

# Love Being



## Health, Fitness & Wellness Retreat

### 17 May - 23 May 2027



## A Soulful Escape Awaits



Join me in paradise for the sixth Love Being Retreat — a 6-night immersive wellness experience designed to restore your balance, elevate your health, and inspires lasting transformation.

Set against the tranquil backdrop of Hotel Komune, Bali, this retreat invites you to ground yourself, breathe deeply, and reconnect with what truly nourishes you. You'll be supported by a community of likeminded women, as you explore movement, mindfulness, and self-care in a beautiful, peaceful, and indulgent setting. Curated by me, Hope, a passionate Health, Nutrition & Wellness Coach, this retreat delivers the tools and space for authentic self-exploration, rest, and renewal. You'll return home feeling fulfilled, empowered, and ready to live with intention.





## Land Package (inclusions below):

Single Occupancy: **\$3,650\* AUD**

Twin Share: **\$2,920\* AUD**

\*incl GST

## Payment Schedule:

\$500 deposit due immediately to secure your place

50% of balance due by 15 February 2027

Final balance due by 15 April 2027



## What's included



- 6 nights accommodation (twin share or single)
- Return airport transfers (Airport ↔ Hotel Komune)
- 1 x hands-on cooking class
- 2 x 50 minute Bali massage treatments
- Love Being goodie bag

- Daily a la carte breakfast + smoothie/juice + tea/coffee
- Daily wellness booster shot
- 4 x a la carte lunches + smoothie/juice
- 3 x a la carte dinners + still/sparkling water
- 1 x offsite dinner + 1 cocktail
- 1 x farewell dinner on-site

### Daily choice of:

- Functional Fitness
- Yoga
- Pilates\*

2 x 1-hour Recovery Room sessions

1 x Outdoor fitness session led by Hope

\* an addition cost of approx \$9 per class is charged to you room for pilates only

## What's not included

- International flights
- Travel insurance (required)
- Meals or drinks not listed
- Alcoholic beverages (except 1 cocktail with offsite dinner)
- Indonesian Visa (approx. \$50 AUD, paid online prior to departure)
- Tourist tax (approx. \$15 AUD, paid online prior to departure)
- Optional activities, excursions or treatments not listed



# Why Hotel Komune?

This venue has been handpicked for its balance of nature, luxury, and wellness, Hotel Komune offers the perfect environment to reset and recharge with every space inviting presence and peace. After hosting retreats here in 2023, 2024, 2025 & 2026, it's clear, Hotel Komune has it all with its offering of;

- Adults-only pool for peaceful reflection
- 24-hour gym with daily group classes
- Open-air yoga shala designed for serenity and flow and,
- Beautiful brand new Pilates studio
- Brand new recovery centre including an cold plunge pool & sauna
- Day Spa offering beauty & relaxing treatments designed to nourish your body and mind.
- Poolside dining from a fresh, nourishing menu

With multiple restaurant options, three nourishing menus (plus vegan selections), lush gardens, and spaces to quietly sip a coconut or cocktail, this is a sanctuary for the senses.





# Movement & Mindfulness



Movement is central to wellness, but here, it's on your terms.

- Daily Fitness classes at the on-site gym with Hotel Kommune's PTs (inclusive and all levels)
- Outdoor group session led by me, Hope, followed by optional cold plunge
- Daily Yoga classes in a stunning Balinese shala
- Pilates sessions that focus on alignment, breath, and strength

You're encouraged to listen to your body and do what feels nourishing. Whether that's sweat and stretch, or stillness and surrender — it's all welcome here.

During our time together I'll guide moments of reflection and offer coaching tools that promote lasting wellbeing and self-love.







Too often, women put themselves last. Here, we flip the script. Through meaningful conversations, shared connection, and thoughtfully curated wellness practices, you'll be invited to slow down, reflect, and reconnect with yourself and those around you. Together, we'll explore what genuine self-care looks like for you—not as an occasional indulgence, but as a sustainable way of living. This experience is about more than simply relaxing; it's about cultivating self-awareness, strengthening meaningful connections, honouring your worth, and creating lasting practices that support your continued growth and wellbeing.

## Inner work, lasting change

Indulge in blissful treatments (don't miss the unforgettable four-hand massage!), enjoy time with likeminded women, and leave with memories, ideas and an energy to support your journey long after you leave Bali.

This retreat is for women ready to refill their cup and embrace a more grounded, peaceful, and authentic version of themselves.







# A Typical Day in Paradise

Each day offers gentle rhythm and restorative rituals:

- **6:15am** Sunrise gathering at the beach pool
- **7am** Fitness with me in the gym (opt) OR laps
- **7:30–8:00am** Juice or coffee + slow time
- **8:00–9:00am** HK PT-led fitness (cardio or resistance)
- **9:00–10:00am** Yoga/Pilates OR breakfast

Afternoons are yours to explore, reflect, nap, swim, indulge in treatments or optional activities.

Evenings are for community. Group dinners are a highlight — time to share stories, connect deeply, and simply enjoy.







# You do You

At this retreat, your only job is to do more of what makes you feel good.

Whether that's:

- Sleeping in
- Swimming laps
- Relaxing around the AO pool
- Diving into the ocean
- Taking in the vibe at the beach club
- Spending time in the recovery room
- Enjoying a nap

Each evening, we gather for a beautiful shared meal. These moments of connection are often the heart of the experience.





# What Past Guests Are Saying

"I think I'd been waiting my whole life to go on this retreat. It was life changing."

"Definitely good to step outside of my comfort zone and connect with different people"

"LOVED absolutely everything. It was the perfect mix."

"It just surpassed my expectations. Like, I knew I would enjoy it but everything was so wonderful and easy. "

"A soul-fulfilling experience that blew away all expectations."

"I loved the whole experience. I felt so relaxed having no responsibility but myself for 6 nights. I lived having flexibility and choice but some routine too. The food was great & plenty of choices. I was never hungry. The massages were wonderful too"

"Loved the morning activities and time to relax throughout the day."

"I loved the juices and felt like I was getting more nutrients, vitamins and minerals into my body. Loved the outdoor workouts"

"I really enjoyed having the ability to spend time in the group, meet like minded women but also have the opportunity to have time on my own"

