



JACQUELINE HEART & SOUL



YOUR ITINERARY

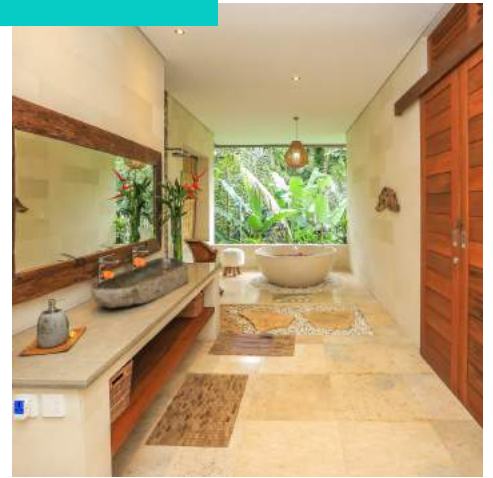
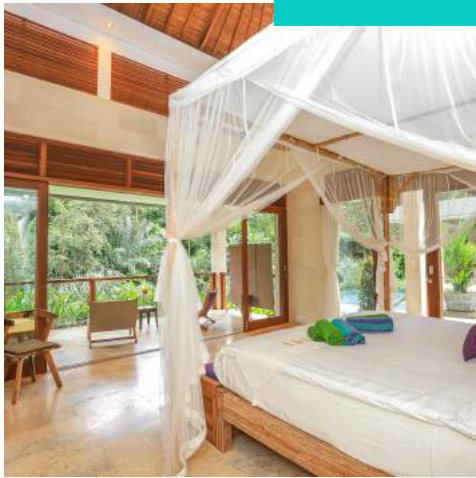
[FACEBOOK](#)

This retreat is a gathering of likeminded souls who wish to bring peace and harmony into their lives by going within and healing their beautiful Sacred Heart. We will journey deep into our innate knowing, through meditation, deep questioning and contemplation, journaling and sharing.

You have everything you already need inside you to change your life. I would love to share that journey with you as a guide and a holder of sacred space for you to heal and bloom!

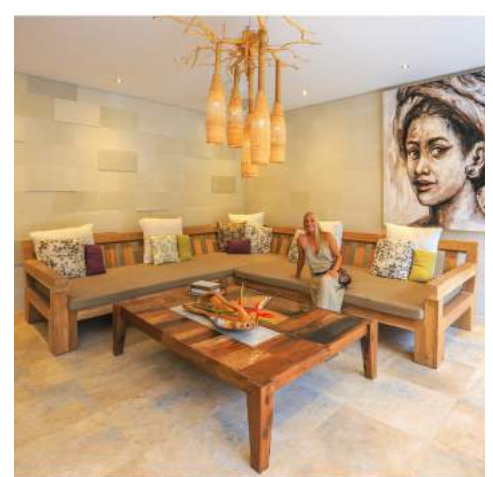
Our retreat will be a mixture of workshops, activities, beautiful food, laughter and sharing.

DAY 1



Arrive at your beautiful luxury accommodation in Ubud, Bali. We will receive a Welcoming Balinese Ceremony then we have the afternoon to relax or explore Ubud.

Welcome Dinner – Either at the accommodation by the Chef or we can book a restaurant in Ubud.



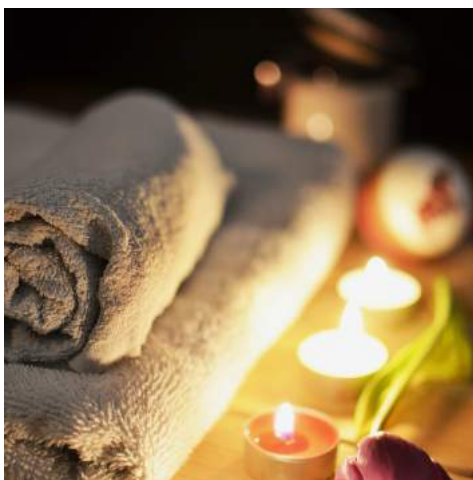
DAY 2



We begin our day with a healthy breakfast. Following breakfast we will begin our first Workshop – Sacred Heart Meditation. We will learn how to go within, what that means to you and how it feels. This will be different for everyone. Tapping into your inner knowing and trusting what you feel will help you in your every day experiences and choices.

