



Balinese culture is a mix of Hindu-Buddhist religion and local customs, most known for its dance, drama and sculpture. Even in rural places, beautiful temples are a common sight. Art abounds, though it is not done for recognition, because works made by amateur Balinese artists are often regarded as a form of spiritual offering. Something as simple as layered pieces of palm leaf and neat fruit arrangements made by Balinese women are done with great care and attention to detail.



Filled with sacred places, natural beauty and numerous temples, Bali is the perfect destination for an exploration of healing, and what it means to be whole. This retreat will allow you to experience various Balinese healing techniques, participate in local rituals and customs and resonate with the special vibration of this very peaceful part of the world. This experience will take us into some special locations with opportunities to explore our own desires for healing, wholeness and connection with the land, with each other, and with spirit.

Healing in motion is both the theme and the vibe for this soulful journey to ourselves through both stillness and movement, solitude and connection, rest and rejuvenation. We couldn't ask for a more serene and beautiful location from which to pursue this gorgeous goal together. **Floating Leaf Eco Resort** has been named among the top three hotels in all of Bali and top 1-percent of hotels worldwide by trip advisor. Both Conde Nast Traveller and Vogue have raved about the facilities and service, calling it the world's best yoga and wellness retreat. The luxurious rooms, Melati Spa, Yoga Sanctuary and Healing Pool were all created with our ultimate comfort in mind. The grounds feature an organic permaculture garden, two Balinese temples, numerous private meditation areas and koi ponds as well as a large open kitchen where a private chef will prepare delicious nutrient-rich food, suitable for any diet.



The world needs your wholeness . . .

Buried beneath the layers of regret, frustration, disharmony, fear, resentment and anger in the world (and sometimes in each of us), lives a spirit of pure possibility just waiting to be unleashed.

. . . now more than ever

Are You . . .

Feeling restless like your system just can't handle one more upset, disappointment, frustration or challenge? So are we. We created this retreat as an opportunity to provide more peace of mind, freedom and creativity for ourselves, and we decided to invite you along for the ride so you could experience it too.

Concerned about the state of the world and the chaos that bombards us every day?

Who wouldn't be? Things are a bit crazy out there. We will teach you how to manage being in the world through being present in your own body and connecting more intentionally to your own spirit, so that what's happening out there doesn't completely side-track what's happening in here.

Worried about how best to share your talents and gifts in a way that will truly make the biggest possible impact? We each have something unique and special to share with our families, our communities, our society and even our planet, but it's impossible to do that when we are distracted by worries about not being enough. We will help you connect to your own "enoughness" so that you can bring forth your highest gifts. The world needs those now.

Struggling to bring forth something from deep within you that seems to be just out of reach?

You can feel it, can't you? It's just there. So close and yet hidden from view. It's within your grasp, but needs some quiet, some relaxation, some presence in order to come out of hiding. When it does, you'll get to high-five it, then embrace it and finally, walk hand and hand into the future with this special part of you that you have been longing to meet.

Overwhelmed by the depth of feeling all of this brings up to the point that you don't even feel capable to processing it all? We hear you! So many of us have simply shut down our feelings and closed our hearts because it hasn't felt safe to experience all that is coming up inside of us. It is a natural protective mechanism, and when we shield ourselves for too long from the difficult emotions, we block the amazing ones too. We'll open our hearts to a new way of standing in our power instead of shrinking from what feels threatening.

Searching for other people who understand and share your feelings that there must be something more? Many of us have been hiding in the spiritual closet because it didn't feel safe to share our beliefs too widely or shine our lights too brightly. Well, it's time for a coming out party because the planet is calling forth all of our energies to raise the level of consciousness for ourselves and all of humanity.

On the precipice of something magical that is waiting to be brought forth?

