



# LOVE BEING

Health, Fitness &  
Wellness Retreat

Where?

Hotel Komune  
Keramas Beach

Contact

[hope@lovebeing.com.au](mailto:hope@lovebeing.com.au)  
0425 256 391



## Health, Fitness & Wellness Retreat

26 April - 2 May 2024 

This year, Love Being will host a Health, Fitness & Wellness Retreat that will give all that attend the opportunity to reflect on their own personal health and wellness. During your 6 night stay at Hotel Komune (HK), you'll be encouraged to stop and breathe while being nourished from the inside out. This retreat will have you joining likeminded women who are looking to nourish their body through exercise, good food and relaxation in a paradise style setting. HK is the ultimate!

Hope has curated a retreat that will ensure you return home feeling the best version of yourself. You'll be offered tools that will motivate you to create healthy changes and will be encouraged to take time to create sustainable ways to fulfil the lifestyle you want to live. This retreat has been put together to give a new perspective on life and to ensure you are living your best one.

### When?

Friday April 26th to  
Thursday May 2nd 2024

### How to book

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## Retreat Inclusions

- 6 nights accommodation in a twin or single room
- Airport transfers
- Young coconut to be enjoyed at your leisure
- 6 x a la carte breakfast + smoothie/juice + tea/coffee
- 5 x a la carte lunch + smoothie/juice + tea/coffee
- 5 x a la carte dinner + smoothie/juice + tea/coffee
- 1 x farewell dinner
- Daily Hotel Komune PT Fitness class OR
- Daily Yoga with Hotel Komune instructor
- 2 x 50 minute massage treatments
- 1 x Outdoor fitness sessions with Hope
- 1:1 Coaching session with Hope (opt) - this can be done via zoom post-retreat
- Daily personalised meditation practice (opt)
- Hotel Komune goodie bag
- Love Being goodie bag



## Retreat exclusions

- International airfares
- Travel insurance
- International Visa (\$50 to be paid at the airport)
- Any meal not listed above
- Any drinks not listed above (alcohol not included)
- Optional tours and activities

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## What to love about this retreat

HK has been selected due to its alignment with Hope's vision of a balanced and holistic approach to health and wellbeing.

Hope understands that your stay at the hotel is just as important as the journey to your self-care and self-awareness and, after spending time at HK with a group of wonderful women in 2023, it was agreed that this hotel has it all. The highlights of the hotel are plenty. You'll enjoy delicious, nourishing meals with 3 menus to choose from and 2 restaurants to dine in. You'll also find quiet spaces around the hotel grounds to enjoy your own company while sipping a juice or cocktail.

Movement is at the centre of good health and wellness and being able to explore that in a space where you literally have nothing else to do is hoped to increase your love for fitness. That being said, your daily movement routine is whatever feels best to you.



The adults-only pool is a quiet space that invites you to read, nap, sit quietly, reflect and breathe.



The Gym is excellent & is open 24 hours. Daily group training sessions are held here.



Food from the the Pool menu can be enjoyed with a cocktail by the Beach Club pool.



Yoga is practiced in a gorgeous space that allows air to flow through and for the mind to quiet.

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The PT at HK offers a challenging workout focusing on something different every day. These workouts are fun and are for all levels of fitness - you do you! During your stay, Hope will offer two optional additional outdoor training sessions at HK in the outdoor fitness area on the grounds.

If Yoga is your love, you'll enjoy an unforgettable mindful practice that takes place in a beautiful Balinese setting. These daily sessions are created for all levels of yoga with a Bali-beautiful understanding and acceptance of those who are just trying Yoga for the first time. With all movement activities, you're encouraged to listen to your body and go at your own pace. This is your time to do whatever it is that your heart desires. You get to do whatever feels good without considering another soul - Absolute bliss!

With your movement practices taken care of from all angles, you'll be encouraged to slow down and purposefully make time for yourself. As a Health, Nutrition & Wellness Coach, Hope will offer you tools that will prompt you to do things differently while at HK. These tools are intended to bring a feeling of comfort, relaxation, self-awareness, empowerment and self-love.

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You're invited to start this journey with an optional, invaluable 60 minute, one-on-one coaching session with Hope. In her coaching experience, Hope has found that women don't spend enough time thinking about themselves and even more so, women are at a loss on how to begin change. During this session, you will be prompted to articulate your ideas on change, self care and self worth to life and to leave with the motivation to start the change you want.

