



JOYOGA

*Body Soul Retreat  
by Joyoga*

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Ubud, Bali  
10 to 17 August 2019





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Allow yourself to escape, relax and glow. Get away from everything that keeps you heavy and stuck. Discover yourself...

Experience the gorgeous smells, cleansing rituals, magical waterfalls, explorative walks, serene rice terraces and secret spots the Island of the Gods has to offer.

Take a deep breath, right here with me, and feel the full potential of what might be unfolding for you this year.

In the morning, wake up to the sounds of birds and wild jungle, roosters and the first rays of the sun. During the day, swim under brilliant blue skies, practise yoga, discover, connect and be loved. At night, observe the fireflies.

Come and join me on this **magical journey from 10-17 August 2019** and allow your inner flower to blossom on this magical island.

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## Your invitation

We invite you with open arms to join us for a **7-day retreat at beautiful Trinity Gardens in Ubud, Bali** that will take you on a holistic journey of deep self-discovery and joy.

We have created a space that will allow you to bring together and feel all parts of yourself – physical, emotional, mental, energetic and spiritual. This week is designed to be a yoga retreat for body and soul.

You will be inspired to:

- \* cleanse and declutter your body and mind
- \* get to know yourself and your body
- \* find a way to do that that suits your needs, abilities and desires
- \* connect to yourself and others in a way that is authentic and real
- \* improve your overall sense of wellbeing

You are welcome – no matter your age, level of experience or capability.







## What to expect

- \* Seven nights and seven days of pure bliss at Trinity Gardens, Ubud (arrival on Saturday on 10 August from 2pm, departure on Saturday 17 August before 11am)
- \* Airport transfer from and to Bali Denpasar
- \* Welcome ceremony
- \* 14 yoga practices (Dynamic Flow, Hatha, Yin & Restorative)
- \* Delicious daily breakfast, lunch & dinner (20 plant-based meals, one meal will be covered through Balinese cooking class)
- \* Unlimited fresh, filtered water and herbal tea
- \* Six daily dharma talk sessions
- \* Two magical excursions
- \* Two body therapy treatments of your choice
- \* One Mandala Art Therapy and Chakra Reading
- \* One half-day cooking class
- \* Plenty of time for yourself to relax or explore
- \* 24/7 access to swimming pool
- \* 24/7 access to nature walks and sounds
- \* Farewell dinner at Zest Ubud to connect and celebrate on 17 August (not included in price)
- \* Unlimited Wi-Fi

### GET READY FOR

- \* Experienced magic
- \* Embodied authenticity
- \* Rustic luxury
- \* Felt connection

## Your sanctuary

This space, Trinity Gardens, is a sanctuary of beauty, located on a completely magic piece of land. Surrounded by lush jungle, open rice-fields and winding walks with views of the mountains, Trinity Gardens will offer you a genuine sense of Bali, while staying in villas that offers a unique fusion of Scandinavian simplicity and Balinese antique intricacy.

The experience there will immerse you in the wild mystery of the Island of the Gods. I have travelled many places, yet this calls me to it. I spent a few weeks at Trinity Gardens and can't wait to go back and take you here.

We will have five amazing villas available, all of which offer glorious comfort and amenity:

- \* The Mansion (2 master bedrooms with ensuite, also suitable for couples)
- \* The Den (2 private bedrooms in shared villa with bathroom, kitchen and hangout area)
- \* The Tower (3 private bedrooms in shared villa with bathroom, kitchen and hangout area)
- \* The Barn (1 private villa, also suitable for couples)
- \* The Temple (2 private bedrooms in shared villa with bathroom, kitchen and hangout area)





## What is included

### \* 7 nights' accommodation

Luxuriate yourself in one of the beautiful villas at Trinity Gardens. We offer a variety of private rooms (no twin-share) for individuals and couples in private or shared villas (all with their own kitchen, bathroom and outdoor area), one main building (The Mansion) with big common areas, kitchen, a yoga and outdoor space, and a pool – all surrounded by Ubud's hidden, lush rice fields and the colours and sounds of a beautiful rainforest.

All room choices are glorious and hand-selected. There will be enough space for your privacy and time alone when needed. However, all villas are connected with one another so there is time and space to share and belong.

### \* Plant-based wonder-food

We will nourish your body and soul with a gourmet plant-based menu focusing on finding a balance between cooked and raw ingredients, carefully mixing modern and classical techniques to enhance subtle flavours and refined textures.

The nourishing food served during your stay will bring harmony to your body and mind. Our carefully prepared menu will include selections that are free from gluten, dairy and refined sugars. We will, of course, accommodate any special food requirements or allergies.



