



TRAVEL FOCUS TOURS

Love Being's Fitness, Health & Wellbeing Retreat 2020

7 DAY Retreat in Bali | 11-17 MAY 20 | Land PRICE \$2495* pp



The Love Being Fitness, Health and Wellbeing Retreat will give all that attend the opportunity to think about their own health and wellness.

You will be offered activities to enrich your time away, but you'll also be given the time to stop, be and breathe. You will be encouraged to reflect on your personal health and wellness and you'll be supported to take steps to create sustainable ways to fulfil the lifestyle you want to live once you have returned home.

Join likeminded women who are looking to nourish their body through exercise, good food and relaxation in a paradise style setting. Let Hope help you to truly become the best version of yourself that you can be!

INCLUSIONS

- Retreat as per itinerary with health & wellness coach, Love Being's- Hope
- 6 nights' accommodation
- 6 breakfasts, 1 lunch & 5 dinners including special welcome & farewell dinners
- 3x Massages per person for duration of stay
- Fresh juice, Bali Tea or smoothie with each meal
- 90 min one on one Love Being coaching session, tailored individually
- Love Being goodie bag

TOUR HIGHLIGHTS

Carefully selected accommodation for an authentic Bali stay offering a holistic approach in line with Love Being's vision

Visit the famous Bali Swing for a liberating experience over stunning scenery

Experience an authentic Balinese cooking class in Ubud

Enjoy a visit to the beautiful Tegenungan Waterfall, transfer included

Learn about Ayurvedic rituals that help promote a balanced lifestyle

Bike ride amongst the Rice Paddy fields of Ubud

Participate in group outdoor training sessions

Enjoy shopping on a day out and about in the local village

Enjoy a balanced and nutritious diet sourced from local organic farmers, including the resort's own ON-SITE organic garden, whilst on this retreat

Make life-long connections with like-minded women

This retreat will offer free time to recharge as well, a reward to your hard work towards a better you!

Eat organically prepared, nutritious, balanced meals throughout (as per itinerary) to support your holistic journey



TRAVEL FOCUS TOURS

Love Being's Fitness, Health & Wellbeing Retreat 2020

TOUR ITINERARY

Tour Day 1: Monday 11th May

Arrival

Welcome to Bali! If travelling on our recommended flights you will depart Sydney, and land in Denpasar International airport the same day before 5pm where you will be met and transferred by shuttle to the hotel.

Hope will be waiting to greet and help you settle into your hotel on the east coast of Bali. Once settled, you will be free to enjoy the hypnotizing view of the world famous Keramas surf break. Tomorrow you will meet your fellow retreat companions and begin your holistic journey.



Overnight: HOTEL KOMUNE RESORT & BEACH CLUB, GIANYAR, BALI

Tour Day 2: Tuesday 12th May

After a nourishing breakfast at the hotel health hub, you will have the opportunity to begin your journey of self-care by participating in the 10am Hatha-Yin Yoga practice which is a slow-paced style of yoga incorporating poses held for longer periods of time to get into the deeper connective tissues.

After this amazing experience where you are supported in a state of stillness of body and mind, we will all meet at our designated meeting place for the official kick off of the Love Being Fitness, Health and Wellness Retreat. It is in this time that you will meet the rest of the women who have given themselves permission to nourish themselves in an environment where fitness & health are at the core of their self-care and wellness break. It is in this time that you will get the overall feel of the retreat and will be able to make the time at Hotel Komune your best time yet.

To further support our change in environment and in line with our quest to be wholly present in the beautiful surrounds, we will come together in the mid afternoon for a meditation class and will later be given an introduction to the Ayurvedic practice and how it helps restore balance from within.

At the end of today we will celebrate our first day as a group with a special warm Welcome Dinner.



Overnight: HOTEL KOMUNE RESORT & BEACH CLUB, GIANYAR, BALI (B, D)



TRAVEL FOCUS TOURS

Love Being's Fitness, Health & Wellbeing Retreat 2020

Tour Day 3: Wednesday 13th May

To launch into our second day in paradise we're going to stimulate your appetite by kick starting your day with an outdoor training class in the gorgeous surrounds (suitable for all fitness levels)!

