



REVIVE

a week long yoga immersion in Bali, Indonesia
June 10 - 16, 2024

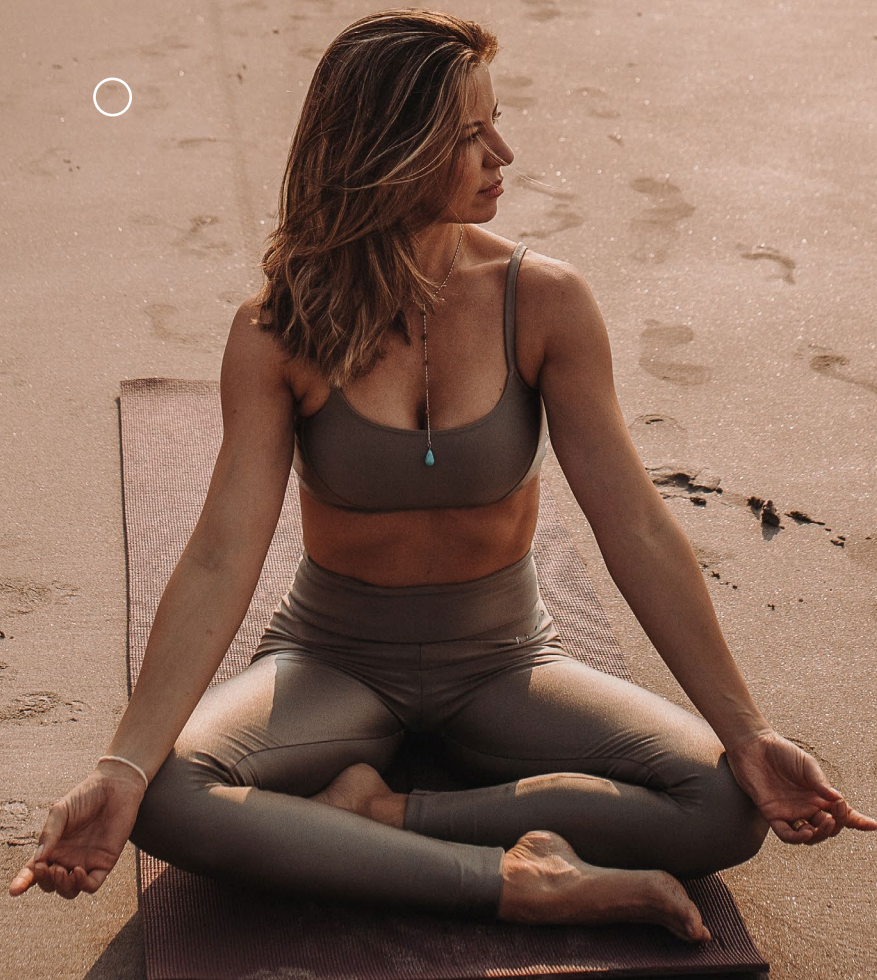
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www.nunuyoga.com/revive

WHY GO ON A YOGA RETREAT?

In our busy lives, it can be easy to lose touch with ourselves and our inner selves. A yoga retreat offers an opportunity to reconnect with yourself and to disconnect from the distractions and stresses of daily life.

Learn the art of slow living. Escape the rhythms of daily life and immerse yourself in practices that promote your well-being in body, mind and spirit.





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WHAT IS THIS YOGA RETREAT ABOUT?

This yoga retreat is designed to be a healing space for you to slow down and truly REVIVE.

Picture taking a week in a tropical island oasis to truly nourish and revive yourself. Daily yoga, meditation, relaxation, organic food, massages and cultural activities set amongst the palm tree lined beaches of tropical, Bali. Imagine taking a week of total BLISS ...



A CHANCE TO TRULY NOURISH YOURSELF!

