



Ubud Bali Retreat

16-22 September 2018 **FULL**

23-29 September 2018 **enrolling now**

Arrive Saturday the day before the retreat. Depart the last Saturday of the retreat after dinner. Arrive in Sydney Sunday morning.

Retreat costs \$1,008 and includes:

- Daily 2 hours minimum of Stretch Therapy and Fighting Monkey
- Dinner Sunday night at Cafe Wayan
- Dinner Friday night at the Resort
- A Balinese cooking class

Flights and accommodation are not included – these are additional costs so it's time to look out for that bargain flight. My personal preference is Garuda, it has the best direct flights at the most sensible departure and arrival times.

To secure your spot please deposit \$500 to me by 30/4/18 and the balance \$508 by 29/6/18. No refunds after 15/8/18.

**Stay 5 nights at
The Ubud Village Hotel**

- Deluxe Room USD 82 per night
- Premier Deluxe USD 92 per night
- Junior Suite USD 102 per night

**+ Stay 2 nights at
The Ubud Village Resort**

- Garden Pool Villa USD 250 per night
- Village Suite Villa 1 USD 270 per night

At the hotel and resort breakfast and afternoon tea are included. They usually include a discount voucher for their spas too where you can experience a great massage in very clean and beautiful rooms. See more at www.theubudvillage.com

To secure your accommodation please confirm your room type by 16/7/18 then I will email the hotel and they will send you a request for a 50% deposit.

Terms and conditions are subject to change. You will be given plenty of notice.

Thanks for being part of this wonderful experience. It is that little bit of luxury, good food and excellent company that make this retreat the holiday you have been yearning for.

For more information contact Cherie on **0410 595 789**
or email squeebie@me.com

www.sydneystretchtherapy.com



**CHERIE
SEETO**