

50+ and Fabulous

BALI RETREAT: 20-27 November, 2022

with
Laurie Broomberg



YOUR ITINERARY

Fellow 50+ Wonder Women

Welcome to the 50+ and Fabulous Retreat! I'm so thrilled to be your host as together we adventure, explore, heal, grow, relax and embrace this thing called life after 50 with new energies and wisdom.

I'm Laurie, your guide for this week of exploration in Bali, where we will experience the Balinese culture, immerse ourselves in nature at its best, get our creative juices flowing, pamper ourselves into oblivion, indulge in delicious cuisine, make new friends, unleash your need for an adrenalin rush (always optional), laugh, cry and everything in between.

Be prepared for what Bali will offer you - keep an open heart and an open mind and all that you wish for will be delivered! I will certainly do my best to provide you with a fulfilling journey of new discoveries within, and around you.





DAY 1 - Settle in

At 2pm, you will arrive at our beautiful 4.5* Resort in Ubud. Relax, ground yourself and settle in to your new surroundings.

At 4pm we will gather together for introductions and a Balinese Welcome and Blessing Ceremony.

At 6.30pm, Dinner will be served at the Hotel for introductions and getting to know your fellow retreaters/ life lovers.



DAY 2 - Culture



Breakfast at 7.30am as we will leave for our days adventure by latest 8.30am. We will travel to a sacred water temple surrounded by ancient shrines and crystal-clear water fed by natural springs. Here we will take part in a traditional ancient water healing ceremony where we will be cleansed and blessed in natural holy water. (Please Note: Entrance to the temple is not permissible for those who are menstruating - if thats still such a thing at our age LOL). The Balinese believe that bathing in these waters is a very healing and spiritual experience and many important rituals are held here. This will be the perfect opportunity to set your intention for the rest of the week, to release and let go of what is no longer serving you, and of course, time to bond with your travellers.

Lunch is at the amazing Tegallalang Rice Terraces as we overlook the breathtaking scenery. Followed by a swing to freedom out over the rice fields (optional adrenaline rush, for those who want to embrace their youth and fit in with all the 20 somethings getting the perfect Insta shot!). We will finish this day off with some coffee and tea tasting with the famous Luwak Kopi makers. The Luwak Kopi (coffee) is considered a delicacy among avid coffee enthusiasts. (You will return to the hotel btw 3-4pm)

Free time to explore the restaurants in Ubud, or stay in and rest.

DAY 3 - Pamper Day



For those of you who are up for Yoga (im a Qualified teacher) or a walk on the Campuhan ridge, a little excersize before breakfast, and then the reward of a day of pamper!

A 2 hr spa package awaits, choose from Full body massages, mani, pedi, scrubs.... a whole menu of joy to choose from. Free time for lunch, followed by more relaxation as we head for the hot and cold pools of the Tjampuhan spa beside the River Tjampuhan. Steam rooms and saunas are available for use as well as the hotel swimming pool for a bit of vitamin D. A real Chill Day!

DAY 4 - Creative Day

After some gentle yoga and breakfast, we will head to a traditional Balinese village where we will embark on a culinary adventure, unlocking the secrets of authentic Balinese cooking, utilizing traditional ingredients which we will find at the local market before learning preparation methods in a fully equipped community village kitchen. Of course we will eat the products of our culinary skills for lunch.

For the afternoon - "Batik" is a traditional process of dyeing whole cloth with beautiful patterns that originated in Indonesia. This 3-hour batik-making experience, will allow you to embrace your artistic side as you create your own unique design, with all the materials and guidance provided by a Balinese Batik Guru. The workshop will be easy and relaxing allowing you to create a masterpiece that you can take home with you.



DAY 5 - Spiritual Day



A walk through the rice paddies and a hearty breakfast before you take some time to explore Ubud, the shops, the Market, Monkey Forest, or chill by the pool.

You may opt for a leisurely lunch in town, but be back at the hotel by 2.15pm and prepare to be wowed with an immersive Ancient Sound Healing Session starting at 3pm at Ubud's famous Pyramids of Chi, where you will be propelled into a deep meditative state, connecting to the chakra system and allowing your body to feel, heal, relax and release.



DAY 6 - Boats and Snorkelling

An early breakfast, then grab your beachwear as we head out to Sanur Beach to catch a boat over to Nusa Lembongan and Penida (40 min boat ride), where we will snorkel at a few different sites around the islands. Look out for Manta rays!!

A chance for you to breathe in that fresh ocean air and feel the sand between your toes, with a late lunch and some lounging on the sun-beds while sipping on fresh coconuts and take a refreshing dip. (lunch is included)

If the sun is not your thing, take a walk along the beach path, and do some shopping at the local stalls.

We head back to Ubud around 5pm



DAY 7 - Nature Day



After a gentle yoga session and breakfast, our guide Putu will show us some of the best Waterfalls/ Nature in Bali, as we take a drive in a topless car, wind in our hair, and views that are out of this world. Nature in Bali is like none other – 50 shades of green is an understatement. The plants, trees, flowers, its hard to describe the sheer beauty of what exists here in its natural state.



The afternoon is free for optional extra adventuring in Nature – Take a quad bike through the jungle, ride the gentle rapids of the Ayung river (breath taking surroundings), or ride an electric bike through the rice fields (uphills are a breeze!!)..... or more shopping in Ubud.

Farewell dinner with a sunset view

DAY 8 - Farewell

The final morning yoga flow and breakfast, followed by a sharing circle and a few hours to relax/ pack/shop before check out of the hotel at 12pm.

I hate goodbyes, so this will just be 'until we meet again'.....

Airport transfers, or a ride to your next hotel if you are staying on in Bali....



TERMS AND CONDITIONS



Included in price:

- 7 nights 4.5* accommodation
- 7 breakfasts
- 3 lunches
- Welcome and Farewell Dinner
- All activities as shown on the itinerary are included
- All scheduled transfers to and from the airport

Costs NOT included:

- Flights to and from Bali
- Meals not mentioned above
- Optional extra activities
- 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 - Required to participate in retreat
 - Toiletries

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

Cancellation Policy

Full refund if i have to cancel the retreat due to Global/ Pandemic Issues.

If you cancel due to personal reasons:

MORE THAN 60 DAYS BEFORE RETREAT DATE: 50% refund (excluding non-refundable deposit)

LESS THAN 60 DAYS BEFORE RETREAT DATE: No refund will be given