



*The Healing Temple*  
Holistic Therapies  
Guiomar Rebelo

## Finding Your Zen

8 Nights Holistic Wellness Retreat All-inclusive

25 Oct — 2 Nov 2025

### Discover Bali Island of Paradise

Have you ever dreamed of exploring a tropical paradise, where lush green landscapes meet crystal clear waters and traditional culture intertwines with modern luxury?

Look no further to 8 nights all-inclusive -- Finding Your Zen Retreat in Bali, Indonesia.

**Island Paradise Exploration:** Prepare to be mesmerised as you discover the breathtaking beauty and cultural richness of Bali. From the serene rice terraces of Ubud to the pristine beaches and the majestic water temples of Tanah Lot, each day brings new adventures and unforgettable experiences.

**Wellness & Relaxation:** Rejuvenate your body, mind, and soul with rejuvenating wellness activities at Finding Your Zen Retreat amidst Bali's serene natural beauty. From sunrise yoga sessions overlooking lush landscapes to tranquil treatments inspired by ancient healing traditions, immerse yourself in a journey of self-care and relaxation.

**Sun-Kissed Indulgence:** Indulge your senses in the vibrant flavours and culinary delights of Balinese cuisine. From savouring traditional dishes at local warungs to dining in style at beachfront restaurants, each meal is a celebration of the island's diverse culinary heritage. Don't forget to sip on refreshing coconut drinks & fresh fruits cocktails as you soak up the sun and unwind in the tropical ambiance.

**Bonding & Memories:** Forge lifelong memories and deepen your friendships as you embark on exciting adventures together. Whether you're exploring hidden waterfalls, watching the dolphins on Lovina beach, or dancing the night away at vibrant beach clubs, every moment is an opportunity to connect and create unforgettable moments.

**Exclusive Experiences:** Dive deeper into Bali's rich culture with exclusive experiences curated just for you. From traditional Balinese dance performances, immerse yourself in the island's vibrant heritage and create lasting memories.

This enchanting island has captivated travellers for centuries, offering a unique blend of natural beauty, spiritual serenity, and vibrant energy.

Whether you're drawn to the tranquil rice fields of Ubud made famous by the book and movie "**Eat Pray Love**," or the stunning beaches of Kuta, Bali has something to offer you in these magical 8-night all-inclusive holistic retreat.

## Who is This Retreat For?

Bali is a beautiful island in Indonesia that has become a popular destination for people seeking spiritual enlightenment, self-discovery, and relaxation a journey of self-discovery and the search for inner peace.

A significant aspect of Bali's appeal as a destination for soul-searching is its spiritual energy. The island is believed to be a place of powerful energy vortexes, making it a perfect location for those seeking emotional healing, mental clarity, and spiritual guidance. Many visits Bali to experience its holistic and holistic healing practices, such as traditional Balinese massages, yoga, and meditation, all of which are intended to harmonise the mind, body, and spirit.

Moreover, Bali offers numerous opportunities for self-discovery and personal growth. From attending our spiritual retreat and meditation classes to partaking in traditional Balinese rituals and ceremonies, you can immerse yourself in the island's rich culture and ancient wisdom. The island's serene and tranquil environment provides a peaceful setting for contemplation, self-reflection, and the exploration of one's innermost thoughts and emotions.

Immerse yourself in the rich Balinese culture as you indulge in traditional cuisine, visit ancient temples, and witness captivating dance performances. Or, simply relax and rejuvenate on Finding Your Zen retreat with a selective wellness program; yoga, meditation, cacao & fire ceremony, sound bath and healing sessions at our luxurious Villa with stunning garden, amazing pool and jacuzzi, massage, gym and many more.

Join us as we embark on a journey to discover the magic of Bali, from its breathtaking landscapes to its deeply rooted traditions and spiritual practices. Get ready to be inspired, enchanted, and perhaps even transformed by the allure of this Indonesian gem. Bali is sure to leave an indelible mark on your heart and soul.

## Retreat Schedule:

**Day 1 – Saturday 25 Oct - Check-in: 3:00 PM– 10:00 PM ( Arrive before 10 pm)**

**Arrival – Welcome drink**

**3:30 - 4:30 – Welcome circle presentation/ Intention Setting**

**5:00 - 6:30 – Relax /Beach/Pool/Jacuzzi**

**7:00 - 8:00 – dinner by chef Jero**

**8:30 - 9:15 – Yoga Nidra**

**Note:** Intention setting is *a commitment to yourself that's tied to a purpose*. It's an opportunity to remind yourself to live according to your values, and intentions can support your journey toward your goals, too. You can set daily, weekly, or monthly intentions—whatever works for you, in whichever way feels best.