Activity – ½ Day Excursion – Including a Raw Food lunch made by a renowned chef in beautiful garden café in Ubud. Then be pampered in a relaxing atmosphere and receive a massage combined with a facial or body scrub.

Dinner – We can either book one of the fabulous restaurants in Ubud or get our Chef to cook us up something wonderful.



DAY 3



Begin the day with a healthy breakfast followed by our second Workshop – Sacred Heart and Soul Healing. We will go on a journey within to identify, heal and release trauma, abuse, childhood pain and limiting beliefs. Gain a better understanding as to how they are playing out in your life today. The layers of pain are released allowing you to go deeper. Your inner knowing will be your guide and you will come to trust this part of you as we go. Healing your inner child begins with listening. Life will always deliver us the people and experiences we need to heal, grow and know our truth. Do you react or respond?

Lunch is included at our accommodation. We have our own chef to create something wonderful for us. Dietary allergies are taken into consideration so please let us know if you have any. Tea, coffee and cold drinks available.

Afternoon Activity – Sound Healing with Mark. Mark utilises Tibetan Singing Bowls as a wonderful way to heal the body mentally, physically and spiritually. These bowls create vibrations that clear, rebalance and ground the energy body as well as improve the flow of energy.

Dinner – We can either book one of the fabulous restaurants in Ubud or our Chef will cook us up something wonderful.



DAY 4

Today is a full day excursion with Toples Tours. Putu and his crew will show you the magic that is Bali. Have a group, no worries we can take more cars or the van. All around the Island, through beautiful local villages, see some hidden waterfalls, amazing rice fields and countryside and so much more.

Roof up or down, the whole trip will be one big photo opportunity with the wind in your hair taking you to all the beautiful places that Bali has to offer.



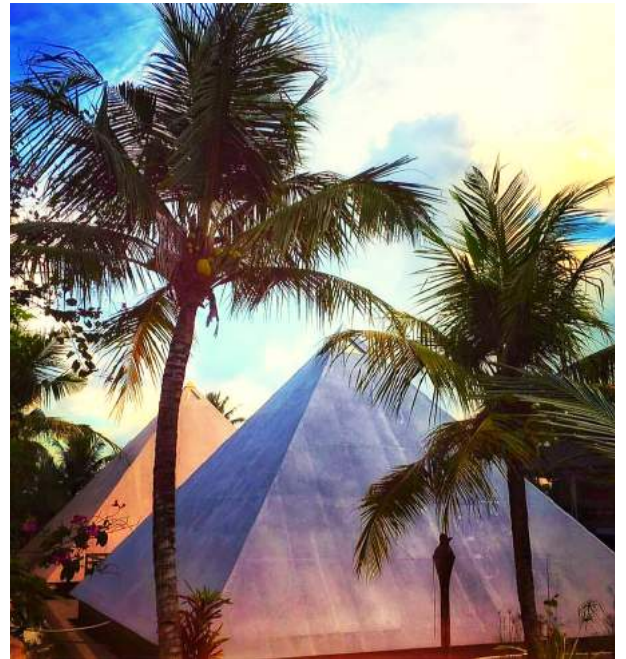
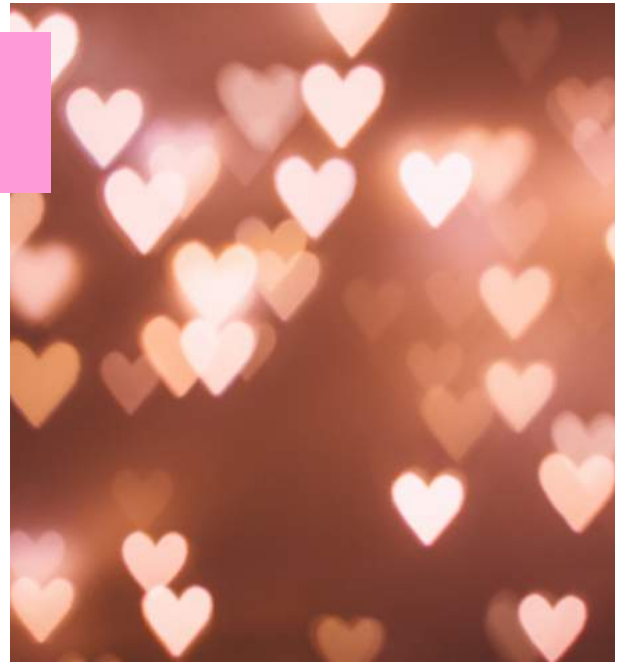
DAY 5

