

Restoration

Purification

Mindfulness



A transformative
Women's Retreat

BALI | MAY 5 – 14, 2025

“The practice of doing nothing or very little is a great tool for improving mood, resilience and mental fitness, according to many mental health experts.”

Welcome

I am elated you are interested in joining me on this magical trip for restoration, purification and mindfulness.

If you were looking to embark on an extraordinary retreat which blends luxury, wellness, and spirituality for a transformative journey, you arrived at your destination.

Reconnect, rejuvenate, and discover your inner peace in Bali's paradise. Restore your mental physical and spiritual well-being by deepening the friendship with your true Self.



Bali, one of the most beautiful and breathtaking parts of Asia, has been long known as the center for well-being haven.

The days will be filled with Self-care, resting, pampering, discovering of Self in a rich and colorful culture in a mystical place.

Each day will be accompanied by yoga and meditation sessions as well as cultural encounters or ceremonies which shall support the path of physical and mental well-being leaving you nourished, restored and recharged.

Along with a good dose of relaxation, our taste buds will be tantalized daily with an outstanding array of Balinese inspired culinary experiences, made with local and seasonal ingredients.

At this retreat, you have the freedom to choose how much or how little you participate in the planned activities. Nothing is mandatory. This experience is all about honoring your own pace and doing what feels right for you.

I am excited to share this unforgettable trip with you, experiencing inner serenity and outer bliss!

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Exclusive & Intimate

Join a maximum of 8 like-minded women gently delving into the sweet, pleasurable place of restoration, purification and mindfulness, rediscovering the ocean of peace right on your own doorstep.

The location and the award-winning resort, world-known as the center of wellness haven, were chosen to create a safe and sacred space in a heavenly atmosphere where one can expand its cultural, mental and spiritual awareness. Rest, relax and rejuvenate in this Zen-like ambience.

The retreat offers an unparalleled experience for discerning travelers seeking opulence, tranquility, and breathtaking natural beauty.

THIS RETREAT

is for you if

- You need a rejuvenating escape to unwind, disconnect, and find serenity amidst nature
- You are craving some well-deserved pampering to revitalize your body, mind, and spirit
- You started a new chapter and want to enhance your self-care practices
- You want to empower and strengthen yourself
- You long to rediscover yourself in a safe and sacred space
- You desire to foster inner healing through mindfulness, movement and other practices
- You want to center, heal and rejuvenate your mind, body and spirit.
- You just want to be

Program

At this retreat, you have the freedom to choose how much or how little you participate in the planned activities. Nothing is mandatory. This experience is all about honoring your own pace and doing what feels right for you.

PROGRAM IN PICTURES

DAILY YOGA, QI GONG & MEDITATION



for physical and mental wellbeing

RESTORATION



Sound healing

PURIFICATION



Tirta Empul Temple, famous holy water ritual, 12.5 km from Ubud

MINDFULNESS



Tegallalang Rice Terrace, 6 km from Resort

DETOXIFICATION



CULINARY SEDUCTION



SELF REFLECTION



Sacred temple next door!

CELEBRATION OF SELF



In-Room Flower Bath

CREATION



Cooking Class Balinese Vegan Food

FULL FLOWER MOON CELEBRATION



full moon dance at the resort, full moon
12:38 am May 13th, 2025

¹ Image: getyourguide.com/12_14_24

If there is no info, all other images kindly supplied by Management Udaya Resort Ubud

RELAXATION & PAMPERING



RESTING



BECOMING PROFICIENT



Dolce far niente ☺

EXPLORATION



Image: Monkey Forest²

FRIENDSHIP & BONDING



SHOPPING



Uncover hidden gems³

...and more⁴

² Source: sacredmonkeyforest_entraveler.com.webp/11_10_24

³ Source: Baliventur_Ubud-Shopping-Guide.jpg/11_2_24

⁴ Source: Adina Voicu from Pixabay_women-1487825_1920.jpg/10_30-24

Meet the

retreat leader

Barbara is a native of Switzerland and proud American citizen, currently residing in her country of origin. With great passion and love, she has been working as a holistic health practitioner in USA and Switzerland for over two decades. She brings a wealth of knowledge, skills and experience backed by extensive training including several master's degrees, diplomas and certifications.



