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## Retreat Description | Elevate Yourself

Elevate self-discovery and self-care while restoring your balance. Those who are curious, and seek nature inspired experiences become deeply touched at our breathtaking, tropical oasis. Connect to your inner wellspring and let inner peace, health, and happiness emerge. This retreat is for anyone looking to take their personal wellness journey to the next level, moving past blocks and learning new techniques or may want to solidify their own wellness journey with more structure.

### 7x Nights BAANI Yoga Retreat

key concepts: # Yoga #Self-Care #Mindfulness - #Self-Compassion - #Resilience - #Mindfulness  
#Move-InTheNow

Discover the importance of Yoga and mindfulness and how to integrate it into your daily life to help you find more calm, clarity and inner peace.

Set amongst the beautiful lagoon, surrounded by the Elements, this is the perfect setting to slow down and immerse into self-exploration and self-care to create a more peaceful, balanced and authentic life.

### Takeaways:

- Develop or fine tune your yoga practice
- Self-awareness and stillness of the mind
- Develop personal meditation techniques
- Let go of the stresses of day-to-day life
- Foundation for living a calmer and fulfilling life
- Mindfulness techniques that you can apply to your daily life

### Includes:

- 7 Night Accommodation
- Daily Breakfast
- 6 x private Yoga - 60 minutes
- 1 x private 'Circle of Life' personalized Health Discovery Session (onsite, or via zoom)
- 1 x Sound Chakra Balancing - 60 minutes
- 1 x Healing Touch- 60 minutes
- 1 x Immune Booster - 75 minutes
- 1 x stress reliever back massage - 60 minutes
- 1x daily superfood smoothie of choice
- 1x Wellness Bathtub Therapy including a ½ bottle of champagne
- 1x Stand Up Paddle Sunset guided tour around the island
- Free access and use of gym
- Personalized take home self-care kit

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

### Price:

Lagoon Pool Villa |US\$3451.00 per person  
Ocean Pool Villa |US\$3528.75 per person  
Beach Pool Villa |US\$3903.60 per person

### Terms & condition:

- In line with resort booking and cancellation policy
- All bookings to be confirmed with booking code - **YOGA2021**
- 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



### Retreat Facilitator Team:

- 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.