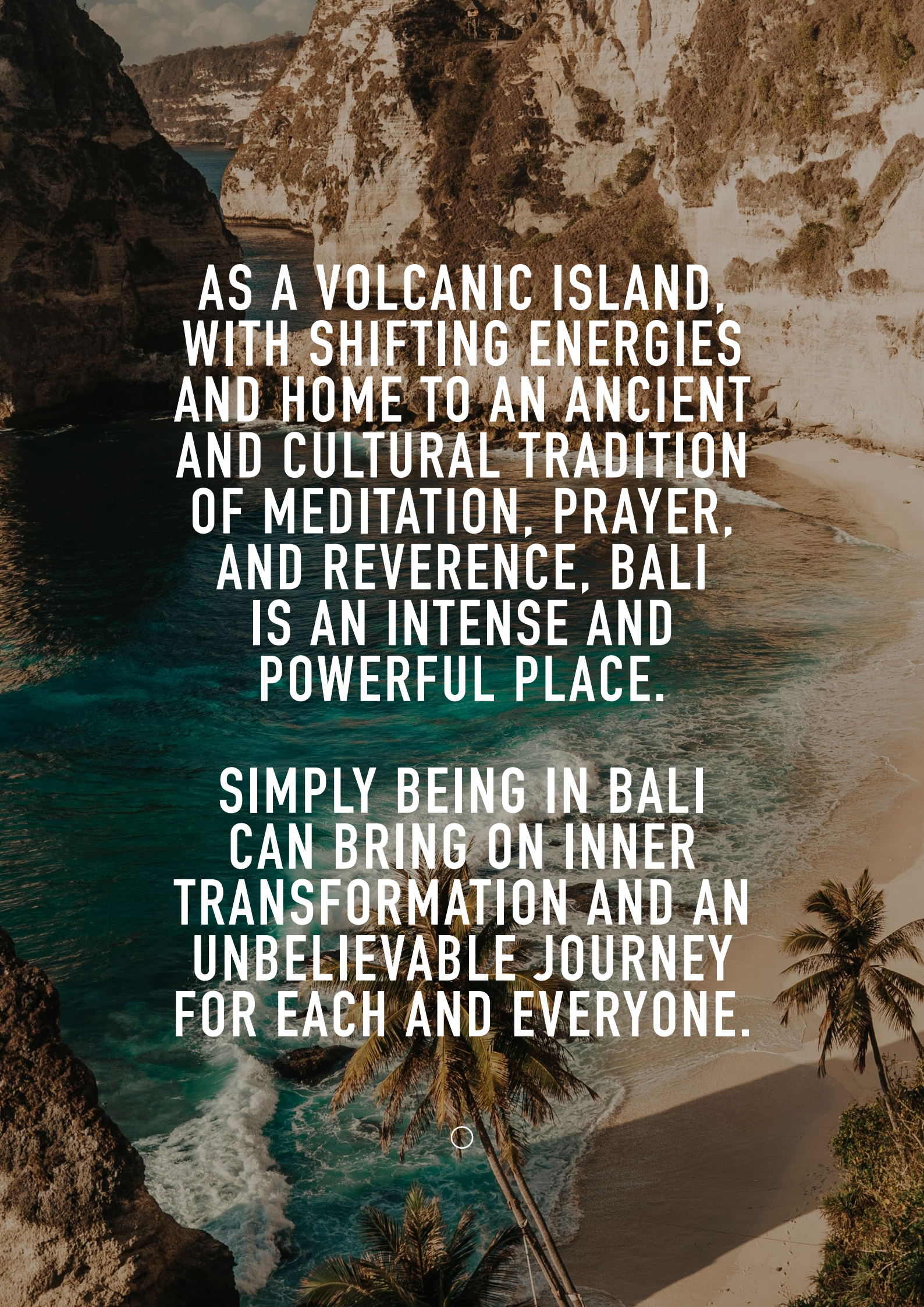
Escape the rhythms of daily life and immerse yourself in practices that promote your well-being in body, mind, and spirit while on the tropical island paradise of Bali.

This is a retreat for those wanting to peel back the layers and get right into their heart, where all the good stuff is.

We all need time away for reflection and relaxation; a respite from the chaos that life can sometimes present.

This retreat is an opportunity to learn the secrets to living a well balanced life full of happiness, peace and calm.

You'll connect to your inner wisdom + clarity, and leave feeling the confidence and fire to create a beautiful life.



**AS A VOLCANIC ISLAND,
WITH SHIFTING ENERGIES
AND HOME TO AN ANCIENT
AND CULTURAL TRADITION
OF MEDITATION, PRAYER,
AND REVERENCE, BALI
IS AN INTENSE AND
POWERFUL PLACE.**

**SIMPLY BEING IN BALI
CAN BRING ON INNER
TRANSFORMATION AND AN
UNBELIEVABLE JOURNEY
FOR EACH AND EVERYONE.**

WHERE WILL THIS RETREAT TAKE PLACE?

This retreat will take place on the lush and tropical island of Bali, Indonesia.

North beyond the mountainous centre of Bali, past the jungles and lush rice paddies, there is a small town thought to be the Indonesian island's hidden gem. With a whole lot of spirit, culture and heart, lies a retreat centre that is an absolute hidden oasis.

This oasis stretches from the top of a mountain right down to the sea.

You're invited to breathe deeply... immerse yourself in the rhythms of the northern Balinese countryside.

This Retreat centre offers both the tranquility of a spiritual retreat up in the mountains — and a cleansing, blissful, ocean side beach resort.

Monday 10th - Sunday 16th June 2024.





IS THIS RETREAT RIGHT FOR ME?

This retreat is for those wanting to, decompress, heal and REVIVE. Resulting in more ease, calm + joy.

