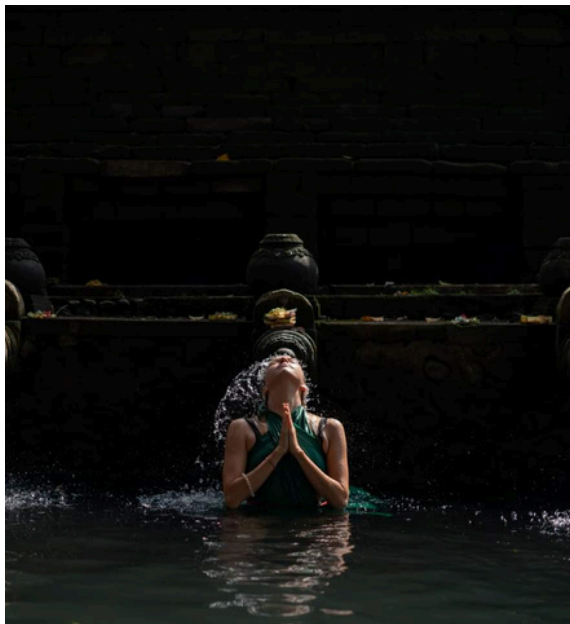


WOMEN'S CONNECTION
RETREAT

AUGUST 12-17TH, 2024

UBUD, BALI



—Zara energy healings—



Join three amazing facilitators for 6 days of soul-nourishing delights in the heart of the terraced rice fields on the outskirts of Ubud on the island of Bali.

The retreat program is curated to allow you to embody your joy, deepen your soul connection with this beautiful planet and the elements we move, breathe, and live in. Each day we will focus on a particular element (air, water, earth, fire, and ether) and the magic of the energies within.

This is not a detox, or a restrictive event; do as much or as little of the program as you wish!! Leave feeling rejuvenated, energised, and holistically nourished.

AN INVITATION



MEET YOUR HOSTS



Zara Lawson

Zaraenergyhealings

🌐 zaraenergyhealings.com

📷 [iamzarathehealer](https://www.instagram.com/iamzarathehealer)

Zara is about connecting you to a deeper knowing, understanding, and connection to the very best of YOU! Zara will facilitate meditative journeys and rituals to take you deep within to the depths of your inner peace and bliss.

Simone Lang

Drummergirl

🌐 drummergirl.com.au & drumwithsimone.com

📷 [drumwithsimone](https://www.instagram.com/drumwithsimone)

Simone is a soul connector of groups. She will bring pulse and flow to to your hands, heart, and life by plugging you into your own personal connection to rhythm.

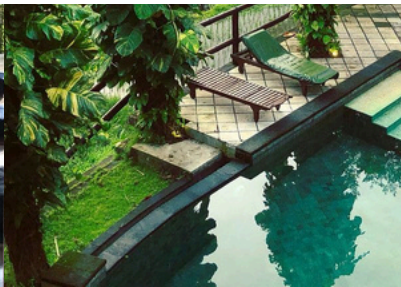


Kelly Szczygielski

Calm with Kelly

📷 [calm_with_kelly](https://www.instagram.com/calm_with_kelly)

Kelly sprinkles loving serenity and calm wherever she goes. She is a heartfelt yogi, instructing from the fundamental principle that if you are alive, you can practice yoga and access the wisdom that it brings to your heart, body and soul.



RETREAT ITINERARY

01

Monday - Earth

- Check in (from 2pm)
- Welcome to Earth on the isle of the Gods!
- Meet everyone at a group dinner.

02

Tuesday - Air

- Yoga
- Elemental (Air) Meditation
- Breakfast
- Sacred flower workshop
- Freetime
- Rhythm connection
- Group dinner

03

Wednesday - Water

- Yoga
- Elemental (Water) Meditation
- Breakfast
- Water temple excursion (3hrs)
- Group Lunch
- Free time

04

Thursday - YOU

- Yoga
- Self-Love Meditation
- Breakfast
- Free Day to do YOU!
- Group dinner

05

Friday - Fire

- Yoga
- Elemental (Fire) Meditation
- Breakfast
- Drumming with Simone
- Free Time
- Yin yoga
- Group Dinner

06

Saturday - Ether

- Yoga
- Elemental (Ether) Meditation
- Breakfast
- Closing ceremony & drum party
- Checkout (10am)



