



Gather with us for 6 nights in Ubud, Bali

 the yoga travel co.





## Take your seat in our circle

---

### **Are you living your life as an expression of your sacred feminine and deepest heart?**

As an act of radical self-love, give yourself permission to gather with us. Our 6-night retreat in stunning Ubud, Bali is for women who yearn to awaken their sacred feminine and re-define their understanding of womanhood as a natural extension of their divinity.

This is a rite of passage for women who truly want to be seen in all their glory. Take your seat in our circle and dive into the depths of your feminine being. Invite your intuition, playfulness, pleasure, and power to rise up and radiate as the authentic and wise woman that you are.

*We are calling your name ... Come join us.*







## Awakening the sacred feminine

---

Together we'll explore the sacred expression of the feminine and how to infuse this divine energy into our lived experience. This unique offering includes daily yoga and inspired teachings, self-enquiry and reflection, embodiment practices, and communion with nature.

Our circle of women will hold a safe and supportive space to surrender outdated stories and self-judgments of how we've been told women should be. As sisters, we'll rise up and be seen as the juicy, lush, love-saturated women we know we truly are. The only prerequisites are our gorgeous curves, open hearts, and willing spirits.



## What is the sacred feminine?

---

The eastern wisdom traditions describe everything in the world as being composed of energy that takes on different forms. A valuable way to understand ourselves is to differentiate between masculine and feminine energy. Every person is made up of both energies. However, we live in a world culture that tends to celebrate the masculine values of being rational and logical, setting goals and action plans, striving and competition. We tend to rely on our masculine energy — and ignore our feminine energy.

The sacred feminine — like love — is hard to define but we instantly recognise a woman who embodies it. Her body is her temple, illuminated by her unique energetic signature and divine essence. There is a natural and

magnetic charisma in the way that she carries and expresses herself. There is passion and deep joy in her being and doing that is undeniable. She simultaneously belongs to herself and is connected to all that is.

The feminine is considered sacred because it is the source of all creation. The world of the sacred feminine is both divine and practical, mystical and body-centred, intuitive and grounded, habitual and spontaneous, active and at rest.

The sacred feminine is astonishingly powerful because it can guide both our inner and outer worlds. Awakenning our sacred feminine is to connect to the deepest source of our being. When we celebrate the sacred feminine, we are in the realms of rapture, devotion, and awe.





## Destination

---

### Welcome to Ubud, Bali

The mystical island of Bali has long been known as a unique place of healing and transformation. Set in the green terraced hills in central Gianyar, Ubud is the spiritual heart of Bali. Revered for its temples and artistic heritage, Ubud attracts yogis, spiritual seekers, and travellers alike. Traditional Balinese culture imbues every waking moment of island life. Lush jungle and rice fields surround colourful streets woven with vegan eateries, galleries, yoga studios, and boutiques. Radiating the deep and potent goodness of feminine energy, Bali embraces and celebrates the colours, textures, and creative impulses we yearn to awaken in ourselves.





## Details

---

### **Awakening the Sacred Feminine Retreat**

with Kirstie Cleary, Bridget Schaeffers  
& Emily O'Sullivan

**Tue 04 June—Mon 10 June 2024**

Day one begins at 3pm

Day seven ends at 11am

### **Venue**

Luxury Private Villa  
Ubud, Bali

### **Nearest Airport**

Bali Ngurah Rai International Airport

### **Pricing**

Twin-Share Shared Bathroom:  
\$3899 per person

Twin-Share Ensuite:  
\$3999 per person

Private Ensuite:  
\$4999 per person



## Experience

---

**Packages start at \$3899 NZD per person  
twin-share and include:**

- 6 nights luxury accommodation
- Pre-retreat orientation breakfast at Alaya Resort Ubud
- Delicious vegetarian meals
- Return airport transfers
- Opening and closing ceremonies
- Morning mantra & meditation
- Morning flow yoga
- 4 x specialised workshops
- Mount Batur sunrise climb & hot springs
- Balinese Massage at Rose Spa
- Sound Healing at Pyramids of Chi
- Cacao ceremony
- Personalised support and guidance
- Spacious free time to explore

**What's not included:**

- Airfares
- Travel insurance
- Additional spa treatments





# Schedule

## Tuesday 04 June

---

### **TUE 3:00PM – 5:00PM**

#### Arriving & Settling

Exhale. Settle into your new space. Hydrate with a cup of fragrant herbal tea. Relax.

