

## Your Sacred Retreat Dream Team



*Alexandra's* passion for Egyptian dance spans 15 years, she is co-principal of the Desert Flame School, Central Coast

With a variety of styles 'under her belt'

**Alexandra (aka Sandra Rather)**

is a professional performer and dedicated teacher.

*Alexandra's* passion for this dance is infectious, as she invites students to delve inside and bring out the many archetypes that lay within a woman—to open the door and dance to free your spirit!

### *Nicole*

is passionate about teaching yoga, travel and promoting self-nurture.

Her **Nurture Works** enterprise combines being a Yoga Teacher with her natural aptitude for facilitating events, including successful Yogaventure Retreats in Bali since 2008.



*Nicole's* enthusiasm and delight for Bali and Yoga is contagious. Whether *Nicole* is teaching yoga or organising fun and nurturing retreats she injects her special brand of love and care into everything she does.

## Tap into the Transformational energy of Bali The 'Island of the Gods'



Dance to free your Spirit

Honour your Feminine  
You deserve it!

Yoga and Dance

Bookings and Further Info  
Contact Nicole Turner-Butler

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Info about Belly Dancing Program

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## An Invitation To Sacred Women's Retreat Egyptian Dance and Yoga Ubud, Bali 10-16th July 2011



Bring your Belly to Bali!

Awaken your dance through the power of the Chakras.

Embrace your Feminine Potential  
Nurture, Pamper and

## Sacred Women's Retreat

Join Alexandra and Nicole on this amazing, memorable and magical personal journey through Yoga and Egyptian dance to activate your Chakras (energy centres of your body).

### Also immerse yourself in:

- ✦ Balinese Culture and Adventure
- ✦ Pampering with Balinese Massage and Spa treatments
- ✦ Delicious and healthy food
- ✦ Quiet time for reflection
- ✦ Shopping in Exotic Bazaars!

Imagine waking to the sounds, sensations and smells of spiritual Bali in a village like atmosphere, surrounded by lush tropical gardens and rice paddies.

Awaken your body with yoga followed by breakfast before your Chakra Belly Dance Workshop.

Spend afternoons exploring Bali or indulge in spa treatments, massages or shopping! Hhhmmmm?

Evenings filled with Balinese cuisine, cultural performances, relaxation and a 'Girls Night Out'!

## Retreat Overview

### This weeklong retreat is for women only

Arrangements can be made for you to extend your trip, upgrade your accommodation or have the family come along prior to our sacred retreat.

First day: Sun 10th July Arrive, settle in

### Mon: Retreat Commences

- Welcome Circle, Balinese Offering
- Yoga Session, Breakfast
- Belly Dance Workshop (2 hours)
- Welcome Lunch & Dinner
- Massage Included, optional extras

### Tues, Thurs and Fri Program

- Yoga Session (1 hour) & Breakfast
- Belly Dance Workshop (2 hours)
- Free time, Optional Tours offered

### Wed Program

Magical Mystery Tour Day.  
You will be treated to Balinese fun, sightseeing, spiritual and cultural experiences

### Sat 16th July Retreat Farewell

Farewell Circle, Balinese Offering  
Breakfast, Free time

## Sacred Retreat Inclusions

- ✦ All Yoga and Belly Dance Sessions
- ✦ 6 Nights Accommodation
- ✦ Transfers in Bali
- ✦ Daily Breakfast
- ✦ Lunch and Dinner on Monday
- ✦ Massage & Full Day Tour
- ✦ Balinese Offering Ceremonies
- ✦ Personal Gift package on arrival
- ✦ Private sparkling Pool
- ✦ Yoga, Meditation and Healing rooms
- ✦ WiFi broadband for laptops

### Not Included

- ✦ Return Air fare to Bali
- ✦ Other lunch and dinners
- ✦ Optional tours and activities

### Cost

We have combined quality, simplicity and good value so offer our Sacred Retreat at:

**\$1075 twin share or \$1275 single** in a beautiful Balinese Retreat Centre located in Ubud.

The centre's quality facilities are designed to delight you with their Balinese spirit, truly an idyllic environment to relax and rejuvenate in.

**Non refundable Deposit \$200 due ASAP**

Close to our Retreat centre you will find sumptuous meals are approx \$5-7 and a Balinese massage is approx \$10.....take me there!!!!