



PRESENTS
SOBRIETY SISTERHOOD WELLNESS RETREAT BALI

YOUR ITINERARY - 13TH - 20TH NOVEMBER 2022



Join your Sober Sisters in Sacred Bali for an 8 day journey to alcohol freedom. During this unforgettable experience we will share in the practice of daily yoga, body movement and recovery circles to bring calm, peace of mind, growth and transformation.

We will come together in a safe and supportive space to explore the ability to shift your mindset so that you are able to feel empowered to build a better life free from alcohol. Each day will bring an opportunity to immerse yourself in the culture and beauty of Bali as well as connect with your sisters in recovery, to learn and grow together in this healing environment.

Join Ellen, founder of Sobriety Sisterhood and her associate Kate for a time of relaxation, sisterhood, fun and adventure.



DAY 1

You will arrive at your beautiful accommodation in Ubud. Check in is from 2pm onwards. If you arrive early, feel free to drop your bags and head into Ubud town for some exploring. The amazing resort team will be at your service to help.

We will all come together at 6pm to partake in a traditional Balinese Welcome Ceremony and a delicious Balinese dinner. You will have time to meet the other sober sisters that you will share this journey with. Then we'll have time for rest and getting ready for the next amazing day in Bali.



DAY 2



Begin your first full day a morning yoga flow class to get grounded and centered. We will then gather together in our first recovery circle to connect and set intentions. Next, breakfast and then off to the Balinese Water Ceremony.

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. 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 journey, to release and let go of what is no longer serving you, and of course, time to bond with your fellow sisters. Then lunch is at the amazing Tegallang Rice Terraces as we overlook the breathtaking scenery. Lunch is followed by a swing to freedom out over the rice fields.

We then head back to the resort for free time.

6pm to 7pm - Recovery women's circle with your hosts and fellow sisters

7pm - Dinner and free time.

DAY 3



Join Alex for morning Yoga

Followed by breakfast, after breakfast you will join Ellen and Kate for a recovery circle followed by an optional fitness session with Kate. Then some time to relax by the pool.

You have free time to head to Ubud town to have a massage, or check out the many amazing shops and markets, or stay at the resort to relax by the pool or anything else you feel like indulging in, let us know what you would like to do and we will try our best to assist.

Dinner at resort.

DAY 4

Start your day with a wonderful morning yoga flow followed by a delicious breakfast.

We will then head to the amazing Pyramids of Chi for the 11am Sound Healing Session. This is a once in a lifetime experience! Let the sounds of the ancient instruments bring you to a place of joy and bliss.

We have free time this afternoon to connect with one another, relax by the pool, get a massage, or go to Ubud town.

Join Ellen & Kate for dinner at the resort.





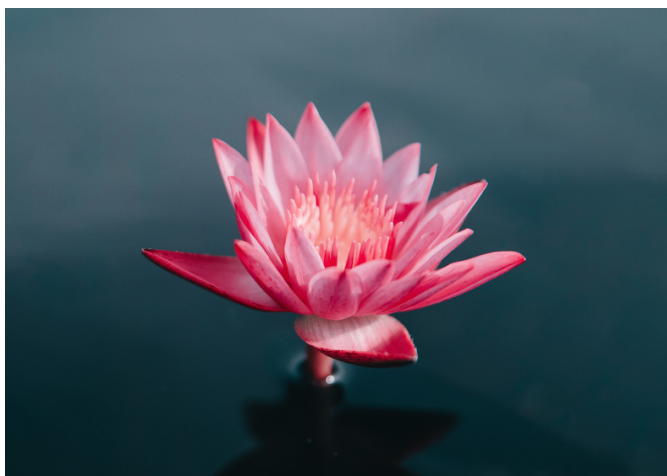
DAY 5

Early start today - Pick up is at 7am ready to go on an adventure.

We will be exploring and discovering the beauty of hidden treasure of Sambangan Village has wonderful amazing waterfalls and scenery.

This beautiful trekking adventure combines all aspects of life concern with nature, agriculture, education. We will be picked up from Ubud and spend most of the day in the beautiful village, hiking & swimming in the refreshing waterfalls before heading back to Ubud in the afternoon.

We join later in the early evening for a recovery circle and get together, followed by dinner together.



DAY 6

Greet the day with another yoga flow session and then breakfast. After breakfast we will join Ellen and Kate for a recovery circle.

After our morning session at approximately 10am, we head to a traditional home style cooking class with the lovely Putu and her family at their charming home in Ubud.