WHATS INCLUDED

- 01 **Zoom Meetup (1 week prior to Retreat)**
A chance to connect and meet each other before the retreat (and get excited!)
- 02 **Exclusive use of Retreat Centre**
Sauna, soft hot-tub jacuzzi, and semi-open dining area overlooking the rice terraces of Bali. A private, beautiful, chlorine-free pool with sun-lounges to relax and day dream.
- 03 **Water Temple visit (nearby village of Manukaya)**
Tirta Empul is a sacred temple in Bali that has been around since 926 AD. We are welcome to take a dip at this ancient sacred venue.
- 04 **Sacred Flower Workshop**
A Balinese flower offering class to learn more about the 'canang sari' you'll see all over the island, which is a therapeutic ritual (meditation in motion) that will encourage your artistic side and creativity and connection to element AIR.
- 05 **All group Sessions with Simone, Kelly and Zara**
Come to them all or go at your flow: mindful movement with Kelly, meditation and journeying with Zara, and rhythm connection with Simone. All classes will be held with the chosen element of the day as the theme.
- 06 **Accommodation (6 days/5 nights) and Meals**
Accommodation for the duration of the retreat (6 days/5 nights). Breakfast is provided each day and either lunch or dinner (depending on the timetable).
- 07 **Staff at Retreat Centre 24 hrs**
A maid service, chef & kitchen staff, and 24-hour security. Inclusive 2 meals Breakfast every day and either lunch or dinner depending on scheduling.
- 08 **Everything you need for the workshops**
This includes yoga mats, yoga props, and drums. Feel free to bring your own if you prefer.



WHAT'S NOT COVERED

• 01 **Flights & Travel Expenses**

Flights to Bali (Denpasar) and transfers to Gaia Retreat Centre in Ubud. We recommend making your travel arrangements early so you can get the best deal. As most flights into Bali land late arvo/eve, you may wish to stay a night somewhere closer to the airport (e.g. Sanur) when you arrive, then journey to the retreat the next day. Your hotel should be able to arrange transfers for you or we can work this out with you.

• 02 **VISA entry fee**

The Visa On Arrival for entry into Bali for Australian passport holders is in the process of being scrapped. It is currently 500,000IDR (\$50AUD). There is also a tourism levy also being brought in (~\$15 AUD). Whatever the situation is by August - these are payable at the airport on arrival in Bali. We will keep you posted.

Everyone is also required to fill in a Customs declaration form. We recommend doing this in advance and you can download it here. There are currently no vaccination requirements to enter Bali.

• 03 **Travel Insurance**

You must have your own travel insurance as whilst we take the best of care we do not cover personal insurance. Medicine, vaccines and the like should be discussed in consultation with a travel doctor. We do not give advice on which medications to take, although a medical kit is always a good idea. Check out the Australian Government Travel website for the latest information and advice.

• 04 **One meal per day**

Breakfast and lunch OR dinner will be provided each day. Meals that will be provided are substantial (buffet style, all dietary needs taken care of). This gives you the opportunity to get out and about and enjoy some of Ubud's amazing restaurants.

Add-ons

- Massage is available at the retreat centre for US\$15/hr. This includes: Balinese, Thai Deep Stretch, Lomi-Lomi, Hot Stone, Decompressing Lymphatic Drainage Massage, & Deep Tissue Massage.
- The retreat has a day spa nearby for other treatments (facials, body scrubs, etc.)
- Zara, Kelly and Simone are available for private sessions.

ACCOMMODATION & RETREAT PRICING

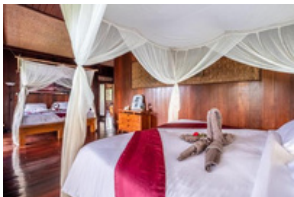
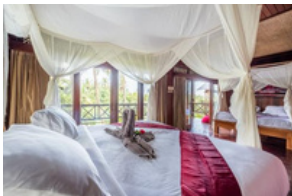
Notes on Retreat Pricing

Prices listed are fully inclusive of the retreat package as detailed previously. If you wish to share a room and would like us to connect you with someone who would also like to share, let us know and we will do our best to find you a suitable roomie. Ts & Cs will be sent prior to booking.

• 01 Room 1 - Master Bedroom Superior

The biggest room in the centre, the spacious Master Bedroom is on the second floor and includes a large balcony overlooking the spectacular panoramic views of the entire rice paddies. It comes with a dressing room / large wardrobes, bathroom, outdoor standing shower, and a jacuzzi indoor bathtub.

This room is the top-of-the-pops, designed to be shared with a buddy or even a group of friends. Beds can be separated as 4 twin beds or 2 double queen size beds.



Cost:

\$2800 per person if you share with a friend, or contact us for pricing if you want to share the room with more than one person

\$4200 single share

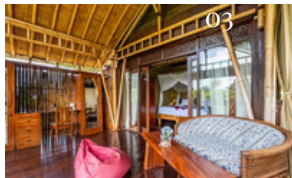
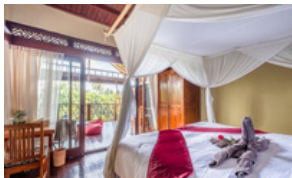
ACCOMMODATION & RETREAT PRICING

- 02 **Room 2 - Terrace Suite Deluxe**

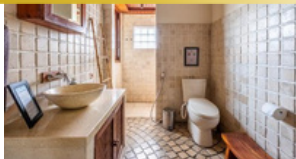
The Terrace Suite is one of the most cherished *deluxe* rooms as it is on the second floor with a balcony overlooking the breathtaking panoramic views of the rice paddies.