The rest of our day is planned around a plant-based cooking class hosted by a local village in Ubud. Have your taste buds awakened and learn how to feed your soul with a paddock to plate approach from picking our ingredients at a local organic farm to creating a traditional Balinese dish for lunch as we touch on the importance of healthy food providing nourishment during our activity today.



re-set in a privately run yoga session just for you and your group. With a specialised yoga teacher, you will learn how the finer points of yoga can attribute to a more centred lifestyle. The night is yours to explore as you wish!

Overnight: HOTEL KOMUNE RESORT & BEACH CLUB, GIANYAR, BALI (B, L)

Tour Day 4: Thursday 14th May

Today we will explore the local rice paddy fields in the most perfect way - by bicycle!

After breakfast, we will get an early start at around 8.30am, for a half day tour which takes us on a route that sees many little local villages and some amazing scenery whilst of course making our way to the stunningly picturesque rice paddies of this region.

Our tour will be guided and we will be regularly given drinks, snacks and even cool towels along the way. Our local guide will have a plethora of knowledge into life in these parts and may leave you feeling very appreciative for what we all have back home.

We will arrive back at the hotel early afternoon to partake in a meditation class if you wish.

If you would like to use the afternoon to take some time to reflect, or even have one of your included massages, please do so and unwind before we reconvene for dinner with the group in the evening.

This retreat is designed to offer you time to re-charge as well, so please utilize the time before dinner to take some time for you.



Overnight: HOTEL KOMUNE RESORT & BEACH CLUB, GIANYAR, BALI (B, D)



TRAVEL FOCUS TOURS

Love Being's Fitness, Health & Wellbeing Retreat 2020



Tour Day 5: Friday 15th May

This morning is yours to plan at your own leisurely pace after a fulfilling breakfast.

If you haven't already, perhaps you would like to utilize your included massages at the hotel spa, Other options include heading to the beach or grabbing a lounge at the pool with that book you've wanted to read. Indulge in whatever it is that makes you your happiest.

In the afternoon we will be partaking in one on one fitness sessions (for all fitness levels) with the resort fitness instructor.

These guys know their stuff and will further motivate and encourage movement whilst explaining why physical fitness is so important in our journey and then, the night is yours!



Overnight: HOTEL KOMUNE RESORT & BEACH CLUB, GIANYAR, BALI (B)

Tour Day 6: Saturday 16th May

Today is our last full day together as a group on this journey. It will be a sad day!

After a beautiful breakfast we can make the choice as a group to either squeeze in some beautiful Vinyasa Yoga or an invigorating Outdoor Fitness session. Either way, we will ready ourselves for a fantastic day of enriching adventures to cap off our final full day together.

A mid morning departure for a day of Waterfall chasing, shopping for some local wares and a visit to the famous Ubud Bali Swing will give you some amazing memories to depart from this journey with the group after a week together.

We will finish the day off with our final dinner for the week together where we laugh, share and enjoy the company of one another at a special Farewell themed dinner to celebrate our time spent in such a beautiful part of the world.



Overnight: HOTEL KOMUNE RESORT & BEACH CLUB, GIANYAR, BALI (B, D)

Tour Day 7: Sunday 17th May

Departure

we will enjoy a final breakfast together, check out and enjoy your last moments in this beautiful resort and area of Bali before heading to the airport for your flight back home.





TRAVEL FOCUS TOURS

Love Being's Fitness, Health & Wellbeing Retreat 2020

WHAT WE LOVE ABOUT THIS TOUR

- The hotel has been selected to be in alignment with Love Being's vision of a holistic approach. We know that the hotel stay can be just as important as the journey to your self-care!
- Small group size: No more than 12 passengers
- This retreat includes a special 'Love Being You' calico goodie bag with some beautiful keepsakes for your journey
- This is an empowering tour for like-minded women who want to participate in actively embracing self-care and let go of the pressure that they place on themselves.
- We love the passion, enthusiasm, support and knowledge that your retreat leader Hope has for helping women realise their full potential!



TOUR EXCLUSIONS

- Gratuities
- International airfares
- Meals not listed in the itinerary
- Beverages not listed in the itinerary
- Optional tours and activities
- Porterage at airport and hotels
- Any service not specifically listed under "included"
- Travel insurance

OPTIONAL TOURS INCLUDE

- Mt Batur Summit Hike
- Hidden Canyon Natural pools

HOW TO BOOK

- Contact Travel Focus Group on 1300 733 323 or 02 4234 1175 or office@travelfocusgroup.com to request a booking form and the complete Terms and Conditions
- Pay a \$400 per person deposit to secure your place. Balance due 11th March 2020