

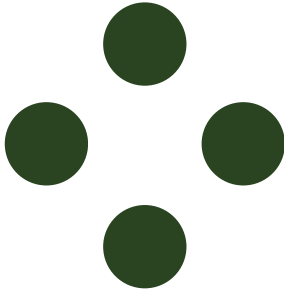


THE GREAT

ESCAPE

A 7-DAY RETREAT REJUVENATE,
RECONNECT, AND REDISCOVER.





THE GREAT ESCAPE

20-26 JULY
BALI

"EXPERIENCES YOU DIDN'T KNOW EXISTED"

A 7 day immersive experience to reconnect, recharge, and transform in the heart of Ubud's lush jungle. You've been building, pushing, surviving. And somewhere along the way, that inner fire of the one craving adventure, connection, and aliveness got buried beneath deadlines and routines. But it's still there. And it's calling.

The Great Escape is more than a retreat. It's a full body, full heart reset in the spiritual heart of Bali in Ubud. A week to wake up your senses, move your body, and reconnect to what truly matters through movement, nature, breath, and community.

Imagine returning after 7 days feeling clear, grounded and fully alive back in your body, energized and inspired. This isn't just yoga and smoothies. It's jungle hikes, mountaintop breathwork, and sound healing by sacred waterfalls. It's deep connection with likeminded souls, guided by worldclass facilitators who hold space for your transformation. Each day awakens a different part of you. The warrior. The seeker. The child. The one who feels again. This isn't a vacation. It's a journey back to yourself. Back into presence. Back into your greatness.

Health



Fuel your body with nourishing meals, personalized wellness routines, and expert-led sessions focused on enhancing your physical vitality.

Wellness



Recenter and recharge with activities that nurture your inner peace. Our retreats create a sanctuary for your mind and soul.

Sports



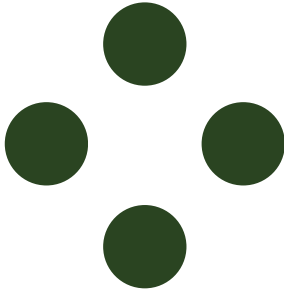
Challenge yourself with adventure- packed activities, fitness classes and outdoor excursions.

Adventure



Experience the extraordinary with curated excursions and bucket-list activities.





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Welcome to The Great Escape

Where luxury meets transformation. Nestled in a tranquil village just outside Ubud, this stunning retreat is your gateway to an experience like no other. Surrounded by lush rice fields, swaying bamboo groves, and the serene jungle, every detail of this sanctuary is crafted to rejuvenate your mind, body, and soul.

Immerse yourself in an environment where the soothing sounds of a nearby river, the gentle rustling of jungle leaves, and the sight of sunlit bamboo create a peaceful ambiance to revitalize your spirit. Whether it's forming lifelong friendships, embracing self-discovery, or immersing in local traditions, this retreat offers an unforgettable adventure designed to recharge, reconnect, and rediscover yourself.



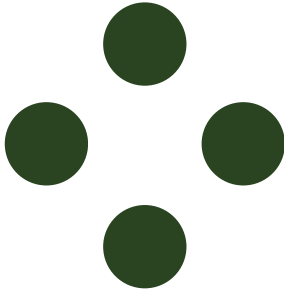
A Place of Transformation

The venue offers a stunning yoga shala with jungle views, serene meditation spots, and luxurious accommodations blending French elegance with Balinese charm. Relax by the infinity pool, enjoy nourishing communal meals, or explore nature's beauty just steps away.

Paths lined with bamboo and coconut trees lead to spaces for rest and adventure, including a hidden waterfall perfect for purification ceremonies, breathwork, and self-reflection. Morning light filters through the greenery, inspiring tranquility and connection.

More than an escape, this retreat is your gateway to renewal, an unforgettable journey of growth, connection, and transformation.





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What is included?

