

Journey Into Wholeness Bali Retreat

Monday 27th July – Sunday 2nd August 2020

This **Journey into Wholeness Retreat** is a time to relax, release, rejuvenate and reset surrounded by the beauty and tranquillity of the rice paddies in Ubud, Bali. Your private accommodation is set in the idyllic surrounds of Om Ham Retreat where you can escape the winter chill and absorb the warmth of both the weather and hospitality offered by the lovely Balinese people.

We understand true integrated healing and health is so much more than exercising and eating well - though these are fundamental for a healthy life style. There are many beliefs, patterns of behaviour that no longer serve and outside influences that impact. This transformational retreat will deepen your understanding of self, leaving you empowered and inspired, rested and nourished at the level of body mind and soul.

Daily meditation, yoga, healthy food, *(Indonesian, seafood and western fusion menu)* luxurious pampering treatments, sound healing in the Pyramids of Chi and personal development programs with healing strategies and contemplations to deepen awareness of true self will be spread over the week. Some inspired toning's by Jenny will help release blockages. This will form the foundation of your retreat with plenty of spare time to just "be" or enjoy a swim in the hotel pool.

Two separate outings are planned. One is to visit the Pyramids of Chi for a sound healing, and if you wish, catch a ride to shopping in Ubud , or create your own adventure outing, or enjoy the free afternoon to luxuriate in your surroundings if that is your preference.

Join experienced practitioners-Robyn and Jenny on a seven-day journey to explore the inner you. As we connect inwards we discover what we really need and begin to develop a greater relationship to ourselves and how to move forward. It is your time. You can just soak up the good energies or go as deep as you like knowing your will be lovingly supported in your journey to wholeness.

WHAT'S INCLUDED:

1. 6 nights - 7 days
2. Private room - Ananda Superior Double (single room occupant)
3. Daily Breakfast (buffet/set menu)
4. 4 x lunch (buffet/set menu) at Om Ham Retreat *(purchase lunch at Pyramids of Chi and on your free afternoon for shopping or whatever else inspires you)*
5. 6 x dinner (buffet/set menu)
6. 1 Welcoming Foot bath

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7. Free shuttle service to Ubud shopping centre on scheduled time -
8. 2 nurturing treatments - 1x Relaxing Massage & 1x Rejuvenating Facial or massage of your choice
9. 5 x Morning Yoga 1.5 hour - classes in a relaxed environment with friendly experienced teachers. Mat and cushions provided.
10. Over flow refill mineral water by gallon (please bring your own bottle to reduce the use of plastic)
11. Afternoon herbal tea
12. Minimum 16 Professional Development hours, with Meditation, Mindfulness and wellness program spread over our week together providing you with strategies for going deeper and living a long and healthy life
13. Sound Healing in Pyramids of Chi
14. Travel to and from Pyramids of Chi
15. Use of swimming pool and beautiful Balinese hospitality

WHAT'S INCLUDED IN ACCOMMODATION?

- Luxurious bedding and fluffy towels
- King size beds (for private rooms)
- Small fridge
- Flat Screen Satellite Television
- Complimentary Wi-Fi
- Swimming pool with lounges
- Ample wardrobe space
- Hairdryer
- Air conditioning
- Mosquito nets
- Complimentary bathrobes
- Safety deposit boxes
- Private ensuite bathroom
- Pool towels
- 24-hour security

WHATS NOT INCLUDED IN PACKAGE:

- Return Air fares to and from Denpasar, Bali
- Travel insurance — **Please note that travel insurance is mandatory for your retreat stay.**
- Food and drinks outside the Retreat centre, including lunch at Pyramids of Chi
- Any additional food and drinks in the retreat that aren't part of your retreat package

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- Travel to and from airport. - *We can recommend a preferred driver who speaks good English and will charge a fair rate.*
Provided all flights times are provided to us as your Facilitators and Booking Agent, **1 month prior retreat**, we will do our best to help arrange shared travel where practical which will obviously reduce your travel cost.

Hotel provided car is IDR 375,000, per car for max 4 people in 1 car in case you would like to share. And there will be additional IDR 50,000 - charged for midnight service at 11 PM – 6 AM.

□ **OPTION.** If you want to enjoy a final yoga session on our last day (Check out is 12.00 noon) you can register for yoga with **Master Arsana. It is charged at IDR 150,000 per person) (recommended)**

PREPAYMENT / BILLING PROCEDURES:

- Upon Confirmation 25% first deposit should be settled. The deposit payment is non-refundable. A payment plan is available
- Balance payment must be settled, at the latest 4 weeks prior arrival - i.e. 29th June 2020
- The Hotel reserves the right to adjust the rate agreed within the contract period in the event of tax alterations by Government and Service Charge amendments?

