

Let Go!

BALI RETREAT

Thursday 12th - Monday 16th October



Day 1 - Thursday 12th October

Welcome to Bali!

Our driver will meet you at the airport and transfer you to the brand new The Mahata Legian where you'll check in to your private deluxe room – your home for the next few nights.

Your driver will be waiting outside the airport. Your name will be displayed on a sign. (Please ensure you have given your flight details to Katrina so she can organise your pick up).

If you arrive in time for cocktail hour we'd love you to join us in the cocktail lounge!



Day 2 - Friday 13th October

The Fun Begins

The day starts as you choose, with breakfast included at our hotel.

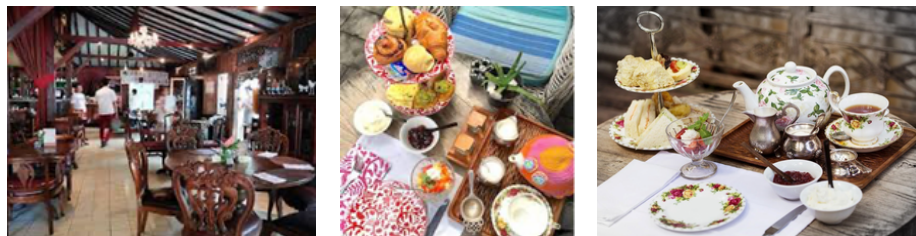
Katrina is very likely to have a very leisurely start to the day – a lay in then a relaxed breakfast. Whereas Morgan, will probably have taken a walk before breakfast!

At 10 am we'll meet for our first personal growth workshop session which will be followed by a delicious Balinese lunch.

For those of you unfamiliar with the area, perhaps it's your first trip to Bali (how exciting!) Katrina will be our tour guide for a walking tour of the local area so we can get our bearings – including a trip to a trusted money changer. There might even be time for a spot of shopping. Otherwise, you can enjoy some time lounging near the pool with a cocktail or two if that's your style, or a walk/swim/drink at the beach.

Day 2 - Friday 13th October (continued)

Later in the afternoon we'll catch taxis to Biku Bali where we will indulge in a traditional High Tea. With plenty of time to chat and get to know each other. There is also the opportunity for a Taro reading if this interest you (additional cost of Rp150000 payable on the day). Bookings need to be made in advance for the Taro reading so please let me know if you're interested.



After our High Tea your evening is your own. Katrina has made reservations at one of her favourite restaurants and you are more than welcome to join us for some delicious food – if you have any room left! Dinner is at your own expense.



Day 3 - Saturday 14th October

It's SPA day!

After breakfast (taken at your leisure), we will meet at 10 am for another insightful personal growth workshop session with Morgan, followed by a fabulous lunch.

In your free time after lunch you could book in your one-on-one coaching session with Morgan, or do some sightseeing, or just relax.

Mid afternoon we'll have a decadent spa session where you can choose one of the following packages:

- Natural body scrub and Balinese massage (one of my favourite treatments!)
- Body Worship Signature facial and a Mani or Pedi
- Manicure and Pedicure
- Hair Masque and Mani or Pedi
- Campur Campur Massage (great for calming the body and mind)
- Herbal Massage (to increase blood and oxygen flow through the body)
- Or, if you overindulged on sunshine in the first couple of days, a Sunburn Treatment (cucumber wrap, aloe vera body masque and massage) might be what you'd like
- If none of these take your fancy let me know and I will arrange something that suits



After the Spa the rest of the day is yours to spend as you wish. Morgan will be available for your one-on-one coaching sessions, and Katrina will be happy to help you organise any activities you'd like to do.

Dinner is at your own expense, and you are very welcome to join Katrina and Morgan at one of their favourite restaurants.

Day 4 - Sunday 15th October

Sunset Celebration Dinner today

After another leisurely breakfast, we'll meet at 10am for our last personal growth workshop session, followed by a group lunch at the hotel. The afternoon is yours to enjoy as you wish. You could book in your one-on-one coaching session with Morgan, or do some sightseeing, or just relax.

We'll meet again in the late afternoon to drive to Tanah Lot temple to watch the sun set and enjoy a wonderful celebration dinner together.



Day 5 - Monday 16th October

WooHoo! Free Day!

For those of you lucky enough to enjoy the Early bird option you'll have another full day to relax or explore. There are so many amazing ways to fill your day, just let Katrina know what you are interested in and we'll see what we can do.

If you are leaving today, airport transfers will be arranged.



Departure Day

Monday 16th or Tuesday 17th October

You will be feeling relaxed and refreshed knowing you now have the strategies in place to set you up for success, to create and maintain a balance that works for you.



Hosted by:

Katrina Rogers (The Travel Desk) and Morgan Holmes (Unlocking U)