**Day 2 – Sunday 26 Oct**

**7:00 - 8:00 am – Yoga & Meditation Sound Healing**

**8:30 - 9:30 am – Breakfast**

**10:00 – 5:00 pm – Beach time/Balinese Massage/Rest**

**6:00 - 8:00 pm – Diner by Chef Jero**

**8:30 - 9:45 pm – Fire Ceremony & Karma Releasing**

**10:00 pm – Sleep**

### **Day 3 – Monday 27 Oct**

**5:30 - 6:15am – Breakfast**

**7:00 am - 5:00 pm-- Private Full-Day Tour: Discover the Best of Bali Destination**

**5:30 - 7:00 pm – Free time/pool/jacuzzi**

**7:00 - 8:30 pm – Dinner by Chef Jero**

**8:45 - 9:30 pm - Meditation**

### **Day 4 – Tuesday 28 Oct**

**7:00 - 8:15 am – Yoga & Meditation Sound Healing**

**8:30 - 7:30 pm – Breakfast**

**8:00 - 11:45 am – Beach Time/Pool**

**12:00 - 1:30 pm – Cacao Ceremony**

**2:00 - 3:00 pm – Lunch by chef Jero**

**5:30 - 9:30 pm – Dinner at Reef Beach Club Beachfront of Nusa Dua**

### **Day 5 – Wednesday 29 Oct**

**7:00 - 8:15 am – Yoga & meditation Sound Healing**

**9:00 - 10:15 am – Breakfast**

**10:30 - 4:30 am – Lovina Beach Tour watching Dolphins**

**5:00 - 7:00 pm – Free Time/Balinese massage**

**7:30 pm - 8:45 pm – Dinner by Chef Gero**

**9:00 - 10:00 pm – Circle Sharing/ Meditation**

### **Day 6 Thursday 30 Oct**

**7:00 - 8:15 am – Yoga & Meditation Sound Healing**

**9:30 - 10:00 am – Breakfast**

**10:30 - 5:30 pm – Purification Holy Bath at “Beji Gria Waterfall” (Abiansemal Badung Regency)**

**6:30 - 7:45 pm – Diner by Chef Gero**

**8:00 pm – Meditation/Free Time**

### **Day 7 – Friday 31 Oct**

**7:00 - 8:15 am – Yoga & Meditation Sound Healing**

**8:30 - 9:30 am – Breakfast**

**10:00 - 1:00 pm – Balinese Massage**

**1:30 - 8:30 pm – Uluatu Sunset, Kecak Dance, and Dinner Jimbaran Beach**

**9:00 - 10:00 pm – Free time/contemplation**

**10:00 pm - Sleep**

### **Day 8 – Saturday 1 Nov**

**7:30 - 8:30 am – Yoga & Meditation Sound Healing**

9:00 - 10:00 am – Breakfast

10:00 - 1:00 pm -- Free time

3:00 - 4:30 pm – Deep Healing by the Sea

5:00 - 8:30 pm – Banjar Night Market + dinner

## Day 9 – Sunday 2 Nov

7:30 - 8:30 am – Yoga & Meditation Sound Bath

9:00 - 10:00 am – Breakfast

10:00 - 10:45 am – Goodbye's

**CHECKOUT: Before 11:00AM**

## Who Is This Retreat For?

**Solo or with a friend, Finding Your Zen holistic retreat offers the perfect opportunity** to disconnect from the hustle and bustle of everyday life and reconnect with oneself. With no distractions or obligations to others, you can fully immerse yourself in introspection and self-care.

This retreat offers yoga for the mind and body, massages for deep healing, healthy nutritious meals for energy, juices for vitamins, fresh coconuts for minerals, breath work, and meditation sessions to keep the chatter of the mind down, and plenty of free time to discover tropical beaches, local markets, and the island life.

**The serene beachfront and rice fields settings accommodations** found at our retreat gives the senses a much-needed respite. With a soothing natural landscape, the nervous system is able to shift out of constant "fight or flight" mode and into "rest and digest." This activates the parasympathetic response, slowing heart rate, lowering blood pressure, and initiating deep relaxation. The body benefits from the release of soothing endorphins along with reduced cortisol and adrenaline.