ABOUT YOUR FACILITATORS

Robyn Wood has been passionate about the world of energy for most of her life and its effect on human health and behaviour. Apart from Diploma studies in Human Relationships, Health Counselling, Allied Health, Feng Shui and Geomancy, she also worked as a Crisis telephone Counsellor and studied many popular healing modalities including Pranic Healing, Reiki, Touch for Health and various kinds of bodywork.

In conjunction, Robyn studied various kinds of energy psychology, including Emotional Freedom Technique, which became a favourite process that she taught for many years along with other preferred strategies often utilized in counselling sessions. Other favourite resources include Cutting The Ties That Bind, Focusing, and Inner Child Healing.

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Her awareness of the mind/body/spirit connection developed organically over thirty years as a practitioner and meditation teacher while embodying her own daily meditation practice and dedication to the inner work required for holistic healing and spiritual growth. This allowed her to bring together some of the worlds best strategies for raising consciousness and optimizing wellness.

Jenny Rawson has been working for 25 years in Spiritual Healing and Personal development. Her journey began in the early 1990's when she committed to her own inner healing and transformation. Through that journey her passion to assist those ready for deep healing and awakening was born.

She embarked on a journey of self-discovery and learning. Jenny studied with Advanced Neuro Dynamics in TimeLine Therapy, NLP (Neuro Linguistic Therapy) Hypnosis and Counselling. She was then drawn intuitively to the powerful healing energies of Reiki I and 2 and Aura Soma Colour Therapy. She continued to embrace many other energetic and Spiritual therapies. In 2001 Jenny gained her Meditation Instructor Certificate from The Chopra Centre for Wellness and also completed her Certification in Indian Head Massage in 2004.

Through her daily meditation practice and inner journey Jenny began to receive or 'hear' (clairaudience) healing tones and sounds. Over time she began to work with these sounds/tones initially to balance and heal her own energies (especially emotional and mental) and felt the harmonizing and calming effects. From there she began working with the different tones/sounds she would hear while working with her clients in her energetic healing sessions. The beauty of Sound Therapy is that it goes beyond the mind and works on a cellular level to bring balance, harmony and regeneration to all aspects of our being. The effects are amplified in groups bringing immense positive vibrations.

Jenny is a Holistic Counsellor, Spiritual Healer, Colour & Sound Healer and Meditation Instructor who lives and works in Melbourne and draws on her intuitive wisdom combined with other skills she has learned along the way.

RETREAT PROGRAM

Awaken the divinity within you with this retreat. During your stay, you will enjoy daily yoga and meditation classes, connect with your spirit and bring your body, mind, and soul back into harmony. You will experience inspired toning to assist the

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release of stuck energy, breathing techniques, yoga postures, various meditations, and practical strategies to help you on your journey. Enjoy being pampered with a welcoming footbath and two spa treatments with a choice of Balinese aromatherapy and a visit to the Pyramids of Chi for a sound healing.

DAY 1 MONDAY 27th JULY

On your first day, you will check in on arrival, experience a welcoming footbath and then you can take some rest around the swimming pool. We will meet in the yoga room above the restaurant section at 5.00-6.30 for our introductions and meditation followed by dinner.

DAY 2 TUESDAY 28th JULY

Your second day will begin with practicing your first yoga session in the morning, from 7.30-9.00, followed by a delicious breakfast in the restaurant. We will meet as a group at 11.30-1.00 for mediation and class time. You will then return to the restaurant for lunch. Your time will be free until 4.30 when we will re-convene in the upstairs yoga room until – 6.00pm followed by dinner.

GENERAL AFTERNOONS

Except for the visit to the Pyramids of Chi on Wednesday 29th July, all afternoons are free for journaling, pool, your 2 individual spa treatments, or just “being”. There will be an option to travel to UBUD for shopping at hotel designated time in the afternoon of Friday 31st. Or you may prefer to make your own arrangements for some other Bali adventure. Afternoon tea is available daily from 3.00pm. Following our evening meal your time is free until the next morning for yoga.

DAY 3 WEDNESDAY 29th JULY

Your third day will start with yoga from 7.30-9.00 followed by breakfast. We will meet in the yoga room at 11.30 for meditation and a brief introduction about our adventure to the Pyramids of Chi for sound healing in the afternoon. You will have the option to purchase an early lunch at the hotel or at the lovely café of the Pyramids of Chi. You will have some free time to stroll the lovely gardens and integrate your experience following the sound healing before returning to the hotel. Depending on the group's preference, the remainder of the afternoon will be free or we may meet at 5.00 in the yoga room for a 1-hour gathering to process events of the day.

