

Bali Retreat 2025

August 10 -16

Exploring sensation with movement and stillness.



***Bali 2025.. Are you coming?
At a lush mountain top resort.***

Rest, rejuvenate, swim, eat vegetarian, daily yoga, qigong, a day of silent meditation, dance, creativity, community connection, Cultural experiences.

Focussing on how sensation awareness affects wellbeing.

Included;

all meals, a massage, transport to and from Ubud.

Creativity workshop, 2-4 daily practices.

Poolside Ceremonial dinner, with traditional Balinese dancers.

\$1400 Twin share

\$1750 single

\$250 non-refundable deposit, See website for cancelation policy.

Payment plan available

Fundraise \$200 for Seva (community service)

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see website www.vitalitymoves.com.au for more info.

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Vitalitymoves FB and Instagram