It comes with a private bathroom semi-attached to the bedroom next door.

Beds can be separated as 2 twin beds or 1 double queen sized bed.



Booked by a retreat
Goddess



Cost:

\$3500 single share

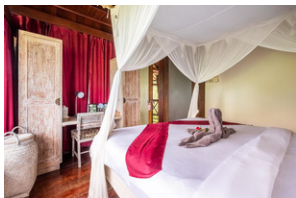
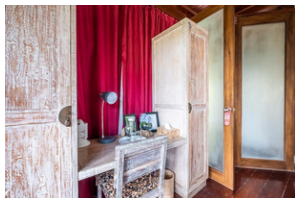
\$2350 per person if you share with a friend

ACCOMMODATION & RETREAT PRICING

- 03 **Room 3 - Terrace Garden**

The Terrace Garden is a cosy room on the second floor and can be separated as 2 twin beds or 1 queen sized bed.

NB: This is the only room at Villa Gaia which **does not** have its own private bathroom. There are bathrooms downstairs in the massage room, which has a standing shower open to the skies and alternatively, there is a bathroom by the swimming pool, with toilet & shower.



Cost:

\$2800 single share

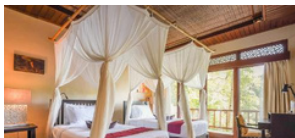
\$1800 per person if you share with a friend

ACCOMMODATION & RETREAT PRICING

- 04 **Room 4 - Four Seasons Room Deluxe**

Spacious "Deluxe" Four Seasons room is on the ground level and comes with a large dressing room, an indoor bathtub & toilet, and an outdoor standing shower. The room overlooks the swimming pool from the side section and opens up to the communal space / shala while still retaining its privacy.

Beds can be separated as 2 twin beds or 1 double queen sized bed as featured below.



Booked by a Retreat Goddess



Cost:

\$3500 single share

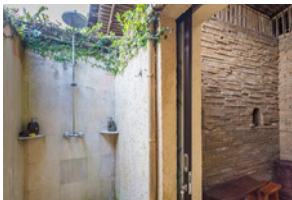
\$2350 per person if you share with a friend

ACCOMMODATION & RETREAT PRICING

- 05 **Room 5 - Bamboo Deluxe**

The Bamboo Suite is a lovely cosy room with a large wardrobe space, desk and a private open sky standing shower & toilet.

Beds can be separated as 2 twin beds or 1 double queen sized bed as featured below.



Cost:

\$3300 single share

\$2250 per person if you share with a friend

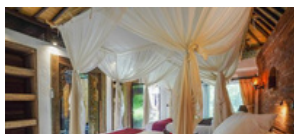
ACCOMMODATION & RETREAT PRICING

- 06 **Room 6 - Garden Deluxe**

The Garden Deluxe Room is an individual cottage that is designed to provide privacy and elegance, while being cozy and secluded.

The room has a garden side view. It has a private bathroom with a large open air bathtub & shower.

Beds can be separated as 2 twin beds or 1 double queen sized bed as featured below.



Booked by a Retreat Goddess



Cost:

\$3800 single share

\$2500 per person if you share with a friend

ACCOMMODATION & RETREAT PRICING

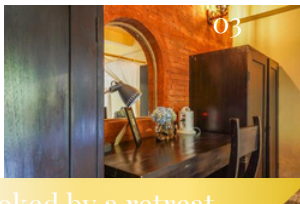
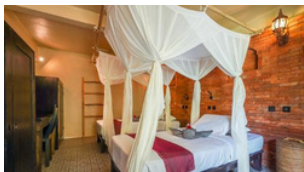
- 07 & 08 **Rooms 7 & 8 - Lotus Room 1 & 2**

08

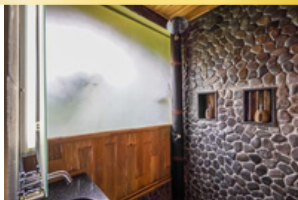
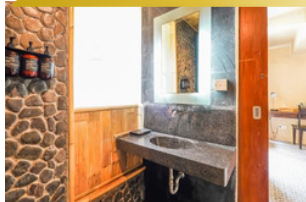
The Lotus Suites are two private rooms, semi-attached to one another within the same premise of the retreat centre. They each have their own enclosed private bathroom, two working desks, and two wardrobes.

Lotus 1 & 2 face the garden and deliver a feeling of privacy being detached from the main area of the retreat centre.

Beds can be separated be pushed together for a double sized or separated as 2 twin beds, featured below.



Both rooms 7 & 8 Booked by a retreat
Goddesses



Cost:

\$3000 single share

\$2100 per person if you share with a friend



YOUR NEXT STEPS



We are excited that you are interested in joining us for this magical experience.

If you would like to book in please let Zara know as soon as possible so you can secure your preferred room.

If you want to chat about your booking or want more details, please text Zara to make a time.

+61 0431 013 256

zaraenergyhealings.com