### **TUE 5:00PM – 6:30PM**

#### Opening Circle

During our opening circle we greet each other, honour the sacred symbol of the circle, and explore rituals and gentle movement.

### **TUE 7:00PM – 8:00PM**

#### Dinner

Gather together for a delicious dinner.

## Wednesday 05 June

---

### **WED 6:30AM – 8:00AM**

#### Tender Receptivity

Cultivate capacity to tenderly receive your body's wisdom through spacious shapes and transitions.

### **WED 8:00AM – 9:00AM**

#### Breakfast Buffet

Delight your taste buds with our nourishing breakfast buffet.

### **WED 10:00AM – 12:00PM**

#### Circlework: The Feminine Face of the Sacred

We explore the sacred feminine through the touchstones of connection, relationship, and intuition.

### **WED 12:30PM – 1:30PM**

#### Lunch

Gather together for a light lunch.

### **WED 1:30PM – 6:30PM**

#### Time for you

Sit by the pool, read a book, enjoy the scenery, or venture into Ubud to explore.

### **WED 6:30PM – 7:30PM**

#### Dinner

Gather together for a delicious dinner.

### **WED 8:00PM – 8:30PM**

#### Evening Circle

We gather to enjoy fragrant tea and share our stories.



## Thursday 06 June

---

### **THU 6:30AM – 8:00AM**

A Blessing for your Body Home

Honour your body temple and create space for self-compassion through a gentle yoga flow.

### **THU 8:00AM – 9:00AM**

Breakfast Buffet

Delight your taste buds with our nourishing breakfast buffet.

### **THU 10:00AM – 12:00PM**

Circlework: Embodying the Sacred Feminine

We use archetypes to explore what it feels like to embody the sacred feminine and experience Her valuable gifts.

### **THU 12:30PM – 1:30PM**

Lunch

Gather together for a light lunch.

### **THU 1:30PM – 5:00PM**

Time for you

Sit by the pool, read a book, enjoy the scenery, or venture into Ubud to explore.

### **THU 5:00PM – 6:00PM**

Dinner

Gather together for a delicious dinner.

## Friday 07 June

---

### **FRI 2:00AM – 11:00AM**

Mount Batur Sunrise Climb

Hike up the majestic Mount Batur to witness Mother Earth in all her beauty, followed by a dip in the Batur Natural Hot Springs with lakeside views.

### **FRI 11:30AM – 12:30PM**

Lunch

Gather together for a light lunch.

### **FRI 1:30PM – 5:00PM**

Time for you

Sit by the pool, read a book, enjoy the scenery, or venture into Ubud to explore.

### **FRI 5:00PM – 6:00PM**

My Body, My Temple

We embody luscious restorative yoga shapes and honour our innate sacredness and beauty.

### **FRI 6:30PM – 7:30PM**

Dinner

Gather together for a delicious dinner.

## Saturday 08 June

---

### **SAT 6:30AM – 8:00AM**

Rhythm Pathway

Harness your creative energy and find your sacred rhythm through dynamic yoga and expressive movement.

### **SAT 8:00AM – 9:00AM**

Breakfast Buffet

Delight your taste buds with our nourishing breakfast buffet.

### **SAT 10:00AM – 12:00PM**

Circlework: Mandala Creation & Storytelling to Channel your Creatrix

We tap into our creative flow and the creative flow of Nature to claim a new story that is calling to each of us.

### **SAT 12:30PM – 1:30PM**

Lunch

Gather together for a light lunch.

### **SAT 1:30PM – 4:00PM**

Time for you

Sit by the pool, read a book, enjoy the scenery, or venture into Ubud to explore.





## Saturday 08 June *continued*

---

— *Enter sacred silence* —

### **SAT 5:00PM – 6:30PM**

Pyramids of Chi Sound Healing

Experience an ocean of sound that gently guides you into an effortless state of relaxation.