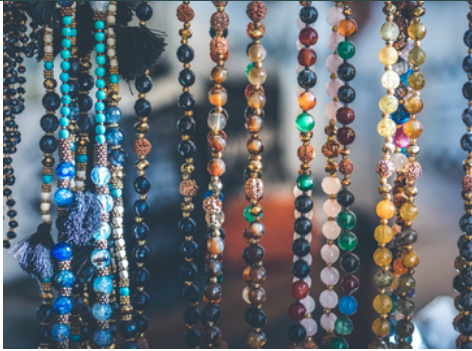
Here we get to channel our inner chef as we learn how to cook an assortment of delicious Balinese dishes and then enjoy our culinary delights for lunch.

After lunch you have free time to head back to the resort to chill or head into Ubud for a massage or some shopping, your time to relax.

Meet Ellen and Kate for dinner at the resort.



DAY 7



We start our last full day together with a yoga flow and then breakfast. After breakfast we will gather for a recovery circle to check in with each other and talk about our journey.

After lunch we will get creative and design our own Mala bead necklace, join the amazing Yuni as she explains all about Mala and offers a beautiful Mala bead meditation with us after we have created our master pieces. This Mala will be a beautiful reminder of your journey in Bali together.

It's our last day in Bali so we have left the afternoon for free time for lounging by the pool, last minute shopping, massages and treatments, packing, and anything else you want to do before you go.

At 6.30pm, we will gather back at the resort to have a special final dinner and a Closing Ceremony.

DAY 8



Greet this final day with another yoga flow session and yummy breakfast. After breakfast, we will join together for a final recovery circle, reflecting on the time we've spent together. Then we part ways, to each continue on our own individual recovery journey of healing, growth and transformation with the love and support Ellen and Kate. An experience never to be forgotten. Check out is 12pm.

OUR RESORT



Serene Jungle View Retreat provides accommodation with a restaurant, free private parking, an outdoor swimming pool and a garden. Each accommodation at the 4-star hotel has garden views, and guests can enjoy access to a terrace.

The accommodation features a 24-hour front desk, airport transfers, room service and free WiFi. Guest rooms are equipped with air conditioning, a flat-screen TV with satellite channels, a kettle, a hot tub, a hairdryer and a desk.

Featuring a private bathroom with a bidet and free toiletries, rooms at the hotel also offer pool view. At Serene Jungle View Resort each room is fitted with a seating area.

Guests at the accommodation can enjoy a continental or a à la carte breakfast.



ACCOMMODATION INCLUDES:

- 1.8k from Ubud City. Welcome drink and cold towel upon arrival
- Garden or Pool view room
- Breakfast
- Complimentary shared shuttle service to Ubud Center based on daily schedule (09:00/13:00/17:00)
- Complimentary fruit basket upon arrival (Applicable for Villa type)
- Complimentary daily afternoon tea 15:00 - 17:00 (Applicable for Villa type)
- Complimentary use of Yukata and kimono slippers in the room
- Complimentary daily 2 bottles of water Toiletries – Free Wifi – TV – Minibar – Air-conditioning

In case of emergency Resort number – International +6287853293516

Retreat Host – Ellen +33 7 81 86 43 01 & Kate +41 79 781 77 27

Retreat Company – Maree – Soul Bliss Journeys +6282144656112

TERMS & CONDITIONS



Included in price:

Private room £1725

- 7 nights private accommodation
 - 7 breakfasts
 - 6 Dinners
- All activities as shown on the itinerary are included
- All scheduled transfers to and from the airport and activities.

Costs NOT included:

- Flights to and from Bali
- Meals not mentioned above
- Transfers to and from town in free time, other than the resorts free shuttle times.
 - Medical expenses
- Any unforeseen accident, injury and/or damage to property
 - Hire of personal scooter or motor vehicle
 - Travel insurance
- Special meal requirements not already discussed

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.

PAYMENTS & REFUNDS



A £500 NON REFUNDABLE DEPOSIT IS DUE AT REGISTRATION. ALL OTHER PAYMENTS ARE DUE ACCORDING TO THE SCHEDULE LISTED BELOW.

SHOULD TRAVEL RESTRICTIONS OUT OF OUR CONTROL INTERFERE WITH THE RETREAT AS PLANNED, THE RETREAT WILL BE POSTPONED AND YOU WILL HAVE THE OPTION TO APPLY YOUR DEPOSITS AND PAYMENTS TO THE NEW DATES. A FULL REFUND MINUS THE DEPOSIT IS AVAILABLE UNTIL 3 MONTHS BEFORE THE RETREAT. AFTER THAT NO REFUNDS WILL BE AVAILABLE BECAUSE OUR PAYMENT IS DUE TO THE RESORT AT THAT TIME, IF THE RETREAT IS POSTPONED AFTER THIS TIME DUE TO COVID RESTRICTIONS STOPPING US FROM GETTING INTO BALI, YOUR PAYMENT WILL BE A CREDIT FOR THE POSTPONED RETREAT. IT IS REQUIRED TO PURCHASE TRIP INSURANCE TO COVER ANY UNFORESEEN CIRCUMSTANCES AND IF YOU DECIDE TO CANCEL FOR ANY REASON AFTER THE FULL PAYMENT IS MADE AT TWO MONTHS BEFORE. PLEASE PROVIDE A COPY OF YOUR INSURANCE TO ME WITH YOUR FINAL PAYMENT.

