*Bali Inner Temple Retreats*

*in association with Bodyworks Spa, Bali – Bali’s longest serving and leading spa*

*Inner Temple Retreats* reconnect you with your inner and outer beauty. Immersed in the tropical haven of Bali, our all-inclusive retreats not only arouse your senses to the wonders of the island of the gods, but also awaken you to a place of magical beauty – you. Created by women, for women with busy schedules who want to spend time and money wisely, relaxing and having the details taken care of are just the beginning.

Our retreatstake you to a new level of holiday experience, where our international team provide you with a rejuvenation program based on positive and creative activities: unique, creative exploration workshops, yoga, bio energetic meditations, relaxation and pampering, are all on the menu and a sure way to step towards deep restoration for your body and mind, rejuvenating your zest for life.

For those who desire time out to reflect upon the chance to create positive habits and intentions for today’s hectic pace of life,  *Inner Temple Retreats* Bali offer an opportunity to reinvigorate and give your inner and outer self a break from normal daily routines. Health and wellbeing are prioritised as we take you to a place within, without those ‘same-old same-old’ holiday experiences.

A different retreat sytle holiday is offered, no stress, yoga each day and a wonderful 7 hours at Bodyworks, Seminyak’s most popular Spa, means the external *you* is taken care of, with facials, body scrubs, massages, and infrared saunas. The rest of your time is spent working on the internal *you* at our luxurious, five star tropical retreat villa.

After a few days of healthy eating, yoga and bio energetic meditation, your mind softens, immune system reboots, toxins release and healing begins. A healthy menu using Bali’s readily available organic tropical fruits and vegetables, along with traditional Indonesian dishes and creative salads, are served in line with the days’ activities. Yummy baked goods, treats and desserts, and plenty of other favourites, with an emphasis on nurturing and creativity, are provided: drinking young coconut water, traditional Balinese jamus (health drinks) and delicious fresh juices means your body will love you.

Life is about connecting and our small retreat groups ensure the opportunity is ever-present to kindle a newfound friendship with like-minded women from different cities and cultures, all coming together to connect with themselves and others. Enjoy plenty of spa treatments together, including the traditional mandi lulur and Balinese massages, or a relaxing chat by the pool. Share your experiences and grow stronger through sharing and releasing.

Our activities have been formatted by professionals in the fields of alternative health and healing, with an emphasis on strengthening positive thinking, social contact, and a lifestyle towards health and healing. Our unique group workshops offer a chance to come together and explore your creativity in a way that will reinvigorate the way you present yourself to the world every day, in a gentle and fun environment. If resting by the pool, reading or movie watching is your choice; it’s totally up to you because *Inner Temple Retreats Bali Retreats* are all about you and we provide all you need to discover your inner flame, quieten the mind and soften the sensory overload that is the root cause behind stress. We present an array of choices for you to totally indulge at your pleasure.

We also offer you an insight into your life’s journey though one-on-one astrology readings by our incredible astrologist. And to celebrate your time together with your new friends, on the final night of your retreat, we take you to the W Hotel, Bali’s newest and hippest hotel, for a scrumptious beachside dinner where you can begin to celebrate the new you.

Our wide-ranging schedule and environment is purposefully light and we recommend that those wanting to explore Bali do so after or before the retreat to really maximise the opportunity of rejuvenation from within, as travelling among the hustle and bustle of Bali’s outer tourist centres can be tiresome.

Your all-inclusive *Bali Inner Temple Retreats* include:

* 5 days of luxury at our five star villa located in Canggu, next door to Seminyak – Bali’s hippest suburb
* Airport transfers
* Relaxing Balinese massage on arrival at your villa
* Female only small groups
* Daily morning gentle yoga and bio energetic meditation, including mats, etc.
* Fresh, organic and wholesome gourmet meals infused with love by our in-house chef – breakfast, lunch, dinner, desserts and more
* Throughout the day snacks, fruit baskets, juices and afternoon tea
* Tailored ‘pure luxury’ spa schedule (7 hours)
* Personal life journey astrology reading
* 2 group workshops
* XXXX 3rdworkshop
* Beach sunset dinner at the Seminyak 5\* venue
* Driver service to explore the Seminyak shopping district
* Free time for pool, reading, movies, shopping, walking, chatting, browsing, exploring
* 24 hour butlers on hand to attend to your every need
* Goody bag full of take home bits and pieces
* Wi-Fi internet

*How does Inner Temple Retreats Bali differ from other holidays?*

With an emphasis on connecting on a deeper level: to yourself and others, *Inner Temple Retreats Bali Retreats* provide the foundation for you to delve where standard holidays don’t. Amidst one of the most awarded holiday destinations, year after year, and with a retreat programme designed to ignite all of your senses in a healthy way, our retreats bring together like-minded women and shower them with positive, life-changing experiences, which would not present if staying in a hotel where connecting on a deeper level simply isn’t the criteria, nor treading the standard tourist route of bars and all the baggage that goes with it. At *Bali Inner temple Retreats,* it really is all about you and your life, and we are dedicated to making a difference to it, and we have designed a holiday experience that goes those extra steps.

\*Our retreats are about genuine connections: to yourself and others. As such, we don’t provide or promote the consumption of alcohol or cigarettes but realise that life’s choices should be free. Should you wish to indulge we have a smoking area within the villa complex and alcohol consumption is at the discretion of each guest… although we do recommend that our guests try and respect each others’ journey. Come Saturday night at your celebration dinner our suprise 5\* venue, a toast may be just the reward you deserve.

*Your Hostesses*

*Tamara Fais* exudes the passion of her country, Italy. A former fashion designer with a degree in Art and Costume, she has adapted her profession from the changing focus of outer expression to inner change, incorporating a more wholesome approach to how we present ourselves to the world. Her workshops include creative art classes where natural, earth elements are utilised by ‘feeling’ textures with the senses and expressing them through art, which help us to connect to our feelings in a creative, fun way. Also, Tamara’s colour workshops are about understanding the power, meaning and influence that colours have in our daily life, and from this understanding, we can refine our choices as to what colours say about us.

It’s Tamara’s incredible healing story that inspires you to delve deeper into yourself. Faced with a life or death experience, her journey into unconventional healing is truly remarkable and she will share this with you. She has resided in Bali for the past 7 years.

*Emma Latham* comes from England and has been a student of yoga for over 10years, and qualified teacher for 7 , her life has been dedicated to wholeness and wellness. The retreat yoga sessions are designed to connect you to your body, subtly feeling your way through your body’s resistance, which pave the way to open up and receive the gift of body awareness. A deeper spiritual awareness entered Emma’s life through bio energetic meditation, developed by Bali’s leading spiritual Master, Ratu Bagus, where she has spent the past 3 years on a Balinese odyssey into this wondrous practice. This profound active meditation works on every level, assisting you to open your awareness to your inner and outer world. Residing in Bali for the past 3 years, Emma’s passions include yoga, meditation and art.

Both Emma and Tamara offer their services, experience and expertise to you, and with the assistance of both local and international professionals, *Inner Temple Retreats Bali Retreats* have your best interest as their priority.

As a Western business operating in Bali, we feel it’s important to give something back to the people of this island, who, without their support, businesses like ours would not be possible. As such, we donate 5% of our profits to local charity.