A more grounded, calm and centred version of you awaits on the other side of this week.

Revive is for those who are wanting to create a shift and a positive change in their lives.

It is a unique opportunity to spend an entire weekend slowing down and diving deep into you.





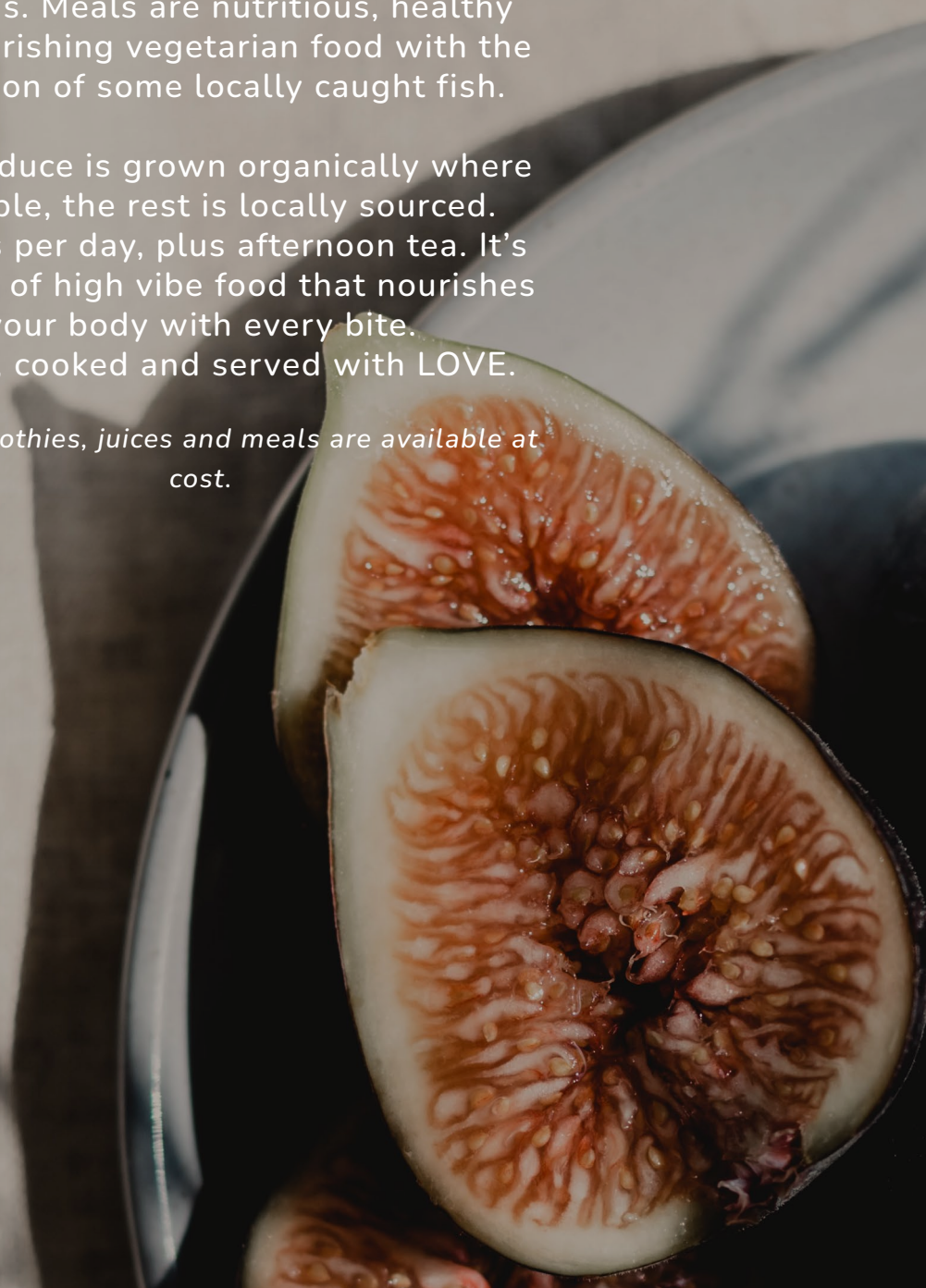
WHAT WILL THE FOOD BE LIKE ON RETREAT?

Produce is lovingly grown on site in the gardens. Meals are nutritious, healthy and nourishing vegetarian food with the inclusion of some locally caught fish.

The produce is grown organically where possible, the rest is locally sourced. 3 meals per day, plus afternoon tea. It's the kind of high vibe food that nourishes your body with every bite.

Grown, cooked and served with LOVE.

Extra smoothies, juices and meals are available at cost.