## What is Included?

**We offer all-inclusive with luxurious private or sharing rooms.**

The flexible programming accommodates varying comfort levels. For the solo travellers, our holistic retreat also provides a ready-made community. You can connect with like-minded people without the pressure or expectation of forming new relationships. And sharing the journey, even briefly, can enhance motivation and accountability.

Starting the day in north Bali Island with swimming on the beach or relaxing on jacuzzi, following by yoga, meditation with sound healing sessions focus on breathing techniques and visualizations to clear the mind before a day of island adventures overlooking the gently lapping waves it will put you in the perfect relaxed, focused state. The beach is an amazing place to empty your mind.

- 3 Healthy Nourishing Meals Day
- Fresh Juices
- Daily Yoga & Meditation
- Sound Healing
- Private Full-Day Tour: Tamblingan Lake
- Handara Iconic Gate
- Ulun Danu Bratan Temple

- Angseri Hot Spring
- Jatiluwih Green Land
- Tanah Lot Temple
- Lovina Beach Boat Tour Watching Dolphins
- Reef Beach Club Dinner
- Purification Holy Bath at Beji Gria Waterfall
- Uluatu Sunset, Kecak Dance, and Dinner Jimbaran Beach
- Deep Release – by the sea
- Night Market
- Massages
- Fire Ceremony
- Group Healing Session
- 4 Daily Maids
- Daily Chef
- Pool
- Jacuzzi
- Direct Beach Access
- Private Return Airport Transfer
- 100% Escorted
- All-Rooms ensuite

## About The Villa

The Villa offers several views: the sea in front, the mountains at the back, and the rice fields on both sides.

With 7 rooms ensuite huge pool, jacuzzi, bale, gazebo, massage, gym, music, TV's. 2 security at night and 4 maids.

## Bedrooms

**The main building has 5 ensuite rooms:**

- King-size bed 180 x 200 cm with 100 x 200 cm single bed.
- Queen-size bed 160 x 200 cm.

Upstairs, the master bedroom has a 200 x 200 cm bed. - Note that the three largest bedrooms have a television set.

The second building is at the rear, on two floors.

- The ground floor queen bed 160 x 200 cm, a full bathroom with bathtub, and an outdoor shower room in an enclosed garden.
- The first floor 2 single beds 100 x 200 cm, a full bathroom with bath and shower.

## Meals

This retreat takes place in a private Villa so you'll enjoy the breakfast and a set menu for lunch and dinner. We have some meals out at the restaurant or trip visits. Our chef Jero will cook the most delicious Balinese meals with quality local ingredients with great emphasis on using what nature provides in the Bali style.

Vegetarian and vegan meals are possible and our chef Jero can accommodate most special dietary needs but please do let us know in advance.

We prefer our retreats to be alcohol free.

## Travelling

Our retreat takes place in Bali Indonesia. Note: you must have travel insurance.

From London Heathrow airport terminal 2 to Singapura, then from Singapura a transfer second domestic flight to, **Ngurah Rai International Airport Bali**. Flight takes about 2.45 minutes. The good news is that there are numerous flights per day, so you can pick the one that best fits your schedule. The whole trip takes 15h 55m and costs £600 - £1,200.

**Transfers:** We will pick you up from the airport.

## Visa

**Do I need a visa?** Yes, for most visitors to Bali/Indonesia, a tourist visa is required for entry. However, foreign nationals from the following ASEAN countries can enter Indonesia visa-free for up to 30 days for tourism purpose.

## Tours & Visits

“We will take you to the best places ... you deserve it”

### 1) Lake Tamblingan a Holi Bali Lake, Ethereal Tranquil Waters

Lake Tamblingan is located in the village of Munduk, in the district of Buleleng, Bali. Located in the heart of Bali, Indonesia, Lake Tamblingan is a stunning natural attraction that offers to the visitors the chance to experience the beauty and tranquillity of the island's highland natural surroundings. With its crystal-clear waters and lush surroundings, Lake Tamblingan is a popular spot for nature lovers, photographers, and anyone looking for a peaceful and rejuvenating experience.

### 2) Handara Iconic Gate

Discover the iconic beauty of Bali with Handara Iconic Gate in Bedugul Bali. The iconic gate is one of the most recognizable landmarks on the island. With its stunning architecture and picturesque surroundings, the Handara Iconic Gate is the perfect spot for photos and Instagram-worthy moments. Capture memories that will last a lifetime as you take in the stunning views of Bali's natural beauty.

