travel agent looking after this trip for more ideas and options regarding extending your trip.
- The retreat starts from 2pm Thursday 1st June 2017. There will be transfers available to the retreat from the airport or if you are arriving earlier we will organise transfers from your hotel. The retreat finishes 12pm Tuesday 6th June.
- 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.
- Please note this retreat price is quoted based on the daily exchange rate at time of quotation. Should exchange rates fluctuate significantly we reserve the right to re-cost.

Summary

This retreat is going to create a real opportunity for you to unplug, have fun and reconnect with yourself. If you feel inspired, excited or moved to join us for this amazing week then please contact us to book your place.

Contact

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Kind words people have shared with us about their experience on one of our retreats:

I had the most wonderful time with Lisa and Michelle at this stunning place. A magical location, incredible organic food and wonderful people in the group. I have come away inspired and will never forget the experience. Thoroughly recommend this retreat to anyone.

L. Talbot, Central Coast

This retreat is the ultimate antidote for the pressure and tension of daily life. Lisa offers expert spiritual guidance and Michelle's classes are a lot of fun. All of this takes place in the tranquil and luxurious setting of this beautiful place in Ubud.

P and M. Jacobson, Sydney

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 this retreat.

L. McIntosh, Central Coast

This was by far the BEST travel experience I have ever had. An awesome location teamed with lovely and caring facilitators. This retreat 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 ... The evening in Ubud salsa dancing and dining on tapas was a personal highlight! 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 and salsa dancing.

A.Starr, Sydney

I absolutely loved this retreat! Conducted in the natural beauty of a mountainous rainforest in Ubud, this unforgettable experience for me was healing, uplifting, fun and life changing. I am so very grateful. I loved the workshops, the fun, the accommodation, the food, the treatments and the connection with so many beautiful people.

B.Murray, Brisbane

This retreat exceeded all of my expectations! The location of the retreat in Bali was amazing. I am so glad I went! Everything about the retreat was spectacular! The workshops were great & well thought out. There was a good balance between workshops, classes, organised outings & free time.

T. Fountain, Central Coast

I would highly recommend doing the yoga class with Wayan. It is the best yoga class I have ever done and I have done lots. The meditation was also quite good too.

M. Webb, Perth
