



# “Endings and New Beginnings”

## Retreat

**Ubud, Bali**

**Starting August 25<sup>th</sup> and concluding 31<sup>st</sup> August 2024**

**Starting September 1<sup>st</sup> and concluding 7<sup>th</sup> September 2024**

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**“Bookings now open for the ‘Endings and New Beginnings retreat,**

**Starting 12 Noon Sunday 25<sup>th</sup> to Saturday 31<sup>st</sup> of August 2024**

**Starting 12 Noon Sunday 1<sup>st</sup> to Saturday 7<sup>th</sup> of September 2024 (Full)**

**You more than deserve to get away and discover the treasures of joy and tranquility that lay beneath the chaos and noise of daily life.**

**It’s time to quieten the rush and turbulence of your noisy and peace robbing mind.**

**This retreat is the perfect opportunity to unwind and let go. A powerful way to release tension, feeling overwhelmed or simply recharge is to physically travel to a place of inspiration, beauty and harmony.**

**You are spoilt in this week, it is all about you! A deeply restful week that flows with body awareness, body treatments, rituals and gentleness. It is in this precious space that you are invited to ‘tune out’ so you can ‘tune in’. We cannot ask or want anything new to come into our life if we are full of unwanted clutter. We need to make room for the things we really, really want to flow into our lives.**

**Your life is far too precious to be rushed through and even worse, to be endured. It is time to slow down, pause and even stop, so you can gather the strength, courage and insights you need to live a life in alignment with your highest ideals and true peaceful self.**

These simple but powerful practices of yoga, meditation, personal inquiry, allow an awareness to come in and 'show' us how we are living off the mat. In this space, we have the opportunity to observe our life patterns and daily behaviours that can create mayhem or space in our lives.

It is in this space we learn to appreciate our body's wisdom, it's language. **This retreat supports you in deepening your awareness in practicing love, self-love, appreciation, gratitude and nurturing in your everyday life, not only 'on the mat'.** It becomes an opportunity for our body, mind and heart to re-connect and once again align.



**This retreat is all about you. This is your time.** To breath. To pause. To revive and restore.

The amazing beauty of this retreat is that you can enter a quiet space that you can find too challenging at home, giving you the opportunity to unplug from your daily pressures. **On this retreat, you are guided through yoga, meditation, and self-inquiry practices, to soothe your soul, rejuvenate and renew. You can enter a space of deep healing, of reflection, breakthroughs, and peace.** You can shift your life in ways that are powerful and profound. With new awareness, you will naturally want to nourish and balance your life in all ways, **the most profound journey we can take is the internal one. This retreat is heart opening, soul stirring and life changing.**



### **The taste buds will water!**

Amazing breakfasts!

Mouth-watering, organic, earth friendly lunches, this food is soul food.

**Your eyes and taste buds will dance with delight. This is your time to indulge your senses!**

There is something for everyone. Enjoy the magnificent tastes and culture of what Bali organic cafes have to offer.

You will be spoilt for choice for café's in the Ubud area for dinner!

Bon Appetite!!

## THE ULTIMATE SOUND RELAXATION EXPERIENCE – a morning at the Pyramids of Chi

Be bathed in sound

Energize within

Release emotional blocks

De-stress and feel at peace

This experience will leave you in awe of the effects from these beautiful modalities.

