



THE NEXT CHAPTER RETREAT

Reflect. Create. Write. Plan.
Be inspired.
with Jacq Burns & Karen Willis
Sep 7 – 11, 2017

Sharing
Bali

\$AUD1850pp

Life doesn't have to be perfect to be wonderful. What's next in your life?

Thurs Sep 7

2pm Group transfers to Sharing Bali
4.30pm Arrival at Sharing Bali, tour the property and settle in, ready for good creative work while being cared for in simple village luxury with nourishing authentic Balinese food.
6pm Story workshop - Where to start. How do you begin to look at your life afresh through story?
7.30pm Dinner

Fri Sep 8

6.30am Creative meditation to wake us up and free our minds – bring your notebook.
7.30am Space to think, be free.
8.30am Breakfast
9.30am Brainstorming for you workshop.
12noon Walk to our simple 'kubu' overlooking the jungle for lunch
2pm Free time for massages, journaling, naps. Or a one-on-one with Karen or Jacq.
5.30pm Yoga
7pm Drinks at the Bale. Karen shares her story of leaving corporate life to build a successful retreat business and stepping up to write two books.
7.30pm Dinner

Sat Sep 9

3.30am Depart for our "Beyond Bali Sunrise at the Caldera" experience.
8.30am Boat across the lake to the hot springs. Recover and relax in the mineral baths.
12 noon Lunch
Afternoon Naps. Massages. Reading. Journaling. Your choice.
5.30pm Gentle activation session to reawaken the mind and body. Reflect on the day.
6pm Drinks. Jacq becomes the storyteller, sharing the ups, downs, and truths working for over 25 years helping authors tell their stories.
6.30pm Dinner

Sun Sep 10

6.30am Village walk and a 'walking meditation'.
7.30am Space to think, be free
8.30am Breakfast
9.30am **Story workshop. Plus**, one-on-one with Karen or Jacq.
11.30am Cooking session including a food gathering walk.
1pm Lunch
Afternoon Space to think, be free. Work on your story.
4pm Active play session. Move. Have some fun.
5.30pm Drinks. Share your stories. Learn from others. Celebrate.
7.30pm A candlelit Balinese feast at our dining table in the rice fields.

Mon Sep 11

6am 5 min activation session. No excuse. You only need 5 mins!
6.10am Space to think, be free
7am Active play session. Move. Have some fun.
7.30am Farewell breakfast
9am Wrap up. Make a plan and a promise.
11.30am Group transfers to the airport or nearby hotels

Next Go live the next chapter of your life.

WHAT TO PACK

Keep it simple. Travel light.

Brainstorming Sessions

There will be a box of materials waiting for you – notebooks, journal, pens, scissors, tape etc. but feel free to bring your own personal supplies. Bring reading material – stuff that inspires you. Can be articles, or a book you have been waiting to read.

Yoga & Meditation Sessions

Comfortable stretch pants and t's.

Walks

Workout gear or comfortable walking clothes. Sports shoes that you don't mind getting dirty. Refillable sports water bottle.

Caldera Trek/Hot Springs

Be prepared for cold conditions at the summit. Wear layers. A nylon wind jacket is a good idea.

Daypack. Small torch, preferably a headlamp. Refillable water bottle.

Sport shoes are fine, but some people feel more comfortable in light hiking boots.

We provide a rattan walking stick.

Swimming gear.

Shoes

We spend a lot of time outdoors, so pack suitable sandals or thongs.

Everyday

Lightweight casual clothes for the tropics.

Long sleeve sweater/t and pants for the surprisingly cool evenings/early mornings.

Sleep in whatever is comfortable for cool nights.

Hat, sunglasses, sunscreen, umbrella, insect repellent, refillable water **bottle, small back pack for walks.**

Bits & Pieces

Bring an adaptor suitable for Indonesia. Chargers.

Camera.

Banned Narcotics

Don't even think about it packing them! You will be terminated from the property.

Pack your sense of curiosity and wonder.

Leave the expectations at home.

You are about to have a very unique experience.

HANDY TRAVEL HINTS

The Airport

Ensure that your passport is valid for 6 months with 1 empty page.

Hotel details for incoming immigration card:

Retreat name: Ayung Sari Indah Retreat Address: Desa Singaprang, Bali

Check your home country terms for Visa On Arrival. Cash only accepted.

Group Transfers

Group transfers are to/from the airport/nearby hotels and Ubud area. Flights must arrive by 1pm to meet the transfer schedule.