### **SAT 7:30PM – 8:30PM**

Dinner

Gather together for a delicious dinner in silence.

## Sunday 09 June

---

— *Silence held* —

### **SUN 6:30AM – 8:00AM**

A Balm for the Heart

Infuse your heart with the energy of love through intuitive and soothing shapes.

### **SUN 8:00AM – 9:00AM**

Breakfast Buffet

Delight your taste buds with our nourishing breakfast buffet.

— *Break sacred silence* —

### **SUN 9:30AM – 12:30PM**

Circlework: Cherishing our Voices and Vision

We explore how to weave our learnings into everyday life and ways to embody what the circle has taught us, once we return home.

### **SUN 12:30PM – 1:30PM**

Lunch

Gather together for a light lunch.

### **SUN 1:30PM – 4:30PM**

Time for you

Sit by the pool, read a book, enjoy the scenery, or venture into Ubud to explore.

### **SUN 4:30PM – 6:00PM**

Cacao Ceremony

Gather together for the heart-awakening ritual of ceremonial cacao. An ancient healer and teacher, let her tender energy guide and support you into a place of awakening and embodied connection.

### **SUN 6:30PM – 8:00PM**

Dinner Party!

Join us for a celebration dinner party!

## Monday 10 June

---

### **MON 6:30AM – 8:00AM**

Illuminate Divine You

Awaken your inner radiance through an enlivening yoga flow.

### **MON 8:00AM – 9:00AM**

Breakfast Buffet

Delight your taste buds with our nourishing breakfast buffet.

### **MON 10:00AM – 11:00AM**

Closing Circle

We farewell each other and our circle, until we meet again.



## Teachers

---

### **Kirstie Cleary, Master of Health (MHIth)**

Kirstie is an accomplished Yoga, Tantra, and Ayurveda teacher who gathers the best of eastern wisdom to inspire others to create sacred and meaningful lives. Having studied with internationally renowned teachers and traditions, Kirstie offers accessible ways to explore the feminine and masculine aspects of ourselves and how to weave their essence into our daily experience.

Kirstie is known for re-imagining wellbeing as a natural and sensuous aliveness available to everyone. [You can find out more about Kirstie here.](#)





## Teachers

---

### **Bridget Schaeffers**

Bridget first discovered Yoga in 2013 when her inner guide led her on a solo adventure to India. Under the guidance of skillful teachers and the lens of her own devoted curiosity, Bridget's practice has deepened and evolved.

Bridget founded the Yoga Travel Co. in 2018, combining her travel industry experience, with a vision to share the healing power of yoga with the world. She believes that we're all connected through the universal power of love and can experience divine moments of truth, healing, and transformation through these ancient practices.



## Teachers

---

### **Emily O'Sullivan**

Emily has spent most of her working career in the corporate world, tackling roles in finance, sales and project management. She began practicing yoga in Sydney, to help with anxiety, and has never looked back.

Emily's passion in health and wellness grew, and after moving to Hawke's Bay, she trained in Pilates and opened a yoga and Pilates studio.

After years of attending cacao ceremonies and drinking cacao as a personal ritual, Emily completed the Seleno Cacao Ceremony Facilitator training in 2023. She loves sharing the wisdom of this sacred plant medicine and connecting with others in circle.





## Stay

---

Nestled amongst tall palm trees and emerald green rice paddies lies our charming, fully-staffed, private villa – a 7-suite oasis and our luxurious home for the week. Spanning over 4,600 square metres of landscaped gardens, the villa is an exquisite destination unto itself. The elegant pavilions feature recycled timber and smooth stone floors alongside traditional Indonesian artworks and antiques. The resort includes an 18-metre swimming pool, stunning yoga shala with recycled teak wood floors, a picturesque rose quartz spiral, and a blissful onsite spa. Located only a short 20-minute drive from downtown Ubud, this intimate setting is the perfect sanctuary to awaken the sacred feminine. All while experiencing the healing goodness and harmony of Ubud.