From day 1, Hope will offer optional daily meditation sessions designed for to you to sit in at your leisure. Haven't tried meditation? Maybe this is your time? This retreat is designed to allow you to find, and maybe even recreate yourself.

At HK you'll find space to relax, to laugh, to nourish, to connect and experience next-level indulgences in the HK treatment rooms. You'll never forget the treatment experiences performed by the beautiful Balinese.

This is an intimate retreat for just 9 women who want to participate in actively embracing relaxation and self-care. Participants will be encouraged to let go of the pressure that has built in their personal journeys and the pressure they place on themselves. Due to its intimate size, Hope is able to to hold space for like-minded women who value themselves and are open to being guided to living their best life through passion and enthusiasm and to be motivated to continue to take care of themselves when they return home.

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## What a typical day looks on this retreat

Hope has created this retreat because, as a wife, mother, daughter, a friend and someone who works hard to keep life flowing as best as it can, she has also experienced enough to know that those around her will not get the best of her if she has not been able to fill her own cup. This retreat is about giving you the space to feel, the breath to relax and to be taken care of. It's about valuing yourself and taking a break.

A typical day on this Health & Wellness retreat starts at sunrise where we will gather at the Beach pool and wait for the sun to greet us. Once risen, you're free to do what feels good for you.

The first HK PT-run cardio or resistance fitness session will take place at 8am lasting for 1 hour (inclusive of warm up and cool down). A second fitness class starts at 9.30. Yoga runs from 9am for 1 hour. It is your choice on how you move your body but it's encouraged that you take part in one of these sessions for the endorphins that movement provides. You never regret moving and the sessions offered are invigorating, fulfilling and fun.

To fill your hours, you'll decide when and where to eat and will need to book in and enjoy the treatments included in the package. You can indulge in a good book (if you're a reader), you can relax by the pool and of course, will be able to take advantage of the tools that Hope offers with time to reflect on life as it is now.



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In addition to the in-house things to do, Hope will plan an optional group activity if the general consensus is to leave HK for a day trip. There will also be extra training sessions you can join and, most importantly, there is time to spend on yourself in the sun.

This is a retreat where you are encouraged to do more of what makes you feel good. If that means sleeping in - do that. If that means doing laps in the adult only-pool - do that. If that means jumping into the ocean - by all means, do that. There is plenty to do at HK with a long list of extra activities to choose from. You're in charge of your time - you do you!

Pricing  Land price with all retreat inclusions

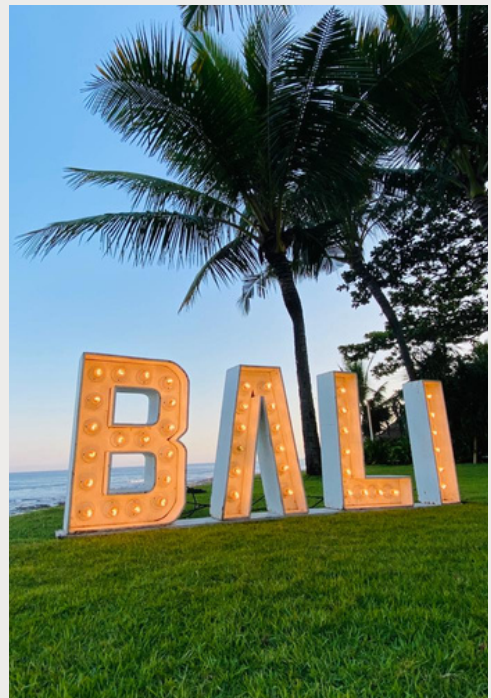
Single room occupancy - \$2,895

Twin room occupancy - \$2,255

Pay \$500 deposit to secure your place - due immediately

50% of outstanding amount - due 26 January 2024

Remaining amount - due 26 March 2024



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## Testimonials from the 2023 Health & Wellness retreat

- ♥ "I think I'd been waiting my whole life to go on this retreat. It was life changing"
- ♥ "LOVED absolutely everything, I have recommended to lots of girlfriends, it was a perfect mix of everything"
- ♥ "I want to come back every year. Everything I needed was in one place"
- ♥ "This was a soul fulfilling experience that I knew I needed but still blew away all my expectations! I loved my daily routine and sharing the experience with a couple of my closest friends and other like minded beautiful women"
- ♥ "I loved it all and I felt very looked after and valued"
- ♥ "I loved the variety of activities first thing which then allowed you to relax for the balance of the day"



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