



Retreat Description

Lead yourself to inner peace, health, and happiness

Whether you run a corporation, are part of a team, manage a busy household, or are wondering how to better manage your own corporation called SELF, empowered Self- Leadership is a gift to yourself and the people in your world. And it's a skill you can cultivate.

5x Nights BAANI wellness retreat “PURE LIFE”

key concepts: #Mindfulness - #Self-Compassion - #Resilience - #Nutrition for happiness - #Move-InTheNow

In this immersive program, we discover how to create the conditions for a more peaceful, healthy and happy life. We explore how we build a new set point for our wellbeing amidst turbulence and challenges of life. A holistic approach will guide you to employ a variety of body-mind tools and technologies that support physical, mental and emotional balance, while developing resilience and agility. Take home a personal leadership vision for energy, integrity and authenticity.

Set amongst the beautiful lagoon, surrounded by the Elements, this is the perfect setting to slow down and immerse into Self-Exploration to create a more peaceful, healthy, and fulfilling life.

Takeaways:

- Effective tools for self-management
- Multiple Micro-practices to create calm and peace in daily life
- Increased Self-awareness that leads to better choices
- Acceptance and self-compassion to help manage difficult emotions, circumstances, creating greater well-being and resilience
- Interesting facts on Nutrition, how it effects your wellbeing and what you can improve back home
- Experience deep relaxation
- Letting go - mentally, physically

Includes:

- 5 Night Accommodation
- Daily Breakfast
- Welcome info session with our wellness team
- 2x Mindful Yoga - private class
- 1 x Be touched by the ocean - signature massage
- 1x Balinese Massage
- 1 x Sound of Baani + evening wave meditation - Group Class
- 3x superfood smoothies
- Two 3x course lunches at Spa Corner - our space for healthy and joyful dining
- 1x PURE Fly Photo session
- 1x Cooking class
- 1x Discover Scuba Diving including 2 dives

Stay Window: 21/02/2021 until 31/10/2021

Price:

Lagoon Pool Villa	US\$2681.00 per person
Ocean Pool Villa	US\$2736.25 per person
Beach Pool Villa	US\$3004.00 per person

Terms & condition:

- In line with resort booking and cancelation policy
- Rates are per person, Bed & Breakfast and inclusive of Government Green Tax of \$6.00 per person and 12% GST
- Rates does not include transfers from the airport to the resort and is subject to be paid upon confirming booking
- Meal Plan Upgrade Supplement:
 - Bed & Breakfast to Half Board - US\$160.00 per person
 - Half Board to Premium All Inclusive - US\$170.00 per person
- All bookings to be confirmed with booking code - **KAGIPL21**



Retreat Facilitator:

- Renate Hermes, Wellness Director | Health Coach + Team of Wellness Therapists
- Our team of wellness enthusiasts, therapists and yoga practitioners are committed to assist you on your personal wellbeing journey to elevate yourself.
- Internationally accredited Health Coach and Mindfulness Teacher Renate inspires healthy, joyful and mindful living. She's dedicated to help people to live well and to transform healthy intentions into sustainable wellbeing even amidst most testing times. Her teaching and coaching style explores the power of connection and self-care.