### 3) Ulun Danu Bratan Temple

Pura Ulun Danu Bratan is one of the most beautiful temples in Bali. You couldn't imagine a better setting for a temple, situated on a lake surrounded by mountains. It's in one of the most favourite parts of Bali.

### 4) Angseri Hot Spring

Angseri Hot Spring is one of the most popular Bali Places of Interest the perfect destination for those looking to spend a relaxing day in the centre of the island. While soaking in an open pool of hot water, you can enjoy the soothing panorama around, and a small waterfall next to the pond. Yup, this bath is located beside the terraced rice fields and surrounded by bamboo forests. Can you imagine the beauty? It certainly can refresh your body and your eyes.

### 5) Jatiluwih Green Land

The Jatiluwih rice terraces are located in the middle of Bali near Ganung Batukaru. The area is very rural with nothing but farming communities.

### 6) Tanah Lot Temple

Imagine the image of a Balinese temple (pura) perched high on the rock, facing the wide-open ocean. With the crashing waves below and the dramatic colours of the dusk sky as background, lit by the slowly disappearing sun. Dang Hyang Nirartha was said to be the one who created a three-temple system in Balinese villages. Setting the site plan that the temple built in the northern area of the village would be for Brahma, middle area for Vishnu and the southern side for Shiva.

### **7) Uluatu Sunset, Kecak Dance, and Dinner Jimbaran Beach**

There's no better place in Bali to see the kecak dance, a lively performance featuring a beatboxing male voice choir, a demon king, and a flirtatious deer, than on the Uluwatu cliffs. Pair the Kecak and Fire Dance with a visit to the temple itself then feast on seafood by candlelight. Duration: 7 hours.

### **8) Purification Holy Bath at Beji Gria Waterfall**

Once-in-a-lifetime experience of releasing stress and tension at one of the most beautiful hidden gems called Beji Gria Waterfall. Immerse yourself with local pilgrims and soak yourself in the natural spiritual atmosphere of Bali. The procession of purification holy bath you can expect from beginning until finish are

1. Meditate / pray led by temple priest before starting your holy bath.
2. First step you will walk through narrow canyon and do your first holy bath in purpose to make a balance on your health.
3. Second holy bath on a small well that have purpose to cleanse your aura so you can attract happiness and luck.
4. Release your anxiety, tension and sadness by scream/ crying at the first waterfall as loud as you can.
5. Express your happiness by smile and laugh as loud as you can at second waterfall.
6. Final step is receiving last blessing from the priest with pure holy water taken from green and yellow coconut water.

### **9) Reef Beach Club**

An ideal place to be and to be seen, Reef Beach Club is a vibrant venue suited for individuals, couples, communities, and families alike.

## **Your Host**

### **Guiomar Your Holistic Therapist**

Guiomar offer the best care and assistance for her guests, facilitating spiritual healing in a relaxed beautiful Bali Island using ancient practices that improve your physical, emotional and spiritual strength. Guiomar is a successful established therapist – holistic counsellor, life coach, hypnotherapist, clinical massage, sound therapist, Cacaoist facilitator and spiritual healer with over a decade of practice. Guiomar has her studio The Healing Temple located at Weston Turville – Aylesbury where she sees her clients, was created from compassion to passion for one sole purpose – to bring wholeness, wellbeing and transformation, improving the quality of life those in need.

My philosophy here is to help you align your body mind and soul through sound healing, guided healing meditation/visualization, fire ceremony and deep release healing by the sea in the magical surroundings of the beach. Finding Your Zen retreat in the Island of Gods, it's a place to go to really disconnect from everything.

I believe that there are many paths to wellness and health, and I work with you to help you find your path.

**Hey ... you don't have to feel lonely. Come and join us!**

Neuroscientific research has found that solo travellers who engage in mindfulness practices like meditation or journaling for at least 15 minutes per day report a 35% increase in their ability to manage stress and loneliness while on the road.

Challenging one's preconceptions and being willing to step out of the comfort zone can unlock deep-seated fears and anxieties, leading to personal growth and the formation of meaningful connections.

By welcoming the unknown and being receptive to serendipitous encounters, solo travellers can transform a potentially isolating journey into a thriving and fulfilling adventure.

Solo travellers who embrace spontaneity during their trips experience a 32% higher sense of adventure and personal growth compared to those who plan every aspect of their itinerary.

**I can't wait for this exciting adventure ... with you.**

Kind regards,

Guiomar Rebelo  
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