DAY 4 THURSDAY 30th JULY

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Start your fourth day with morning yoga session at 7.30-9.00 and then enjoy your delicious breakfast in the restaurant. We will meet as a group in the yoga room from 11.30-1.00 for mediation and class activities. Then return to the restaurant for lunch. Your afternoon is free until we meet again at 4.30-6.00pm for meditation and class activities.

DAY 5 FRIDAY 31st JULY

Today, will be our usual yoga start to the day at 7.30–9.00 followed by your delicious breakfast in the restaurant. We will meet for meditation and class at 11.30 – 1.00. You will have the option to venture out on your own chosen adventure or take the shuttle to Ubud for shopping (the shuttles are based on Hotel schedules T.B.A). You may like to purchase lunch at the hotel or somewhere new during your outing. The time is totally free in the afternoon with no further class till the following morning.

DAY 6 SATURDAY 1st AUGUST

Our final full day together will start with yoga at 7.30 – 9.00am followed by your chosen breakfast in the restaurant. We will meet for meditation and class activities 11.30-1.00, followed by lunch in the hotel. Your afternoon is free until we meet again in the yoga room at 4.30-6.00 for a drawing together of all that has transpired in your personal retreat journey.

Day 7 SUNDAY 2ND AUGUST 2020

On your final day, you will have the **option** to join in a special yoga class with Master **Arsana. This will be charged at IDR 150,000 per person paid directly to the hotel.** Your delicious breakfast in the restaurant followed by our closing meditation and farewells at 11.00 Check out is at 12:00 p.m.

Retreat Location

Om Ham retreat is set amidst the beauty and tranquillity of rice paddies .It is across the road from an Ashram run by Master Ketut and the general vibe is very tranquil. Strategically located just a 10-minute from Ubud Market and Ubud Royal Palace, Om Ham Retreat and Resort offers an outdoor swimming pool; free Wi-Fi access in all areas of the property. It takes a 15-minute drive from Ubud's Sacred Monkey Forest, and the beautiful Gunung Kawi Temple is reachable within a 25-minute drive. Denpasar international airport is approximately 1.5 hours by car to Om Ham Retreat though heavy traffic can elongate the travel time.

Deposits and Payment

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Any deposits from you are non-refundable. Your place in the retreat can only be guaranteed once we receive full payment. Upon your provision of your payment information, you are authorizing us to make the payment arrangements and contract with the corresponding Suppliers.

Documentation

General information and documents will be sent to our participants electronically via email.

Cancellations and Changes

Your contract with your Suppliers may allow them to cancel or amend bookings. As your Booking Agent, we will ensure that you are promptly notified of any significant changes once we become aware of such change if there is time before your departure, but we accept no liability for any changes or costs incurred that may result. Subject to the Supplier's terms and conditions, you will then have the choice of accepting the change of arrangements, accepting an offer of alternative travel arrangements if one is made available by the Supplier, or cancelling your booked arrangements and receiving any applicable refunds. We have no control over airline schedule changes and accommodation and accept no liability for costs, which may arise as a result of such changes.

Liability - *As we are acting as an agent we have no liability in respect of the supply of any element of your booking, including any liability for illness, personal injury, death or loss of any kind, delay and inconvenience caused directly or indirectly by any provider of travel services or products or by other third parties. Any claim for damages for injury, illness, loss or death must be brought against the relevant supplier of the travel services or products.*

Force Majeure – *Your facilitators Robyn Wood and Jenny Rawson shall not be liable for any loss or damage incurred by you as a consequence of our or any of the suppliers being unable to perform its obligations under your contract(s) due to the unusual or unforeseeable circumstances (a “force majeure event”) beyond the control of the party affected by the force majeure event.*

CANCELLATION POLICY

- 1. There is no refund of your deposit.*
- 2. Any cancellation made up to 60 days prior the schedule retreat of 27th July 2020, will incur a 25% cancellation fee of any additional funds beyond the deposit.*

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3. Any cancellation between 60 to 15 days prior to check in date of 27th July 2020 are subject to 50% charge of the reserved nights.

4. Any cancellation within 14 days or less prior to check-in date of 27th July 2020 are subject to cancellation fee of 100% of the stay.

5. Notification of cancellation accepted only by email.

Travel Insurance – It is mandatory for all participants to take out comprehensive travel insurance at the time of paying a deposit. The policy should provide cover for loss of deposit, cancellation and additional expenses, medical expenses and repatriation and loss or damage to baggage and valuables. You are responsible for making any special or increased insurance arrangements which you deem are necessary.