

50+ and Fabulous

BALI RETREAT: 4-11 November, 2024

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 5* accommodation in Ubud. Relax, ground yourself and settle in to your new surroundings.

At 5pm 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.



DAY 2 - Culture



Breakfast at 8am as we will leave for our days adventure by latest 9.30am. 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 Tegalalang 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)

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 90 min 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 villiage where we will embark on a culinary adventure, unlocking the secrets of authentic Balinese cooking, utilising 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.



The afternoon is free to explore all the nooks and crannys of central Ubud - shop till you drop, try out a fabulous restaurant (there are so many choices), or just chill by the pool at the hotel.



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 4pm and prepare to be wowed with an immersive Ancient Sound Healing Session starting at 5pm 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 - Snorkelling and Lunch

A morning yoga session, breakfast, then grab your swimwear as we head to the Eastern coastline of Bali (Padang Bai) for a morning of snorkelling followed by lunch up in the hills with magnificent views, a pool to relax in and a spa (if you choose to have a massage- not included in price)



DAY 7 - Free Day



After a gentle yoga session and breakfast, you get to choose how you will send your last day in Ubud - there are so many activities available - Maybe take a day tour and visit an area not yet explored, ride an ATV, have a white water experience, do an art class or learn Batik.... the options are endless!!!

We will all meet for sundowners at 5pm and a farewell dinner at the most stunning viewing point overlooking the Agung River for our last meal together.

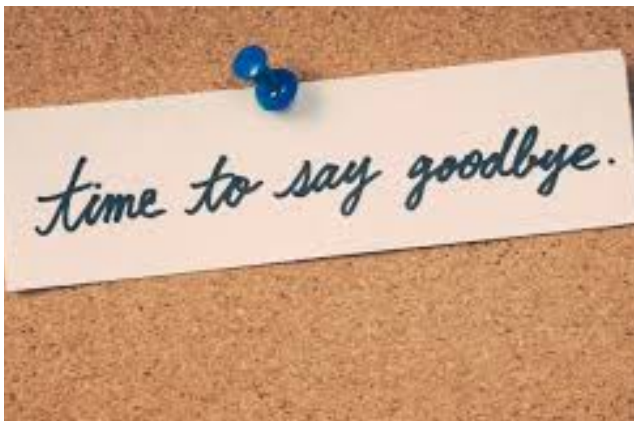


DAY 8 - Farewell

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 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.

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

50% refund (excluding non-refundable deposit) if you decide to cancel for
personal reasons within 90 days of the retreat start date.