Barbara's retreats, teachings, and treatments are designed to activate and enhance the body's natural self-healing abilities. She combines Traditional Chinese Medicine (TCM), acupuncture, herbal medicine, Reiki, mindful body exercises based on yoga and Qi Gong, NLP coaching, and cognitive-behavioral hypnotherapy through meditation to promote optimal health.

Drawing from her own life experiences, Barbara recognizes that while life is filled with profound beauty and joy, it also presents difficult and sometimes painful challenges. She believes that the key to navigating these challenges is to move forward with resilience, and the best way to do so is by cultivating an inner sanctuary. With gratitude and love, Barbara is honored to support, guide, and empower her clients on their journey toward emotional, physical, and spiritual well-being.

Retreat includes

Indulge in a comprehensive range of inclusions designed to provide you with a luxurious and transformative experience:

- Luxury resort accommodation (9 nights) with very comfortable bed and beautiful private bathrooms
- Welcome cocktail reception and chilled towel upon arrival
- First night welcome and get to know 4-course vegan dinner
- Daily à la carte breakfast with lots of delicious choices, promising to hit anyone's taste buds
- Daily fruit basket
- Daily tea time
- Daily bottled mineral water
- Daily yoga class (in sky yoga hut) & meditation either on ground, in next door's temple or in rice fields
- Daily free time for trips, resting, spa treatments or shopping
- Introduction to simple Qi Gong movements
- Daily special exercises, tips & tricks for healthy living, mindfulness, Neurolinguistic Programming
- A sound healing ceremony
- Auricular Acupuncture for detoxification and calming the mind
- A flower & citrus bath ceremony in your private bath
- 1 Balinese Massage
- Purification ceremony at sacred water temple Tirta Empul Temple
- Trip to the monkey forest
- Airport pick up and drop off service **refer to getting there*

Also included:

- 30% off for all treatments at Kaveri Spa
- 15% off for food at Resort Restaurant (beverage not included)
- 20% off for laundry service
- 21% government tax and service charge
- Hourly shuttle service to and from Ubud center based on schedule
- Free morning walk based on schedule
- Bicycle usage based on availability
- Gym usage
- Wi-Fi access in the resort area
- Turn down service based on request

Not included

- Flights, Visa & Travel insurance
- Spending money
- Lunch & dinner **due to exploration of Ubud food haven or trips**
- Alcohol
- Invoice processing fees

Bring a friend, or come alone

Whether you embark on this journey solo or with a friend, you will have a beautiful experience connecting with other participants and cultivating self-love in a green paradise.

You will indulge in a journey that allows you to find the rest you need, to go deeper and rediscover the sanctuary within. Taking time out is essential for self-care. You will be offered tools to nurture your spirit and body and a sacred space to find the meditative stillness and ancient wisdom practices that will make you glow like a goddess.

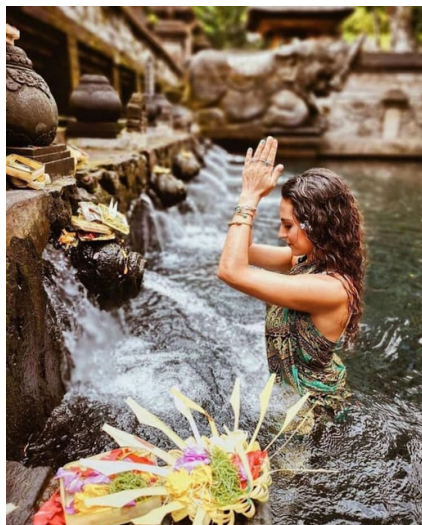
If you decide to bring a friend, you can share a room in a suite on the 2nd or 3rd floor or the garden suite with direct access to the grounds and fish ponds to experience growth and transformation together.

Whether you come solo or not, you will have an exceptional time leaving feeling nourished and renewed in all aspects of your well-being!

Location



Ubud is a town in the highlands of central Bali has been blessed as the center of world-known wellness haven. It is particularly known for its cultural abundance, tranquil scenery, and lively arts scene. The town provides a harmonious blend of beautiful rice paddies, lush tropical rainforests, healthy plant-based culinary, vintage shops, traditional art crafts, magnificent palaces and temples. and healing journey whenever you land yourself in Ubud. This one-of-a-kind combination creates a captivating experience that will not disappoint.



