



Ubud Bali Retreat

15-21 September 2019 • 22-28 September 2019

Arrive Saturday the day before the retreat. Stay 5 nights in The Ubud Village Hotel, 2 nights in The Ubud Village Resort. Depart the last Saturday of the retreat, after dinner, to arrive in Sydney, Sunday morning.

Retreat costs \$1,008 and includes:

- Daily 2 hours minimum, sessions of Stretch Therapy, for the first 5 days. At the resort, stretching will be optional.
- Dinner Sunday night at Cafe Wayan
- Dinner Friday night at the Resort
- A Balinese cooking class

Additional costs are flights and accommodation. 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 28/2/19 and the balance \$508 by 29/6/19. No refund after 15/8/19.

Special offer, the accommodation price is the same as 2017. Here is a range of prices and style of rooms to choose from:

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. I love it. More details at www.theubudvillage.com

To secure your accommodation please confirm your room type by 16/7/19 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.

To register or for more information contact me on **0410 595 789** or email **squeebie@me.com**

Cheerfully,
Cherie.

www.sydneystretchtherapy.com



CHERIE
SEETO