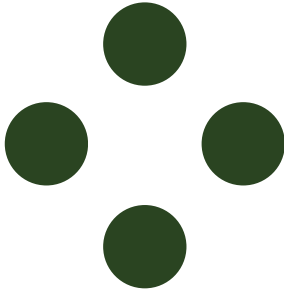
- 6 nights accommodation in serene and beautifully crafted rooms, 7 days of activities.
- Daily yoga, meditation, and fitness sessions led by experienced facilitators.
- All meals included: Nutritious and delicious breakfasts, lunches, and dinners, featuring local, organic cuisine.
- Wellness activities: Sound healing, spa treatments, and holistic workshops.
- Adventure excursions: Guided hikes, waterfall explorations, rice field walks.
- Access to retreat amenities, including pool, yoga and meditation shala.
- Workshops and sessions on journaling, mindfulness, and sleep optimization.
- Complimentary airport transfers for your convenience.
- Group reflection activities, including a farewell dinner and campfire experience.



Highlights

- **Bespoke Retreat:** World-class facilitators and unique experiences in breathtaking locations designed to inspire transformation.
- **Holistic Wellness:** Yoga, meditation, sound healing and breathwork to refresh your body, mind and soul.
- **Adventure Awaits:** Explore lush jungles, stunning waterfalls and bucket-list experiences that awaken your spirit.
- **Culinary Delights:** Nourishing meals crafted from local, organic ingredients to fuel and rejuvenate your body.
- **A Like-Minded Community:** Forge lasting connections with like-minded individuals through shared activities and workshops.
- **Transformative Highlights:** Sunrise treks, water purification ceremonies, art therapy and 1-on-1 sessions for self-discovery.
- **Serene Sanctuary:** A luxurious villa with a yoga shala, infinity pool and tranquil spaces surrounded by rice fields and jungle.





THE GREAT ESCAPE

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ROOMS & RETREAT AMENITIES



Shared Rooms

Perfect for those seeking connection, our shared rooms are designed to foster community. Featuring cozy twin beds, air conditioning, and tranquil views, these spaces balance comfort and camaraderie.



Deluxe Rooms

For those desiring a touch of luxury, our deluxe rooms offer spacious elegance with king-sized beds, ensuite bathrooms, and breathtaking views of the surrounding jungle.



Yoga Shala

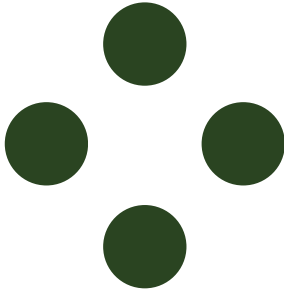
Perched above the jungle, our yoga shala offers an inspiring space for breathwork, meditation, and sound healing. As the sun rises, this sacred space becomes a sanctuary for your practice and personal growth.



Spa

Take time for yourself with a range of wellness offerings, including massages and Ayurvedic treatments. Our tranquil spa space is designed to help you release stress and achieve deep relaxation.





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ROOMS & RETREAT AMENITIES



Communal Area

The villa's heart, our communal space, is where connections thrive. Open-air dining and living areas by the pool and garden set the stage for shared meals, laughter and reflective moments.



Waterfall

Just steps from the villa, the waterfall is a hidden sanctuary for purification, healing, or peaceful escape. Let the cascading water refresh your spirit and connect you to nature's wonders.



Pool

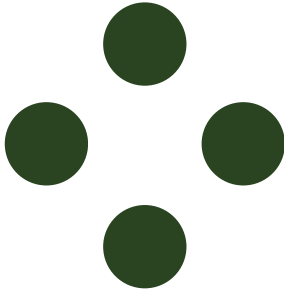
Relax and recharge by our infinity pool, overlooking lush rice paddies and jungle. Start your mornings with a swim or unwind after a day of adventure in this serene haven.



Kitchen

Our chef creates nourishing meals in a vibrant open kitchen, using fresh local ingredients. From communal breakfasts to private dining, every dish is crafted to delight both body and soul.