Maybe you have felt for a long time that you were here for a bigger purpose and you would gladly bring it into the world if only you knew what it was. What if it were possible to transform what has previously felt like heavy baggage, untenable circumstances, character flaws and unrecoverable mistakes into the very strongest, brightest, most lovable and best parts of you? It is. We can help!

Willing to see everything as a gift to heal you? "It's not happening to you, it's happening FOR you." YES! How great would it feel to know for sure that this is true and everything you've been through that has felt terrible or terrifying has actually been for your highest growth?

You have come to this page for a reason . . .

You're being called to step into a new way of being. To give yourself the space and the peace of mind to create what's next. To experience what is possible in every area of your life – your work, your growth, your health & wellness, your relationships and most of all, your very BEING.

Retreat Benefits:

- * Openings in your heart, mind, body and the connections between all three.
- * Space, time and guidance for connecting to your passion and purpose.
- * Tools for creating more self-compassion, healing and being fully embodied in the seat of your own soul.
- * Balance and equilibrium – a hallmark of the Balinese culture – that will carry forward into your life back home as well. You will learn how to be in sync with life and its many rhythms.
- * Inspiration and empowerment for what matters most to you.
- * Opportunities for one-on-one work with Beth and Tracy before and after the retreat itself.

Our Healing in Motion retreat will encompass the opposing, and yet complimentary energies of:



Purpose and Passion
Creation and Wholeness
Light and Shadow
Harmony and Individuality
Intention and Flow
Body and Spirit
Yin and Yang
Directed and Free
Growth and Stasis
Movement and Stillness
Laughter and Sacredness
Water and Sand
Mind and Heart
Connection and Solitude
Effort and Ease

PRICE INCLUDES

lodging, meals, activities, yoga, local culture, workshops, spa services & airport transportation

- **3 GOURMET MEALS/DAY**

All meals are included in this itinerary. Meals at Floating Leaf consist of high quality, high prana ingredients which are organic and permaculture grown whenever possible. We offer multiple options for meals including vegetarian, vegan and gluten free.

- **DAILY YOGA/HEALING WORKSHOP**

Each day will include yoga, meditation, boundary-breaking and/or processing sessions with your retreat leaders and fellow participants.

- **SPA MASSAGE**

Each participant receives one Balinese Massage Spa Treatment in the award winning Melati Spa at Floating Leaf Eco-Luxury Retreat. Additional treatments including the Herbal Aromatherapy Steam Room, body scrubs, mani/pedi, facials and more offered at a 10% discount.

- **INTRO TO BALI CULTURE**

Breakfast and a Welcome to

Bali presentation. Prof. Mikaku Doliveck and Putu will provide an overview of what we'll experience in Bali, offering some helpful tips on culture, religion, manners and customs, currency, as well as some basic Indonesian phrases.

- **WELCOME DINNER**

- **ART & SHOPPING TOUR**

A professional personal shopping excursion to a silversmithing village, Batik workshops, master woodcarvers and more. With over 2 decades of local experience in exporting we know the very best workshops to get you the best prices and the best quality. For more information please visit our personal shopping page.

- **BALINESE OFFERING MAKING**

Participants will create a traditional offering from natural materials and flowers. They will learn the technique as well as meaning and symbology behind this sacred daily ritual. Participants are

encouraged to bring something of meaning to include in their offering that will be given the following day during a cleansing and purification ceremony at Bali's most holy spring temple.

- **TEMPLE FOUNTAIN CEREMONY**

Floating Leaf Eco-Luxury Retreat offers guided purification rituals at Tempak Siring Water Temple, the most sacred water spring temple in Bali. Tempak Siring is home to the most sacred healing springs in Bali, Tirta Empul Temple. Balinese Hindus from all over Bali journey to the natural springs to help cure their ailments, spiritually cleanse themselves, and return to their villages with holy water to use for a multitude of purposes. For more kindly visit our Purification Ritual page.

- **AIRPORT TRANSFERS**

- **FAREWELL DINNER**

- **FULL USE OF FACILITIES**