You will be advised of group transfer arrangements once all guest details are confirmed. Private transfers from the airport or other destinations in Bali can be arranged at additional cost. We do recommend that you arrive in Bali one day early. Avoid the stress of flight delays and give yourself a chance to recover from your travels and time zone changes. *We pick up from the airport (before 1.30pm) and hotels in Kuta, Legian, Seminyak, Ubud and Sanur. The following areas are outside our pick up zone

- Jimbaran, Nusa Dua, Canggu and anywhere on the east coast of Bali.

Money

Local currency is Rupiah (IDR). The exchange rate does fluctuate daily.

ATM and currency exchange is available at the airport and in all tourist areas.

You will only need cash for your personal extras whilst on retreat. Please note we don't have credit card facilities.

Drinking Water

Only drink bottled water, including cleaning your teeth. We provide clean spring water for drinking to each bungalow. You can refill your water bottles throughout the retreat.

Staying In Touch

We have mobile phone reception, but no landlines or WiFi. Text messages work best. Even better, take a digital detox.

Reconnect with yourself and your surrounds.

To use your phone with a local sim card:

- your phone must be unlocked by your carrier BEFORE you leave home
- bring the device to release the sim card
- global roaming must be organised BEFORE you leave home.
- Indonesia code is +62
- Please set your phone up BEFORE you arrive at the retreat. You can buy phone credit as needed. (cash payment)

Meals

Meals are a delightful time at sharing Bali. We all eat together and our style is genuine village style Balinese food. No preservatives, nothing packaged. Just fresh food. Very gluten and lactose intolerant friendly.

For safety reasons we are unable to accept guests who have a fatal allergy to any foods. We are not equipped to serve separate meals. Please confirm any special dietary requirements prior to booking.

Alcohol

We serve only the local beer. Feel free to bring your own wine and spirits. Juices, tonic, soda, ice, limes etc. are available as mixers.

Safety

Travel insurance is compulsory for all of our guests.

Please bring 2 photocopies of your passport photo page for local registration purposes.

Be responsible about any medical conditions you may have. Pack your medications and prescriptions as necessary.

Our treks and outdoor activities can be quite adventurous. Our staff and guides provide a lot of assistance when needed to keep everyone as safe as possible. You don't need to be the fittest or the fastest but you do need to have a general level of fitness and enough mobility to be able to undertake a minimum 1-hour hilly hike unassisted. If you have injuries that considerably reduce your mobility, especially on hills, it may be best give to skip the treks to avoid risk of further damage to your injury.





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INCLUSIONS

- 5 days/4 nights food and accommodation
- Group transfers
- All activities on the program
- A copy of Karen's Take Your Holiday Home journal, Jacq's book Write A Bestseller, plus a few treats that will remain a surprise for now.
- Pre-retreat Skype call to discuss the best style of writing for you (journal writing, a biz plan, a book, a short story, web copy, a bio, a poem or just a page for you to burn after writing).

EXCLUSIONS

- Flights to/from Bali
- Travel Insurance
- Bottled drinks such as water, soft drinks, beer
- Personal laundry
- Massages & body treatments. Extra tours, transport, outside the program

TERMS AND CONDITIONS

- **Travel Insurance is mandatory for all of our guests. We suggest you buy insurance as soon as you book.**
- Please confirm any special dietary needs before booking. Please note that for reasons of safety we cannot take guests who have a fatal allergy to any food/food groups.
- A non-refundable deposit of \$500pp is required within 7 days of booking being made. Full payment is required 30 days prior to arrival.
- All funds are non-refundable if a guest chooses to cancel within 30 days of arrival date
- Refunds/credits will not be given after journey commencement, even if services, activities or meals are unused or cancelled for any reason
- Personal expenses to be paid in cash at end of retreat. **Note we do not have credit card facilities in Bali.**
- **Sharing Bali waiver to be completed prior to booking.**
- We are not liable for personal injury, death, damage to property or other loss whether arising from accident, cancellations, delays or any other matter beyond our control. Participants should insure against all such possibilities. All participants participate at their own risk.
- We reserve the right to refuse to take clients on any of our treks/activities if we consider that their health/injuries are likely to present a risk to themselves and others in the group. **Please respect our experience and acknowledge that your health and happiness is our priority.**
- We operate rain, hail or shine!

Questions? Check out www.sharingbali.com for FAQ's, details,
photos of bungalows, food, our village, the local culture and our location.

Email anytime for help: info@sharingbali.com