The Resort



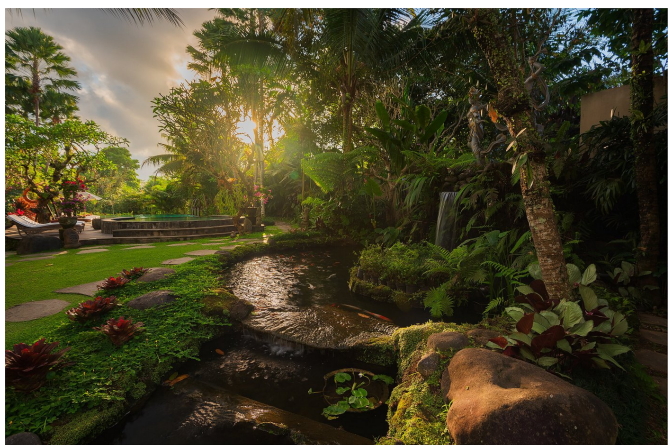
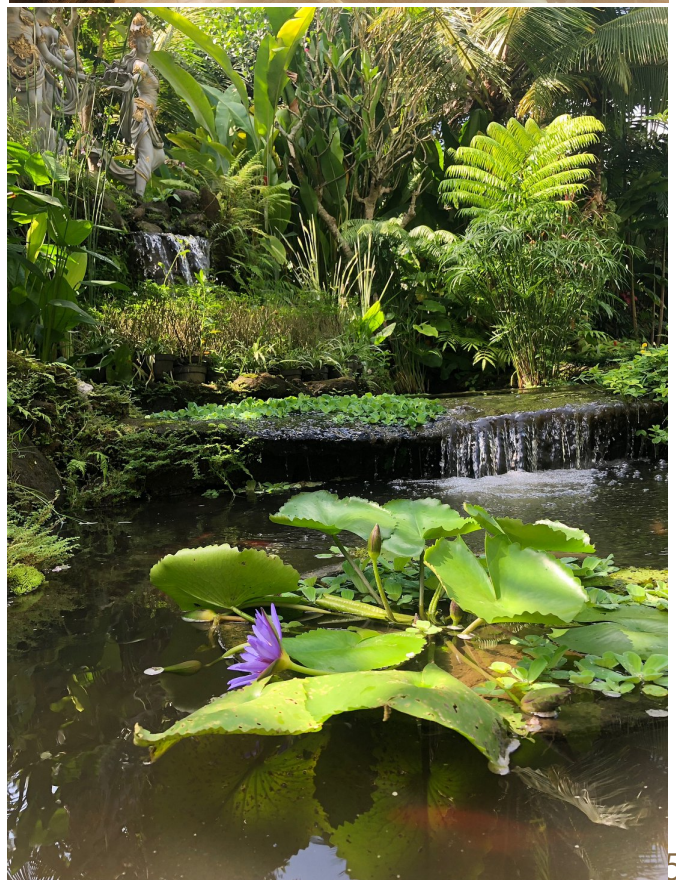
“A sublime oasis to unwind, reconnect with your Self and one with nature in perfect calmness.”

The award-winning **Udaya Resort** is one of Ubud's most exquisite hideaways, perched atop a hill in the tranquil Tegallantang Village, just a seven-minute drive from the heart of Ubud. Surrounded by a lush jungle and a serene river flowing through the property, the resort offers a rare blend of natural beauty and luxury. Designed as a sanctuary of Zen, it seamlessly combines tropical forest surroundings with luxurious comfort, allowing you to unwind and rejuvenate in an atmosphere of serene greenery and clear skies.

The accommodations are a harmonious mix of homey warmth and opulence, complemented by top-tier facilities and round-the-clock impeccable service. The staff is renowned for their exceptional friendliness and attentiveness, ensuring every aspect of your stay is magical and stress-free.

Choose from suites on the second or third floor, each offering breathtaking views, or the garden suite, which features a private garden and fish pond just outside your door. All rooms are spacious, luxurious, and furnished with the most comfortable beds, ensuring a restful stay.

The resort's grounds, including its tranquil pool area, provide the perfect setting for relaxation. Indulge in rejuvenating treatments at the **Kaveri Spa**, savor delicious meals at **Deeva Restaurant**, or enjoy a peaceful practice at the **Vyoma Yoga Hut** — all designed to make your stay unforgettable, ensuring that you leave feeling rejuvenated, balanced, and inspired.



Your Accommodation

Both accommodation options offer a sanctuary of tranquility, providing ample space to unwind and recharge at your own pace.