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PACKAGES & PRICES



Triple Room €1.699,- NOW €1.299,- per person

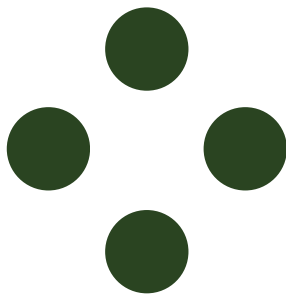


Twin Room €1.999,- NOW €1.499,- per person



Private Room €3.499,- NOW €2.999,- per room max. 2 pax





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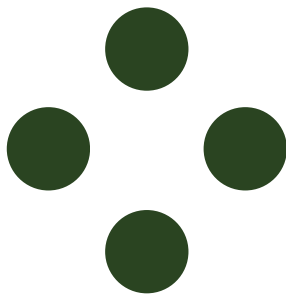
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RETREAT ITINERARY

Day 1 Sunday 20 July 2025 Arrival & Welcome	15:00 - 17:00	Check In & Welcome Drinks at the Pool
	17:30 - 18:30	Guided Venue Tour
	19:00 - 20:30	Welcome Dinner Farm to Table
	20:30 - 21:30	Icebreaker around the Campfire; Intention Setting
Day 2 Monday 21 July 2025 Health & Wellness Focus	06:30 - 08:00	Sunrise Yoga at the Yoga Shala
	08:30 - 09:30	Nutritious Breakfast
	10:30 - 11:30	Breathwork Session
	12:00 - 13:30	Lunch in Dining Room
	14:00 - 17:00	Time to Connect or Relax
	17:30 - 18:30	Guided Journaling & Mindfulness Reflection
	18:30 - 19:15	Sound Healing
	19:30 - 20:30	Dinner
Day 3 Tuesday 22 July 2025 Sports & Performance	06:30 - 07:30	Rice Field Run/Walk optional Strength Training
	08:00 - 09:00	Breakfast & Networking
	09:30 - 11:30	1-on-1 Mind/Goal Setting Sessions
	12:00 - 13:30	Lunch
	14:30 - 16:30	Adventure Hike through Rice Fields
	17:00 - 19:00	Massage & Relaxation
	19:30 - 21:00	Dinner
Day 4 Wednesday 23 July 2025 Adventure & Exploration	06:15 - 07:00	Early Breakfast
	07:00 - 08:45	En Route to Munduk
	09:00 - 11:30	Jungle Hike & Kayaking
	11:30 - 13:00	Cooking Class & Lunch
	13:00 - 14:30	Visit to a Waterfall with Swimming
	14:30 - 16:30	Water Purification Ceremony
	17:00 - 19:00	Commute Back to Ubud
	19:30 - 21:00	Dinner



Your Adventure Awaits



THE GREAT ESCAPE

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RETREAT ITINERARY

Day 5	06:30 - 08:00	Gentle Flow Yoga
Thursday 24 July 2025	08:30 - 09:30	Healthy Breakfast
Wellness & Relaxation	10:30 - 11:30	Healing Sound Massage & Energy Alignment
	12:00 - 14:00	Poolside Lunch
	14:30 - 15:30	Mindful Walking & Meditation
	16:00 - 18:00	Cacao Ceremony
	19:00 - 20:00	Dinner
Day 6	06:30 - 08:00	Mobility Workout & Run
Friday 25 July 2025	08:00 - 09:00	Breakfast
Integration & Celebration	10:00 - 11:00	Meditation & Mindfulness
	12:30 - 13:30	Reflection Lunch
	14:00 - 16:00	Reflection through Art Therapy
	17:00 - 19:00	Ecstatic Dance & Mantra Celebration
	19:30 - 21:00	Farewell Dinner & Campfire
Day 7	06:30 - 07:30	Closing Yoga & Meditation Session
Saturday 26 July 2025	08:00 - 09:00	Gratitude Meditation Session & Farewell Breakfast
Last Sessions & Departure	10:00	Check-Out & Departure

ENJOY YOUR TRANSFORMATIVE EXPERIENCE AT THE GREAT
ESCAPE BALI!

