

Embracing Health, Embracing Life!

Eight Day Detox, Healing & Raw Food Retreat

Ubud, Bali – Indonesia

2nd – 10th March, 2012

Getting There:

The Embracing Life! Retreat is being held at:

Villa Gaia
Jl. Sriwedari No. 5
Br Tegallantung
Ubud, Bali, 80571
0011-62-361-972-312

Flying:

The airport to fly into is Denpasar, Bali, which is about 45 minutes from Ubud. Flights direct to Denpasar leave from all major Australian city airports. Villa Gaia staff will meet your flight and transport you direct to the villa, and please aim to arrive by mid-afternoon on the day the retreat starts. If you need to arrive the evening before to ensure you are there prior to the start of the retreat, accommodation for the extra night can be arranged at a small charge.

Visa Requirements:

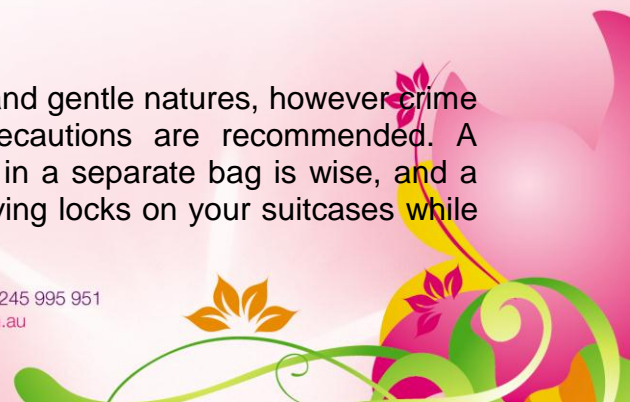
There are no prior visa entry arrangements to make for arrival into Bali. At Denpasar airport on arrival, you will be required to pay a \$25 USD visa fee and show your return ticket for travel within thirty days. Up to sixty days can be purchased for another \$25. I recommend that you purchase your \$25 US currency before leaving Australia to facilitate your speedy passage through customs. You must also have a passport with a minimum of six months validity from the date of travel.

Travel Insurance:

Purchasing Travel Insurance is highly recommended for your trip. I have found purchasing my insurance online at <http://www.travelinsurancedirect.com.au/> is quite cost effective.

Crime

The Balinese people are known for their friendly smiles and gentle natures, however crime can happen anywhere in the world, so sensible precautions are recommended. A photocopy of your driver's licence and passport carried in a separate bag is wise, and a secure shoulder bag or bum-bag for shopping. Also, having locks on your suitcases while traveling is advised.



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Check-in:

Check-in is from 2pm Bali time, and our first group get-together will be at 5.30pm, so arrival prior to this time is required so that you don't miss the introduction to the week's events.

Check-out:

Check-out is by 10am on the Saturday morning, and we will be finished our breakfast and closing by 8.30 – 9.00am. Return transport can take you directly to the airport, or feel free to make your own travel arrangements. Late check-out for evening flights can be arranged.

Accommodation:

Villa Gaia's accommodation is in an eight bedroom luxury home, featuring twin or King accommodation and ensuite bathroom to each room. A pool, sauna, floatation tank and massage facilities are all on-site. Villa Shanti, 100m walk from Villa Gaia contains King rooms with ensuite for singles or couples.

What to bring:

- Light, loose clothing, as it will be hot and humid
- Swimwear & Hat
- Non-toxic sunscreen and insect repellent
- A torch and an umbrella are both handy to have
- An alarm clock
- An adaptor plug for Bali
- Beach towel
- Comfortable clothes suitable for Yoga
- Sneakers for walking
- A set of warmer clothes for cool mountain evenings
- A shawl or covering for your shoulders for entry to temples
- Something nice to wear for our last night celebration dinner
- Books or magazines for reading by the pool
- Hairdryer and non-toxic personal care products
- A fun attitude



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What NOT to bring:

- Any food or snacks
- Tea or coffee (herbal teas will be provided)
- Cigarettes
- Alcohol
- Only bring necessary medication and an accompanying letter from your doctor authorising the prescription is a good idea.
- Perfume or personal care products with a strong scent – as a courtesy as some people are allergic or sensitive to any scented products
- Video cameras or recording devices – personal use only. We request that no recordings of the event on video or tape are made. Cameras for still photographs are fine, and there will be comprehensive notes given at each lecture, so you won't miss anything!
- Workbooks, pens and paper will be provided

Bali Belly:

Most people have heard of the possibility of food and water borne illness in Bali. We will be providing clean water at the retreat for drinking, and bottled water is recommended when away from the retreat venue.

To avoid Bali Belly, there are some supplements that you can bring with you to support your digestive system.

- **Travelan** – a natural product available from the chemist, made from bovine colostrum (not suitable for vegans) which acts as a prevention for travellers' diarrhoea. Consume 1 – 2 tablets before each meal
- **Betaine Hydrochloride** supplements such as Metagenics Metagest or Orthoplex Hydrozyme – most pathogens cannot live in a highly acidic environment, which should be the natural state of our stomach. However under stress our acid levels may decline and supplementation can assist in killing pathogens before they enter our system. I will have some of this product with me at the retreat, however you may choose to also bring your own supply. 1 – 2 tablets with meals.

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- **Probiotics** – there is a strain of good bacteria which can prevent Bali Belly and relieve the symptoms should you contract any illness. This is found in a product called Metagenics Ultra-Flora Dysbiosis. Having a bottle of this on hand is also a good idea.
- **Antiseptic hand gel** is always a good idea to carry in your purse for use before eating and after the bathroom. **Tissues** are also handy to have just in case you visit a bathroom which does not have toilet paper.

Extra Bookings:

Massage:

Three one-hour Balinese Traditional Massages are included as a part of your retreat experience, but if you would like extra massage treatments during your stay they can be arranged through Villa Gaia for an extra cost. Alternatively, you may want to treat yourself to some of the varied Day Spa services that are common in Ubud.

Colonic Hydrotherapy:

Three one-hour Colonic Hydrotherapy sessions are included as a part of your retreat experience at a local colonic studio. Should you wish to have more than three colonics, that can be arranged for an extra cost.

There will be ample time to enjoy the magical surrounds of Ubud during our week together, as we combine our detox retreat with an authentic Bali experience.

I look forward to a great retreat with you!

Leisa

raw food
Healing is a journey, not just a diet.