SUITE



The Suite rooms are located on the second and third floor overlooking the resort's main pool and tropical garden. From there you will have easy access to the rooftop of the resort where you will find the Sky Yoga Hut overlooking the entire property and its paradise of tropical greenery. It is the place we will have our daily yoga sessions. The semi-open bathroom with marble bathtub, rain-shower cubicles, and a separate toilet area are designed with the intimacy and natural-concept.

Space 52 sq/m (560 sq/ft)

Room Features

- Private Terrace
- Located on 2nd and 3rd Floor
- King or Twin Beds
- Deluxe Bathroom with No Door
- Separate Shower
- Sunken Marble Bathtub

Amenities

- Complimentary Water
- Large Wood Luxury Closets with Built-in Drawers and Storage
- Tea & Coffee Maker
- Smart TV
- Mini-Bar
- Hair Dryer
- Standard Wi-Fi is Complimentary
- Safe Deposit Box
- Bathrobes & Slipper
- Air Conditioned
- IDD Telephone



GARDEN SUITE



Lined up along the first floor of the main building, the Garden Suite rooms are all directly connected to the main pool area that is well known for a sunset view. Built across 65 sqm, the beautiful mini garden and fish pond setting you will own on your doorstep, including the bathtub area decorated to create romantically dimmed and warm surroundings for your stress-relief that could not be found in any other room.

Space 65 sq/m (700 sq/ft)

Room Features

- Private Terrace
- Located on Ground Floor
- King or Twin beds
- Deluxe Bathroom with Door
- Semi-open Bathroom
- Terrazzo Bathtub

Amenities

- Complimentary Water
- Large Wood Luxury Closets with Built-in Drawers and Storage
- Tea & Coffee Maker
- Nespresso Coffee Machine
- Pool & Garden Access
- Sofa
- Android TV
- IDD Telephone
- Mini-Bar
- Hair Dryer
- Standard Wi-Fi is Complimentary
- Safe Deposit Box
- Bathrobes & Slipper
- Air Conditioned



Investment

Transparent Pricing

10 days / 9 nights (May 5 – 14, 2025)

Max # Guest = 8

SINGLE ROOMS

Suite 2nd or 3rd floor – Twin or King

Single Occupancy	USD	5'150
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Garden Suite – Twin or King

Single Occupancy	USD	5'355
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SHARED ROOMS

Suite 2nd or 3rd floor, Shared

Twin or King/p.p.	USD	4'280
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Garden Suite, Shared

Twin or King/p.p.	USD	4'485
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- Prices are in USD and are inclusive of local taxes
- USD 1'500 non-refundable deposit is required to reserve your place
- Payment in full is required 75 days (February 14, 2025) prior to retreat start date

*Refer to *retreat includes pg. 9 for all highlights included ☺*

Read full cancellation policy in things to keep in mind pg. 27



WOMEN'S RETREAT

Will Benefit to

- Disconnect from the demands of daily life and reconnect with yourself and with nature
- Immerse yourself in lush, tranquil settings
- Relax at a deeper level and embrace your inner sanctuary
- Develop a greater awareness of your thoughts and emotions
- Foster inner healing through mindfulness, movement and other practices
- Experience real relaxation and inner peace
- Embrace Self-care rituals to enhance your overall well-being
- Learn mindfulness techniques for better sleep, stress reduction and mental clarity
- Leave feeling refreshed, energized and empowered to face life as it is
- Restore, purify, and become more mindful

The Kaveri Spa



The resort's Kaveri spa is well-known for its impeccable relaxation experience combined with dazzling views. The spa uses essential oils from across the nation and abroad. All of the spa's own product line contains luxurious virgin coconut oil. **I included a relaxing Balinese massage for you.**



The treatment menu delivers a unique experience like no other with a wide range of traditional spa treatment. You may further indulge in **rejuvenating facials, traditional body scrubs and massages, or the spa package** which can be personalized according to your needs.



Restaurant



Sitting across Pura Dalem Tegallantang Temple is the magnificent Restaurant by the Resort. The Restaurant is celebrated for its enchanting atmosphere, adorned with flowers that cultivate a romantic and a tranquil setting. The service is often praised for its warmth and attentiveness. Past diners have raved about the combination of beautifully presented, delicious cuisine and exceptional service. The candlelit ambiance and a menu that boasts fresh, local organic ingredients from local farmers, caters to various dietary preferences, including vegetarian and vegan. Various culinary selections range from Indonesian, Asian to western menu.

