

# ART & SOUL

**BALI 7 Nights**  
**March 7-14, 2015**

Escape to an island where **MINDFULNESS & CREATIVITY** are a way of life!

**ART & SOUL** is a retreat about creativity & mindfulness.

All too often adults leading busy lives become stuck within their routine & they forget to enjoy living in the way they should. Feeling stressed leads to a lack of productivity & frequently results in one feeling ineffective & unhappy. Likewise being so connected (internet, smart phone, Ipad & more) makes it difficult for people to ever switch off. This retreat is about taking time out to explore another culture where **ART & SOUL** are part of daily life.

You will be introduced to the practice of mindfulness for well being & creativity for confidence. The activities & workshops will be fun & informative, allowing guests to reconnect with what is important, replenish & be ready to return back to *life* happier & healthier.



- 4 nights at Ayung Resort Ubud
- 3 nights at The Seminyak on the beach
- Private Yoga & Meditation Lessons
- Private Art Lesson - *YOGA on paper*
- Traditional Health & Prosperity Blessing
- Interactive Art Session at a Local Orphanage
- Island Art & Spirituality Cultural Day
- Experience some of the islands most renown restaurants
- Shopping & Fun
- All land Transfers & most meals catered

- Series of workshops - *Mindfulness, Creative Thinking & Living Positively*

#### ACCOMMODATION

DELUXE SUITE AT AYUNG RESORT & GARDEN ROOM AT THE SEMINYAK - SINGLE OR TWIN SHARE (depending on availability)

**UPGRADE** - Private Villa & Beachfront Suite Combo

#### *Spoil Yourself Upgrades*

- Five Seasons Spiritual pampering day
- Tree Top Experience - L'Occitane Massage & Facial



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