A close-up photograph of a person's hands in a yoga mudra (prayer position) against a dark, textured background. The person has a tattoo of a triangle on their left forearm and a small white circle on their right hand. The text is overlaid on the image.

WHO IS THE TEACHER RUNNING THIS RETREAT?

Sharing the gift of yoga is Dani's dream come true.

'My greatest desire is that I allow you the space to reconnect and reground in yourself. Providing you the space to take a moment out from your day to come home to your body, and your mind. Leaving your practice feeling refreshed and prepared for whatever lies ahead.'

My own personal journey of healing from led me to yoga at a young age. It was through the practice that I discovered an empowered, inspired and true inner connection to myself, and the world around me. Yes, yoga changed my life.

My late beloved guru, Ram Dass gave me the mantra in which I live my life by: 'BE HERE NOW.'

With deep respect to safe alignment and intelligent sequencing, her teaching leans more to the energetic anatomy and alignment of the practitioner, full of empowering messages based on the ancient philosophies of yoga. It's safe to say, no class is ever the same!

Dani has been teaching for over 10 years and has run retreats both in Australia and internationally over the years.

More [about Dani Christie here.](#)



WHAT IS THE INVESTMENT?

There are 2 room options:

SINGLE ROOM

AU\$2399 per person*
(\$2599 rrp)

TWIN SHARE

AU\$1749 per person*
(\$1949 rrp)

INCLUDED IN YOUR RETREAT

6 nights accommodation.
Balinese bungalow seafront
accommodation with outdoor lush
tropical bathroom.

Group transport from meeting point in
Seminyak* - Retreat Centre.

Return transport from Retreat Centre -
Seminyak*. **location to be confirmed*

Daily yoga, meditation, yoga nidra +
pranayama sessions held at our private
yoga shala on site.

Day trip to a local Balinese Waterfall.

All meals - gourmet, nourishing,
organic grown on site + locally sourced
produce. (3 meals per day + afternoon
tea - additional snacks + smoothies on
request at cost)

Tea, coffee + fresh fruit always
available.

1x traditional Balinese Massage at
Gaia Spa.
(extra massages + treatments at cost)

Traditional Balinese Cleansing
Ceremony at a sacred Water temple
with a Master Healer.

#Airtfares are NOT included in the price.



A woman in a long, flowing yellow dress is walking away from the camera on a paved path. The path is flanked by lush greenery and traditional Balinese architecture, including tall, dark stone pillars. In the background, there are rolling hills and a clear sky. The scene is bathed in warm, golden light, suggesting late afternoon or early morning. The text is overlaid on the left side of the image.

**EN ROUTE TO THE RESORT YOU'LL
PASS TRADITIONAL BALINESE
VILLAGES, BEAUTIFUL RICE
FIELDS, VOLCANO LANDSCAPES
AND COCONUT PALM TREE
FORESTS.**

**AND WHILE SOME OF BALI MIGHT
SIT FIRMLY ON THE BEATEN PATH
NOWADAYS, WE ARE HEADING
RURAL.**

**THE RETREAT EXISTS DREAMILY ON
BALI'S NORTH COAST, WITH ONLY
LAVA SAND BEACHES, ENDLESS
OCEAN VIEWS AND THE SOUND
OF THE WAVES CRASHING AS A
BACKDROP.**





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MORE INFORMATION?

bookings and info head to
nunuyoga.com/revive

alternatively send an email to
hello@nunuyoga.com

Other retreats?
[The Reset, Yass, NSW](#)
May 17 - 19, 2024

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FAQS

Q: Who is this retreat for?

Someone who is willing to put in the work for better habits and a transformed life. Someone who is open minded and willing to try new things.

** Please note this is not a holiday or tour - this is a yoga retreat designed to take you deeper into yourself via yogic practices + rituals.*

Q: Is accommodation included, what is it like?

Accommodation is included. You'll be staying in Balinese bungalow style accommodation, twin share or single occupancy. The bungalows are constructed out of bamboo, natural stone and wood; some are covered by traditional Alang Alang grass roofs. They have open-air bathrooms, hot water, fully-equipped kitchens, mosquito nets, closets, towels, linen, and a day-bed.

Q: Is there a day spa on site?

One massage is included in your package. But you are most welcome to purchase extra treatments, massages and services at your own cost from the on site day spa..

Q: I've never done any yoga before and i'm not very flexible!

A flexible body is NOT needed for the weekend, we just ask that you bring with you a flexible mind.

Q: Can I stay in the same room as my friend?

Sure! In this case, just be sure to mention this when booking.

Q: Is it women only?

This retreat is open to both males and females.

Q: What is your refund policy?

Full terms and conditions [here](#).

Q: Will there be alcohol or a bar?

This retreat is designed to bring you closer home to yourself without the aid of drugs or alcohol.





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[BOOK NOW](#)