

Sawah Luas Adventures &

CoreWorks

Presents

# BALI

## *A Journey of the Core*

A Retreat That Will have you Glowing From the Inside Out



**DATES TO BE ANNOUNCED....**



# SELEMAT - WELCOME



Ever thought what you could do for yourself? Time out seems impossible? Join a small group of selected women, for 7 night and 8 days, on the tropical island of Bali - a place of deep spiritual contemplation and awakening.

**When was the last time you did something for the first time?**

Terry, Body/Mind Fitness Coach, from CoreWorks will take you on a journey to discover your true Personal Power, how to Master the skills of breaking through barriers and conquering old fears and limits. Through discussions and workshops she will show you how to develop a success Mind-Set, increase self-awareness and self management ability. Explore how to, finally, love yourself, love your life and how to have serious FUN.

Arriving in Bali you will spend your time there in the village of Kediri at the Sawah Luas Retreat Centre, you will get to experience life living in a village and be welcomed like family, an experience not shared by many.







# A Magical Adventure

## Unleashing Your Potential

### In Bali you will discover -

- How to live life by design and not by default.
- Come to, finally, discover what makes YOU tick.
- How you are ready to unlock your potential.
- How to feel more vibrant, more energetic, more confident, more ALIVE.
- Gain the clarity you seek as to what you have to let go of to experience more joy.
- Make new and lasting friendships
- Learn how to implement – the bridge between Dreams & Reality
- Catapult your personal transformation.
- Learn fitness strategies that you can take home and use in our special retreat bonus.....

## Location

Bali is known as the Island of the Gods, which it most definitely is. A place of strong culture with a mixture of religion means there is a ceremony somewhere everyday!

Far away from the tourist trail Kediri is located about 40km from Kuta and Seminyak.

Nyoman and Wayan are your hosts and you will also meet their three beautiful daughters, Ayu, Korea and Koming. What a beautiful cultural exchange this will be. They can not wait to host you.

## Special Bonus

As an extra special bonus you will get 4:1 Core Work fitness sessions & a Life Coaching Session to finish your journey. Valued at over \$600 we have included this just so the journey doesn't end when you get home.

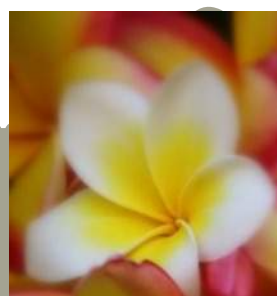
## What We Had in Mind

### Our Daily Routine will be jam packed with -

- Conversations around our delicious promises.
- Daily CoreWork fitness classes: Pilate's, THT : tummy hips and thighs, Sculpt Me, strength – cardio combo and some special added surprises.
- Visit some of the sights and places Bali is famous for - the sacred temple of Tanah Lot, Ubud, Mount Agung and no trip to Bali would be without a visit to a beautiful Day Spa.
- 1:1 class with Terry while you are there on a topic or CoreWork of your choice.
- Eating delicious Balinese Cuisine and fusion food - both home cooking by the lovely Wayan and some amazing restaurants.
- Daily meditations.

**Opportunities abound. If you have something in mind you'd love to experience, please let us know in advance and we will endeavor to accommodate your wishes.**

**All ages and fitness levels welcome.**



# INCLUSIONS

It takes just 10 seconds of courage to make a decision that can change your life - is this your opportunity?



A \$250 deposit will secure your place now - this is a small group retreat and we anticipate places will fill quickly so if you are interested or have any questions please ask Liesel (Sawah Luas Adventures) or Terry (CoreWorks). After your initial deposit is received we will design a payment plan that suits your budget!

**For the amazing price of \$2957 - which even includes airfares from Australia - you get:**

- International **airfares** from Australia (\$2057 without airfares).
- Seven nights accommodation at the brand new **Sawah Luas Retreat Centre**.
- All transport and transfers, and a **driver** on hand if you need anything.
- 8 home cooked Western or Indonesian breakfasts, 6 lunches and 7 dinners.
- A **5 hour** day spa package worth over \$300 at Aroma day spa in Sanur (**yes you read right!**)
- Daily **CoreWork** classes with Terry
- A **Welcome Pack** to commemorate your Retreat
- Daily workshops where you will discuss and explore topics that will support you to make spectacular **changes** to your lives.
- Scrumptious Indonesian and Fusion meals at places **chosen specifically** for you, places like Echo Beach (yes its a real place), the acclaimed Ginger Moon in Seminyak and High Tea at Biku Restaurant which is owned by a Balinese /Australian Princess.
- A **dawn hike** up Mount Agung and then a visit to the hot springs to rest those tired muscles.
- A **1:1 private session** with Terry to work on private personal and fitness goals.
- A **village walk** and a chance to see how locals live beyond the tourist trail.
- A very special **Hindu Blessing Ceremony**.
- Get to meet the esteemed author of **Bali Soul Journals** who will do a workshop on unleashing your creativity.
- A visit to **Tanah Lot** Temple, the local sacred **Monkey Forest** and other places of significance.
- There will of course be time for shopping, relaxing, extra **pampering** and sleeping!

**Not Included:** passports (must have 6 months validity), entry visa \$35 US, travel insurance, activities undertaken



# Who are we ?



Liesel was a social worker, teacher, counsellor and trainer for 26 years - a long time in the "helping" industry. Over that time she worked with young people and adults that had experienced horrific trauma, supported families, worked in Foster and Permanent Care, taught and worked in schools and on weekend programs with Youth Insearch.

On her 40<sup>th</sup> birthday she decided (after seeing Eat, Pray, Love by Elizabeth Gilbert) to take her two boys and travel for three months - starting in Ho Chi Minh City to Bali - we went to Vietnam, Cambodia, Thailand, Malaysia and at the end Bali. An amazing experience for them all and it gave her time to consolidate what she knew and the direction that she wanted to take. She came back with the drive to become a travel agent - but for her that wasn't enough, she wanted people to have more than just a holiday. She wanted them to go away and come back just a little bit different - so she started planning women's retreats and what a success they were! She realised how much she loved doing this - as much as she had organising holidays for friends and taking them to Europe, Bali and Vietnam over the years. She then made the decision to jump head first into this idea and develop experiences that give a connection to self, culture and community. So Sawah Luas Adventures was born and now Liesel is The Retreat Specialist and is not only organising life changing retreats and journey's but has also produced a comprehensive Retreat Handbook and training workshops to compliment this.



Terry Bahat is known as the most sought after explorer and developer of women's mental and physical inner strength. She is committed to helping professional, stressed, busy, overweight women become healthier, more energetic and stronger in mind and body along with building confidence and self-esteem.

As a passionate, experienced Health Coach and Fitness Trainer for over 10 years, Terry is famous for creating highly effective and FUN programs for increasing women's energy and vitality while teaching them to be kind to their bodies and, above all, to love themselves.

She empowers women to look and feel gorgeous without food deprivation or being on ever-changing fad diets.

Terry works closely with her trainees one-on-one and in her personalized programs, supporting them to reach radiant health and optimum body weight. Coaching women to believe in themselves and develop a success Mind-Set so they get the results they desire and deserve is Terry's strength and mission.



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