It is where we enjoy our daily à la carte breakfast which promises to hit any taste bud.



Yoga Hut - Wellness



Each day at the retreat is thoughtfully crafted to rejuvenate both body and soul, offering exclusive yoga and meditation classes designed to relax, revitalize, and deepen your personal practice. Alongside, indulge in mindful activities such as Qi Gong and walking meditation, each carefully chosen to cultivate balance and serenity. Immerse yourself in cultural experiences, including private Balinese ceremonies and blessings, adding an extra layer of refinement to your wellness journey.

This retreat is more than a physical experience—it is an invitation to nourish your body, mind, and spirit in an atmosphere of luxury and tranquility. With every detail designed for your personal enrichment, you will leave feeling renewed, empowered, and fully restored.

Getting there

Nearest major airports: Bali Ngurah Rai International Airport, also known as Denpasar International Airport (DPS). There will be 1 group transfer on arrival day from airport to hotel at 2:00 PM and 1 group transfer on departure day from hotel to airport leaving at 10:00 AM. For guests preferring another time of arrival or departure, I can recommend options including a private driver.

What to bring

For your convenience, a few weeks before departure, I will send you a checklist.

Here are a few basic packing and travel needs to think about bringing with you:

- Bathing suit (pool, spa, beach)
- Yoga clothes
- Comfortable walking/hiking shoes
- Bug spray
- Hat
- Plug adaptors / converters
- Journal

Yoga mats are provided!

Things to keep in mind

PAYMENTS

Full payment for your retreat needs to be finalized by February 14, 2025.

There is a non-refundable hold deposit of \$1'500

CANCELLATION & REFUNDS

Please note that because we are limited to a small number of attendees, to allow for a more personable, intimate experience, our cancellation policy is in place to help guests and us alike work together sharing expenses that may arise from unexpected cancellations.

HOLD DEPOSITS ARE NON-REFUNDABLE.

- Hold deposits (minus \$100 USD re-listing fee) are transferable to another new attendee found and assigned by original attendee.
- Full balance due 75 days before start date of retreat unless otherwise noted.
- Cancellation requests submitted within 50 days of retreat date, 50% of total amount (less deposit, any bank transfer fees and an administration fee of \$25) will be refunded.
- Within 30 days of your retreat: sorry, no refunds given, no exceptions.
- Any refunds allowed will incur a 3% processing fee.

In the unlikely event that a minimum number of participants is not confirmed, the retreat organizers reserve the right to cancel the retreat and provide a full refund.

TRAVEL INSURANCE

I strongly recommend all participants purchase a comprehensive travel insurance policy to cover themselves for unexpected events, including the need for last-minute cancellations.

Important

No one books a retreat with the intention of cancelling it, but unexpected events do occur, so please consider purchasing travel insurance and that it is your responsibility to read and understand our cancellation policies. Exceptions cannot be made for any reason, including weather, injury/illness, or personal emergencies. No refunds or credits for failure to attend or failure to complete the retreat, or for arriving late or leaving early. We recommend that you purchase your own travel insurance. I encourage you to purchase trip cancellation insurance in order that your trip fees will be covered should you or your family have a medical problem prior to your trip or while on the trip. Trip insurance should also be purchased to cover medical expenses in the event you have an accident while on the retreat. Most travel insurance must be purchased within 14 days of making your reservation. I reserve the right to cancel retreats with inadequate participant interest, in which case all money paid to us will be refunded. Notification of cancellation for this reason will occur at least 1 month prior to retreat start date. I cannot be held responsible for any personal expenses, such as airline tickets due to changes in itineraries or retreat cancellations.

FAQ

What if I'm not experienced in yoga, Is this retreat still for me?

This is for all levels of yogis.

Can I bring a friend/partner who does not want to participate in the yoga classes?

Absolutely! Non-participants are always welcome. All classes are voluntary and there is always plenty of activities (or total relaxation) that can be enjoyed in place of one of the yoga classes.

Do I have to take every yoga class during the week?

This retreat is for you and so, all is completely voluntary. So if you need to take it easy, then by all means, do whatever makes you feel happy, relaxed and at peace.

FOR QUESTIONS:

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Image credit: viator.com