

Awareness • Embodiment • Intuition Heart n Soul Woman's Retreats

Bali Retreat

2026 Dates
4 -10 Sep



2026 Dates
18 - 24 Sep



What to Expect

A retreat for women ready to deepen intuition and embody real change. In the stillness of Bali, we weave movement, rest, and reflection to help you tune in, trust your inner voice, and lead from within. Transformation here is not just learned it's lived, supported by powerful practices, deep rest, and a nurturing space.





Day 1

Pick up Kuta - 8.30am | Arrive Hotel

4th Sep or 18 Sep Retreat start date 2026 | 12:30 PM – Lovina
Arrive at our peaceful retreat sanctuary in Lovina. Settle in with a welcome drink, light lunch, and time to slow down, breathe, and arrive.

Lunch

Welcome Circle

Enjoy a vegetarian dinner, then gather for our first circle — sharing intentions over Blue Lotus tea, closing with a grounding sound meditation.





Day 2

Intro to Embodiment

Gentle movement to reconnect with yourself.

Breakfast & Balinese Offerings

Lunch

Awareness Workshop

Uncover the beliefs shaping your story and begin the shift from mind to heart
with clarity and compassion.

Dinner

Fire Pit -- Night Swimming





Day 3

Holy Springs & Buddha Temple

Begin the day at the sacred holy springs, receiving the calm strength of the mountains, followed by a quiet visit to the Buddha temple.

Lunch

The Honest Mirror – Reclamation

Recognise repeating patterns and gently reclaim your energy through self-inquiry and awareness.

Dinner

Evening space to unwind — gather at the fire pit, enjoy night swimming, or massage





Day 4

Embodiment

Gentle movement to reconnect with yourself.

Trust & Truth – Intuition

Learn to reconnect with your inner guidance and trust it as your compass for truth, purpose, and aligned action.

Lunch

Free time massages - swimming

Dinner & Ayurvedic Demo

Discover the basics of Ayurveda through a hands-on demo, preparing simple, healing foods that are practical, grounding, and nourishing.





Day 5

Breakfast & Dolphin Experience

Begin the day with breakfast, then head out on the water to meet the dolphins — playful, present, and alive. Their energy sets the tone before free time back at the hotel.

Lunch

Trust & Truth – Intuition

Learn to reconnect with your inner guidance and trust it as your compass for truth, purpose, and aligned action.

Dinner & Free Time

Evening space to unwind — gather at the fire pit, enjoy night swimming, or book a massage.





Day 6

Breakfast & Embodiment Movement

A 90-minute guided Somatic practice of movement, stillness, and breath — not performance, but presence. A space to soften, listen, and return to yourself.

Lunch

Living the Shift – Creator in Action

Step into conscious choice and embody the energy of the Creator, learning to lead by your life from clarity, presence, and personal power.

Dinner & Free Time

Unwind with space for fire pit gatherings, night swimming, or a massage.





Day 7

Closing: Breakfast by the pool, time to swim and reflect, then

9 am departures.

Guests have the option to stay on for 2 extra nights and travel to Ubud.





Included

- 6 nights / 7 days accommodation in Lovina
- All meals included — Balinese & Ayurvedic inspired, to all dietary needs
- Awareness workshops, group circles & community support
- Embodied movement sessions to anchor your transformation
- Retreat highlights: swim with dolphins, hot springs & Buddha temple, Balinese offerings, Ayurvedic dinner demo
- Pool & whirlpool for rest and renewal
- Travel from Kuta to Lovina (arrival transfer included)
- Take-home 5-minute process to support ongoing transformation
- A special gift to cherish the memories.





Excluded

Flights ✈️, travel insurance, personal spending money, and spa treatments.

Airport transfer to Kuta hotel is available via private driver pickup from Bali airport. approx. \$10 – \$27

Optional hotel stay in Kuta is available from \$50 – \$100 per night.

Transport after the retreat — from Lovina hotel to your next destination — ranges \$60 – \$80 from Ubud \$45.





Details/Pricing

Your Stay & Investment

- Sharing Jungle Room – **\$3,500 pp**
- Private – **\$3995**
- Private Supreme Bungalow – **\$4,200 pp**

All meals included — tailored to all dietary needs

Flexible payment plans available: from \$500 deposit, with monthly instalments



Book your free discovery call with SAMALA





Awareness • Embodiment • Intuition





Intuition Workshops & Village Culture





What to Expect

This optional add-on is all about bringing your **intuition** to life in a real-world setting. After the experiences in Lovina, **Ubud provides** a relaxed village atmosphere where you can practice what you've learned through cultural immersion and shared ceremonies. In other words, this is your space to deepen and embody your insights while enjoying the genuine warmth and richness of **Balinese village life.**





Arrival & Welcome in Ubud

Traditional welcome ceremony with a fresh coconut
welcome drink

Intuition Integration Workshop

Lunch & Dinner





Culture & Integration

Breakfast Balinese cultural immersion day, including a guided village experience, traditional dance.

Traditional Balinese Purification Cleanse

Lunch included in a local villager's home - coffee tour

Intuition Integration workshop

Dinner





Experience a Guided Coffee Tour





Experience Village tour lunch in Balinese Home





Experience Traditional Balinese Purification Cleanse





Accommodation Options

King-bed villas with private pools overlooking peaceful rice fields
Shared rooms without a private pool





Sharing twin beds above - Below photo deluxe with King bed





Private villa with pool king size beds



Intuition Workshops & Village Culture