# Stay

---

1. Villa Entrance
2. Topaz Suite
3. Citrine Suite
4. Celestite Suite
5. Kitchen
6. Carnelian Suite
7. Living & Dining Area
8. Swimming Pool
9. Tara's Temple Master Suite
10. Sun Loungers
11. Alfresco Dining
12. Rose Spa
13. Guest Restroom
14. Juice Bar
15. Yoga Shala
16. Rose Quartz Spiral
17. Lapis Suite
18. Tourmaline Suite



Our intimate private villa has 7 air-conditioned bedroom suites.





## Sleep

---

### **Twin-Share Shared Bathroom**

The Topaz Suite features a king-sized bed that can be split into two singles and shares an outdoor bathroom and shower with the Citrine Suite.

The Citrine Suite features a king-sized bed that can be split into two singles and shares an outdoor bathroom and shower with the Topaz Suite.



## Sleep

---

### **Twin-Share Ensuite**

Spacious and light, the Celestite Suite features a king-sized bed that can be split into two singles and a signature window bed for lounging or reading. It has its own ensuite featuring bamboo floors.

Set in the rice fields next to the yoga shala, the Lapis Suite and Tourmaline Suite are luxurious, self contained bungalows, both featuring a king-sized bed which can be split into two singles, a small western style kitchen and ensuite.

Relax in the gorgeous Carnelian Suite featuring a king-sized bed which can be split into two singles, full sized window bed and an area for lounging. This room has a private outdoor bathtub set amongst the lush garden and an indoor shower.





# Sleep

---

## Private Master Ensuite

Surround yourself in opulent luxury in Tara's Temple. Set in its own spacious pavilion, just steps from the sun deck and pool. This suite has a king-sized bed, a cosy daybed set in a window nook, an outdoor shower set amongst giant tropical heliconias and an indoor bath.



## Eat

---

Our personal retreat chefs are Balinese locals, bringing their unique flair and cultural inspiration to our menu. With a farm-to-table approach, produce is local, fresh, seasonal, and planned with the specific dietary requirements of our guests in mind.





## Optional Extras

---



### **Spa Treatments**

Awaken the senses and revitalise the body at the healing Rose Spa. Located on-site, you can choose from a variety of treatments to leave you feeling pampered and renewed. Bookings on arrival.



### **Pre-Night Accommodation**

Settle into Bali life and start your retreat refreshed with our pre-night accommodation package. Join us at the 5-star Alaya Resort in the heart of Ubud and enjoy boutique eateries, day spas, and the renowned Yoga Barn right on your doorstep. The perfect place to acquaint yourself with Ubud and connect with the group before your retreat journey begins.



## Important Travel Information

---

### **Insurance**

All guests are required to have comprehensive travel insurance for the duration of the retreat. We suggest that you include “cancel for any reason” with your policy, as well as cancellation and medical cover for COVID-19 related incidents. You must purchase travel insurance that includes medical coverage. We recommend that you book your insurance at the same time as you book your retreat.







## Important Travel Information

---

### Visa Requirements

- 92 countries, including New Zealand, are eligible for a Visa on Arrival (VOA-Visa).
- The cost is USD35.00 per person (approximately NZD 60.00).
- The VOA-Visa is valid for a single entry into Bali/Indonesia, for a stay of up to 30 days and can be extended once at the local Immigration Office (charges apply).

### Visa Entry Requirements

- Your passport must have at least a minimum of 6 months validity from the date of arrival.
- You must show proof of a return airfare.

### Pre-Arrival Application

- Indonesian Immigration has launched a new online [Pre-Arrival Application](#). We suggest completing this prior to departure to fast-track your airport experience.

### Customs Declaration Form

- On arrival in Indonesia, you will be required to complete a [Customs Declaration \(BC 2.2\) form](#). We suggest completing this prior to departure so you have the QR Code ready on arrival.



We are calling your  
name ... Come join us.

**Book your spot today**

For bookings, pricing details, and more  
information, contact the Yoga Travel Co.

[hello@theyogatravelco.com](mailto:hello@theyogatravelco.com)

[theyogatravelco.com](http://theyogatravelco.com)

0800 YOGACO

 **the yoga travel co.**