



bumi sehat



FOUNDATION INTERNATIONAL



EYES4EVEREST

BALI WELLNESS RETREAT 2018

STOP, RECHARGE, REFOCUS

Especially organised for optometrists in
Australia and New Zealand

Brought to you by
Young Optometrists Inc. NSW/ACT

IS THIS FOR ME?

WHY SHOULD I CONSIDER GOING?

If any of these reasons resonate with you...

- I'm not sure about what to do next with my career
- I want to live life to the fullest
- I'm feeling burnt out
- I need space to reflect, recharge, and refocus
- I've often thought about a yoga retreat
- I want to experience Bali's spirituality
- I want to learn more about myself
- I want deeper meaning in life
- I want to do something good for myself



WHAT IS IT?

A Wellness Retreat

Two optometrists (Carina and Susan) felt a need for a space where optometrists (and their friends) could get away from their usual lives to truly consider what they want from life - to relax, recharge, and refocus.

They love their fellow colleagues - you - and want to see you living a life that's true to yourselves, to maximise purpose and satisfaction.

They chose Bali because of its enchanting and spiritual nature, and look forward to spending a week of transformation with you.

BEÁTA ALFÖLDI

CAREFULLY SELECTED FOR YOU

Susan and Carina have chosen Beáta for you, and would like to introduce you to her.

Beáta is an experienced facilitator of wellness retreats. Her origins are in her personal commitment to seeking out a deeper meaning of life and the purpose of our existence.

This life-long quest for meaning and for ways to mark life's important moments has led her to the work of spirituality, ceremonies and ritual work – a path that continues to enrich her life in remarkable ways.



QUALIFICATIONS

Bachelor of Arts (Dance), Diploma in Shamanic and Energetic Healing, Certificate in Yoga Teaching and have trained in Mind-Body Counselling, Shamanic Counselling, Eco-psychology, Shamanic Earth-Centred Practices, Soul-Centred Healing, Transpersonal Coaching, Crystal Therapy, Ceremonial Work, Meditation and Plant Medicines. Beata is a full member of the International Energetic Healing Association.



Find out more: www.beataalfoldi.com

ITINERARY

SATURDAY 19TH MAY

day one: ARRIVAL

You will be greeted with a complimentary coach ride from Denpasar Airport to the Dragonfly Village in Ubud, followed by a moonlit walk through UNESCO rice paddy fields, that will lead you to a wholesome welcome dinner.



SUNDAY 20TH MAY

day two: WELCOME

Wake up to an organic vegetarian breakfast, followed by greetings from your teacher Beáta Alföldi who will facilitate an opening ceremony to welcome all retreat participants. You can enjoy exploring the rice paddy fields with your camera or release all your tension at the herbal steam bath at Dragonfly village.

This is followed by buffet lunch, an afternoon workshop with Beáta, then we gather together for a communal Bonfire.

ITINERARY

MONDAY 21ST MAY

day three: TRANSFORMATION

We start the morning with Sunrise Yoga on a roof top bamboo hut setting with stunning mountain scenery . Beáta will take the group on a journey of personal transformation with morning and afternoon workshops and group processes.



TUESDAY 22ND MAY

day four: PRESENCE

There is nothing like a morning rice field guided paddy walk listening to the singing of the crickets and birds. This will take about 1-1.5 hours return. After enjoying your buffet vegetarian organic breakfast, you will continue to work with Beáta in your morning and afternoon workshops and group processes.

Tip: Make sure you get some time to dip in the salt water pool to cool down!

ITINERARY

WEDNESDAY 23RD MAY

day five: CLEAR THE OLD, INVITE THE NEW

We wake up to a Sunrise Yoga Class and our morning and afternoon workshops continue .

This is a perfect time for another Herbal steam for some cleansing .

Tip: You must try the famous vegetarian dragonfly pizza and specialty fruit shakes! Totally addictive! #healthyfoodmadetasty



THURSDAY 24TH MAY

day six: THE POWER OF SILENCE

We wake up to a Sunrise Yoga Class and our morning and afternoon workshops continue . Today is the practice of noble silence from 6pm onwards. This is a great time for reflection around the group bonfire from dusk onwards.

Tip: the best time to see fire flies is dark and new moon. Make sure you bring your torches out to the rice fields to see this magic!

ITINERARY

FRIDAY 25TH MAY

day seven: CLOSING CEREMONY

We wake up to Sunrise Yoga. Today we have a Balinese High Priestess perform a WATER BLESSING CEREMONY for the entire group at her family temple. In the afternoon we gather together to share our experiences in our final closing circle and group ceremony with Beáta.



SATURDAY 26TH MAY

day eight: FREE TIME

Today is a day of cultural experiences before you jet away. Roam the streets of Ubud and pick up some last minute gifts and handmade crafts at the Ubud markets. Go and try the local famous dishes in the 'Warungs'. Complimentary group airport transfers have been organised for you to go to Denpasar airport.

Tip: Massages in rooms can be organised for AUD \$20 - incl. tipping (If you're interested, let us know so we can arrange it for you!)

PACKAGE

WHAT IS INCLUDED?

- 7 nights accommodation (twin share) @ Dragonfly Village
- Airport transfer to accommodation
- All vegetarian meals per day
- All proceeds go 50:50 towards Eyes4Everest and local charity Bumi Sehat Foundation
- Indonesian sarong for sauna
- Soy candle for workshops
- Wifi, shampoo, shower gel, pool towels, shower towels



PAYMENT DETAILS:

Account name: Young Optometrists Inc.
BSB: 633 000 (Community Sector Banking)
Acct No.: 154 358 600
Ref: BALfirstnamesurname
e.g. BALjennytran

HOW DO I SIGN UP?

- Maximum capacity is 17
- \$2250 (early bird price) (YO discount \$2000)
\$2500 (after 31st January 2018) (YO \$2250)
- 50% deposit required to secure your spot (full payment by end of March 2018)
- All optometrists & friends welcome
- Book your flights to Bali - Saturday 19th May 9.05pm arriving in Ngurah Rai Airport, and Saturday 26th May 10.35pm flight departing from Ngurah Rai Airport
- Purchase your Travel Insurance
- Contact Us:
optomwellnessretreat@gmail.com