# What is included

## \* Daily embodied yoga practice

We will go deep to support and liberate your body with two daily yoga practices – one energising practice in the morning (Hatha, Dynamic Flow) and one calming practice in the afternoon/evening (Yin, Restorative). Your yoga practice will include breathwork (pranayama) and meditation.

If you are a regular student of mine, you will know that all my classes follow a mindful and individual approach – you can expect to be offered a practice with modifications suited to your needs. I have 900 hours of training under my belt to guide you through and tailor any practice to your needs, including injuries and pregnancy.

Please contact me prior the retreat if you are currently managing any specific health conditions. You are in good hands.

## \* Daily dharma talk

Each day of this journey will focus on a different theme or aspect of your life, with our daily dharma talk offering an opportunity to share knowledge, discuss certain aspects of yoga philosophy and how that may impact different areas of our thinking, acting and being. It is incredible what we can tap into when we come together, when we become aware and when we are fully seen and heard. It is the foundation for connection, and this will be our opportunity to create such a space.

With all my heart am I looking forward to sharing this experience with you.







## What is included

### \* Healing and rejuvenating body treatments

It is no secret that body treatments have a revitalising and therapeutic effect on body and mind. We will be offering you two treatments providing balance and restoration to your skin, relaxation to your body and wellbeing to your mind. Choose two 1-hour treatments from a selection of Balinese, Aromatherapy, Hot Stone or Reflexology massages with one of my favourite local therapists.

Additionally, I am happy to arrange body treatments with two of the island's best Ayurvedic/ Chakra therapists for you – every treatment with both of them left me in tears. This will be a treat at additional cost (treatment + driver). Please let me know as soon as possible if you are interested as they book out weeks in advance.

### \* Heart-felt expression

You will be guided through a Chakra Reading, which is a form of psychotherapy during which the trained facilitator – my dear friend Luh – guides you through an artistic process using geometric patterns in an effort to find or restore a sense of healthy mental balance. By painting and drawing a mandala, you will learn to interpret the basic elements of mandala and how to use it as a tool of self-knowledge. Throughout the class Luh will offer you a reading about your chakra (im-) balances, your life path and some tips to balance both. As I am writing this, my personal mandala is hanging on the wall and I could not be more grateful for this very special experience.



## What is included

### \* Self-care & nourishment

You will be taken on a half-day cooking class and a deep-dive into beautiful Balinese culture, introducing you to the Balinese cuisine, herbal secrets and the owner's personal, fascinating stories.

The cooking class will be held by a local family, offering an authentic culinary experience with fresh ingredients from a Balinese market. You will discover a fascinating introduction into exotic ingredients and the unique culinary heritage of the Balinese people.

I spent my Christmas Day 2018 at their beautiful home and would not want to share it with you if it hadn't been such a special experience.

### \* Magical excursions

It's no surprise that magical Bali is known as the Island of the Gods. Like no other place, its volcanic mountains, iconic rice paddies, lush rainforests, endless walks, purifying waterfalls, smiley faces and good spirits have the capacity to bring me home to myself in a matter of days.

Excursions to some of Bali's magical and secret spots are available to you as part of the retreat. However, you can also choose to explore the island on your own or just be in solitude. My network of local friends and guides and I will do our best to guide you to the hidden treasures of the Island of the Gods.





## *An authentic experience and genuine love*

I have been coming to Bali every year for the past five years and each time I have discovered something new – on the island and within myself. I now feel ready to bring you here and share the love.

As most of you know, I recently spent a month in Bali visiting, selecting and experiencing every detail that is offered above – locations, venues, food, daily walks, excursions, body therapists and workshops.

You are invited to join a hand-selected, personal journey that is authentic and coming from a place of love. I am here to share this with you, creating an environment of self-discovery, rejuvenation and connection – with ourselves and to others.

### WHAT IS NOT INCLUDED

- ✦ Flights in and out of Bali
- ✦ Travel insurance, including medical, loss and trip cancellation or interruption insurance
- ✦ Indonesian visa
- ✦ Laundry service
- ✦ Pick-up outside of designated airport areas
- ✦ Transport to and from activities/treatments not included in the treatment plan above
- ✦ Celebration dinner at Zest Ubud on 17 August 2019



# What is your heart's longing?

- \* Private bedroom/villa (The Mansion or Barn), including own bathroom  
Early Bird\* special: \$2,295\*\*  
Full price: \$2,595
- \* Private bedroom in villa (The Den, The Tower or The Temple), shared bathroom  
Early Bird special: \$2,195  
Full price: \$2,495

Please contact me for more information and booking or head here:  
<https://joyoga.net/program/body-soul-retreat-bali-10-to-17-august-2019/>.

\* Early Bird special applies until 24 June 2019.

\*\* All prices are in Australian Dollars (AUD).

Terms and conditions apply.







# TRINITY GARDENS

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