



**Bali Retreat - 6 Nights in Lovina**  
**4 - 10 Sep 2026**

**Awareness • Embodiment • Intuition**  
**Heart n Soul Woman's Retreats**





# What to Expect

A retreat for women ready to deepen intuition and embody real change. In the stillness of Bali, we weave movement, rest, and reflection to help you tune in, trust your inner voice, and lead from within. Transformation here is not just learned; it's lived, supported by powerful practices, deep rest, and a nurturing space.



## Day 1

**Pick up Kuta -9.30am|Arrive Hotel  
4th September 2026 | 1:30 PM – Lovina**

Arrive at our peaceful retreat sanctuary in Lovina. Settle in with a welcome drink, light lunch, and time to slow down, breathe, and arrive.

### **Lunch Dinner & Welcome Circle**

Enjoy a vegetarian dinner, then gather for our first circle – sharing intentions over **Blue Lotus tea**, closing with a grounding sound meditation.





## DAY 2

### **Breakfast & Balinese Offerings**

Create traditional offerings with gratitude and presence.

### **Intro to Embodiment**

Gentle movement to reconnect with yourself.

### **Lunch**

### **Awareness Workshop**

Uncover the beliefs shaping your story and begin the shift from mind to heart with clarity and compassion.

### **Dinner**

Fire Pit -- Night Swimming





## DAY 3

### **Holy Springs & Buddha Temple**

Begin the day at the sacred holy springs, receiving the calm strength of the mountains, followed by a quiet visit to the Buddha temple.

#### **Lunch**

#### **The Honest Mirror – Reclamation**

Recognise repeating patterns and gently reclaim your energy through self-inquiry and awareness.

#### **Dinner & Ayurvedic Demo**

Discover the basics of Ayurveda through a hands-on demo, preparing simple, healing foods that are practical, grounding, and nourishing.



## DAY 4

### **Breakfast & Dolphin Experience**

Begin the day with breakfast, then head out on the water to meet the dolphins — playful, present, and alive. Their energy sets the tone before free time back at the hotel.

### **Lunch**

### **Trust & Truth – Intuition**

Learn to reconnect with your inner guidance and trust it as your compass for truth, purpose, and aligned action.

### **Dinner & Free Time**

Evening space to unwind — gather at the fire pit, enjoy night swimming, or book a massage.





## Day 5

### **Breakfast & Embodiment Movement**

A 90-minute guided practice of movement, stillness, and breath — not performance, but presence. A space to soften, listen, and return to yourself.

### **Lunch**

### **Living the Shift – Creator in Action**

Step into conscious choice and embody the energy of the Creator, learning to lead your life from clarity, presence, and personal power.

### **Dinner & Free Time**

Unwind with space for fire pit gatherings, night swimming, or a massage.





## Day 6

**Closing** Celebration meal by the pool, time to swim and reflect, then  
11 am departures.

Guests have the option to stay on for 2 extra nights and travel to Ubud.  
Sharing \$650 Private \$750 all included.

6 nights Lovina  
4–10 September, Lovina — 1 room left  
18–24 September, Lovina — limited spaces





## INCLUDED

- 6 nights / 7 days accommodation in Lovina
- All meals included — Balinese & Ayurvedic inspired, catering to all dietary needs
- Awareness workshops, group circles & community support
- Embodied movement sessions to anchor your transformation
- Retreat highlights: swim with dolphins, hot springs & Buddha temple, Balinese offerings, Ayurvedic dinner demo
- Pool & whirlpool for rest and renewal
- Travel from Kuta to Lovina (arrival transfer included)
- Take-home 5-minute process to support ongoing transformation
- A special gift to cherish the memories





## EXCLUDED

Flights , travel insurance, personal spending money, and spa treatments (massages range \$10 – \$45).

Airport transfer to Kuta hotel is available via private driver pickup from Bali airport (approx. \$10 – \$27 – we can help arrange).

Optional hotel stay in Kuta is available from \$30 – \$60 per night (special rates on request).

Transport after the retreat – from Lovina hotel to your next destination – ranges \$60 – \$80 (can be shared; happy to help organise).





## Details/Pricing

### Your Stay & Investment

- Sharing Jungle Room – **\$3,445 pp** (twin share, large single beds or private **\$3995**)
  - Private Supreme Bungalow **\$4,200 pp** - (King bed for one guest)
- ★ All meals included — tailored to all dietary needs
- ★ Flexible payment plans available: from \$500 deposit, with monthly instalments



[Book you free discovery call with SAMALA](#)





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