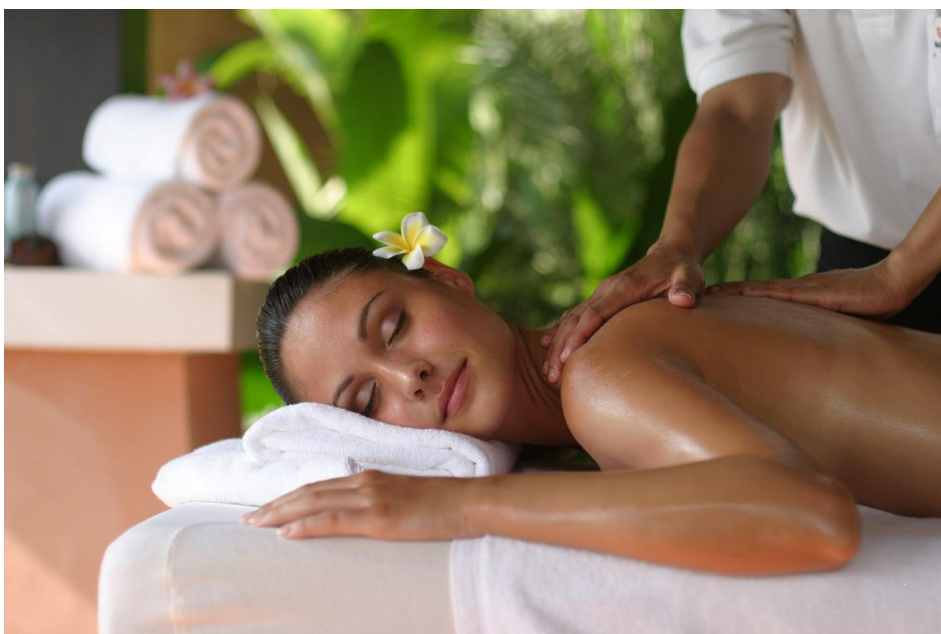


## ONE ON ONE TIME WITH ANNA

Please feel free to have a one on one with Anna. **This is an opportunity to feel heard.** Anna's approach is casual yet heartfelt, holding this space for you to share in confidence your insights, concerns, health issues or personal challenges. Approach her any time and she will make sure time is made available for you.

## PAMPERING

You will be pampered beyond belief. From massages and Ayurvedic body work that are tailored just for you. You will feel rested and revived.



**Your body will be swooning after these amazingly tantalizing body massages and treatments. You will feel alive as the myriad of health benefits from these treatments are many.**

You will experience how your body is open to change and being once again as healthy and as strong as you can be.

**This is all about you, this is your time to allow yourself to be absolutely pampered and indulged.**

## OUR AMAZING WEEK

We will practice daily yoga and feel how this powerful practice, yet often simplistic in nature, opens our body, relieving habitual tension, cleanse and massage your organs, and deepen your connection with your body. You step inside of your body, greeting and appreciating it in a new way. Yoga with Anna is a gentle yet powerful experience, she will gently guide you through your 'own' practice. Everyone has different capabilities, **no matter if you have never practiced yoga before** or you have a long-time practice, Anna will work gently alongside of you encouraging you to practice within your capabilities without limiting yourself. You will experience your body, mind connection in new ways. Leaving you feeling a new-found gratitude for your amazing body and mind.

#### **OTHER SPIRITUAL PRACTICES**

Sacred Balinese Melukad, a deep and special water cleansing ceremony.

See the High-Water Priestess, this is a life changing blessing.

Energy healing with Anna - bush flower essences, reiki, craniosacral therapy, space clearing sprays, aromatherapy will be offered to enhance and deepen your experience.

Daily deep rejuvenation yoga classes with Anna

In this retreat, you will reconnect to your full authentic self. You will leave feeling nourished and rested. Your soul will be soothed and you will be ready to embrace the full richness and juiciness that is our life. A true celebration!



***Does this sound like what you need? Read on.....***

## **THIS RETREAT INCLUDES;**

- 6 nights accommodation in our beautiful traditional Balinese boutique resort.
- Energy healing with Anna, including Australian Bush Flower Essences and Aromatherapy individually offered to deepen your experience.
- Delicious breakfast daily
- Mentoring, coaching or simply personal time with Anna
- Self inquiry sessions
- 3 incredible organic and earth friendly lunches
- 4 of the most deluxe Ayurvedic treatments and massages personalized just for you,
- A Salt (Halo)Therapy session. Salt therapy is amazing with so many benefits to our health.

Just some to list are

- better sleep
- Strengthens immune system
- Improve lung function
- Improved sports performance
- Improves skin
- Reduction in snoring

Salt therapy benefits the respiratory system by acting as a gentle brush to effectively and safely clean the airways and lungs of pollutants.

***“ Salt is Born of the purest parents***

***The Sun and the Sea”***

***- Pythagoras -***



- Pyramids of Chi sound bath experience
- Sacred Balinese Melukad, a deep and special water cleansing ceremony,
- Yoga, rejuvenation, meditation, and healing classes with Anna
- There will be two extra optional shorter classes for those who would like to explore their yoga practice a little more. (These two classes will suit those who like a little stronger morning asana practice).
- Transfers to hotel (From airport only)
- Late afternoons and evenings to explore amazing Ubud.



#### **WHAT IS NOT INCLUDED**

- Flights and travel insurance
- Exit transfers back to the airport
- Dinners in the evenings
- Alcohol with our lunches
- Mini bar and personal phone calls from room

**BOOK EARLY AS THERE ARE MANY GREAT DEALS WITH FLIGHTS!**

#### **Your investment**

A non-refundable deposit of \$500.00 Aust. to be paid with booking. Balance to be paid 60 days prior to retreat.

Monthly payments can be organized if this helps!

**You do not need to be a student of Anna's to book for this retreat. Everyone and anyone from where ever you are, are welcome!**

SINGLE RATES \$2250.00 Aust

TWIN SHARE \$ 1950.00 Aust

Deposit to secure booking. \$500.00

To make a booking contact Anna by email [yogatree5211@gmail.com](mailto:yogatree5211@gmail.com) or Ph: 0449256008.

[www.yogatreeonthecoast.com](http://www.yogatreeonthecoast.com)