We start our day with a healthy breakfast followed by our next Workshop – Sacred Heart and Soul Healing – Self Love and finding balance and peace within ourselves. The more love and peace you feel for yourself the more life will reflect that back to you. To find that love and peace we need to first identify what is causing conflict in our lives. Our first step is looking inside ourselves and seeing the story we tell ourselves, who we blame, what we see in others and where we create drama. Shame, guilt, revenge, betrayal, anger all have a story to tell us about ourselves. This is a path of self discovery, understanding and forgiveness and in the process you will love yourself more deeply. We will identify old patterns playing out, the power they have over you, acting from wounds and self sabotage.

Lunch is included at our accommodation.

Free Afternoon. Time for you to relax, journal, go for a walk or get the shuttle into Ubud. There will also be Private Healing Sessions – Appointment times will be allotted.

Dinner – Either at one of the fabulous restaurants in Ubud or our Chef will cook us up something wonderful.



DAY 6

Begin our day with a healthy breakfast. This morning we will travel to the Pyramids of Chi. An immersive Ancient Sound Healing Session in the Pyramid of the Sun, a spectacular 14 meter gold painted pyramid 1/16 scale to the Great Pyramid of Giza. The rhythmic frequencies produced by the ancient instruments propel you into a deep meditative state, allowing you to relax, release and heal. Lunch is provided at the accommodation.

Free Afternoon to relax, go into Ubud on a shuttle bus or go exploring. Private Healing Sessions – Appointment times will be allotted.

Dinner – Either in Ubud at one of the fabulous restaurants or our Chef will create something wonderful at the resort.

DAY 7



Developing Conscious Relationships. Letting go of the heaviness of the Past and opening up to Love, Peace and Knowing your True Self. We will go over what we have covered in our previous workshops.

What is a conscious relationship? How do you care for yourself? Look at your relationships, what are they telling you? What kind of a relationship are you looking for? Have your past relationships been the same thing over and over? As they say "its an inside job!".

Lunch is provided at the accommodation.

This afternoons activity is Balance and Bloom – A sensuous experience lead by Vanessa, a Gong Master, sound healer and devoted yogi. This session begins with a tea ceremony, followed by some gentle yin yoga and finishing off with a powerful sound healing session.

Dinner – Either at one of the fabulous restaurants in Ubud or our Chef will create something wonderful.

DAY 8



Begin the day with our healthy breakfast. We come together for our last morning to share our experiences over the past week. We will do a circle meditation to honour and bless ourselves for showing up and having the courage to go deep. We will also send love to Gaia (Mother Earth) and hold her in our hearts with the gratitude and love she so deserves. The Shuttle Bus will pick us up and take us to the airport.

TERMS & CONDITIONS



INCLUDED IN PRICE

- 7 nights accommodation
- 7 breakfasts & 4 lunches
- All activities as shown on the itinerary are included
- All scheduled transfers to and from the airport and 1 daily pick up and drop off.
 - A personal healing session with Jacquie (including crystals, music, flowers, essential oils and Energy Healing)

COSTS NOT INCLUDED

- Flights to and from Bali
- Meals not mentioned above
- Transfers to and from optional activities and appointments outside the scheduled times
 - Medical expenses
- Any unforeseen accident, injury and/or damage to property
 - Hire of personal scooter or motor vehicle
 - Travel insurance
 - Toiletries
- Special meal requirements not already discussed

OPTIONAL EXTRAS

- Yoga at 7am each morning in the villa - PRICE TBA
- Balinese Cooking Class - 400,000IDR (approx \$30USD) per person

The cost of food and other expenses in Bali is very affordable, so minimal spending money will be required. For example, most meals range from about 5-10 USD and similarly for massages.

THE ITINERARY MAY BE SUBJECT TO CHANGE DEPENDING ON AVAILABILITY AND WEATHER RESTRICTIONS.

FOLLOW YOUR HEART - HEALING RETREAT BALI