RELEASE OF LIABILITY

I AM AWARE THAT DURING MY PARTICIPATION ON THE BALI RETREAT THAT CERTAIN RISKS AND DANGERS MAY ARISE, INCLUDING, BUT NOT LIMITED TO, THE HAZARDS OF TRAVELING TO THE RETREAT LOCATION, FORCES OF NATURE, AN ACCIDENT OR THE ONSET OF ILLNESS. ALSO I AM AWARE AND CLEARLY UNDERSTAND THAT SOUL BLISS JOURNEYS (RETREAT PROVIDER) AND THE SOBRIETY SISTERHOOD DOES NOT HAVE LIABILITY REGARDING PROVISION OF MEDICAL CARE, THE SPEED OF EVACUATION OR THE ADEQUACY OF ANY CARE THAT MAY BE RENDERED. I UNDERSTAND THAT SOUL BLISS JOURNEYS AND THE SOBRIETY SISTERHOOD WILL USE THEIR BEST EFFORTS TO ENSURE THAT ALL ADEQUATE MEASURES ARE TAKEN TO AVOID SUCH OCCURRENCES. CERTAIN RISKS AND DANGERS MAY ARISE ON YOUR RETREAT, INCLUDING, BUT NOT LIMITED TO, THE HAZARDS OF TRAVELING TO THE RETREAT LOCATION, FORCES OF NATURE, AN ACCIDENT OR THE ONSET OF ILLNESS. SOUL BLISS JOURNEYS AND THE SOBRIETY SISTERHOOD WILL NOT BE HELD LIABLE FOR EVENTS ARISING OUT OF OR RELATING TO ANY INJURY, LOSS OR DAMAGE TO PERSON AND PROPERTY THAT MAY BE SUSTAINED AS A RESULT OF PARTICIPATION IN THE BALI RETREAT. SOUL BLISS JOURNEYS AND THE SOBRIETY SISTERHOOD IS RELEASED OF ALL CLAIMS, ACTIONS, LAWSUITS, DAMAGES ARISING OUT OF YOUR PARTICIPATION ON THE RETREAT. EACH PARTICIPATE NEEDS TO HAVE THEIR OWN TRAVEL INSURANCE TO COVER ANY UNFORESEEN ISSUES. WE RECOMMEND YOU ALSO INCLUDE A "CANCEL FOR ANY REASON" CLAUSE IN YOUR INSURANCE. THE PARTICIPATE TAKES FULL RESPONSIBILITY IN ATTENDING THIS BALI RETREAT.

BY SIGNING THE RETREAT CONTRACT I AM VOLUNTARILY PARTICIPATING IN THESE ACTIVITIES WITH THE KNOWLEDGE OF THE DANGERS INVOLVED AND HEREBY AGREE TO ACCEPT ANY RISKS. AS LAWFUL CONSIDERATION FOR THE AGREEMENT WITH SOUL BLISS JOURNEYS & THE SOBRIETY SISTERHOOD TO PARTICIPATE IN THIS RETREAT, I HEREBY AGREE THAT I WILL NOT MAKE ANY CLAIM AGAINST SOUL BLISS JOURNEYS & THE SOUL SCHOOL AND ITS OWNERS FROM ALL CLAIM ACTIONS AND DEMANDS THAT I MAY HAVE FOR BODILY INJURY, DEATH, OR PROPERTY DAMAGE ARISING FROM MY PARTICIPATION IN THIS RETREAT. SIGNING OF THE RETREAT CONTRACT WILL SERVE AS MY RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT.

PAYMENT SCHEDULE

DEPOSIT TO SECURE YOUR SPOT: £500 NON REFUNDABLE.

FOUR MONTHS PRIOR TO DATE OF RETREAT: 13TH JULY 2022 - £612.50

TWO MONTHS PRIOR TO THE DATE OF RETREAT: 13TH SEPTEMBER 2022 - £612.50

PLEASE CONTACT ME IF YOU WOULD LIKE TO PAY MONTHLY TO SPREAD OUT THE PAYMENTS.

ATTENDEE IS RESPONSIBLE FOR COSTS ASSOCIATED WITH FLIGHT TO/FROM BALI + ANY MEALS, ACTIVITIES OR EXPENSES NOT INCLUDED IN THE RETREAT PACKAGE. PLEASE SEE RETREAT PACKAGE FOR ALL INCLUSIONS.