



WOMAN EXPLORE

# Retreat Itinerary

## JULES BROOKE, WOMAN OF INFLUENCE RETREAT, BALI

Please note the provided itinerary serves as a general outline and may be adjusted or modified as necessary to ensure the best possible experience for all participants.

### Day 1: Welcome to Bali

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Arrive and check in at the hotel, with check-in available from 2 pm. Guests arriving earlier can store their bags and enjoy the resort's facilities.

At 6:00 pm, join us for a welcome drink hosted by Jules Brooke, and meet your Woman Explore host.

Post that, relish a welcome dinner at a traditional Balinese restaurant within walking distance from the hotel. It's an ideal opportunity to connect with fellow travellers, savour local flavors and kick off your exciting journey with Woman Explore.

**Accommodation:** Regali Villas

**Meals Included**

- Welcome dinner (excl drinks)

**Included Activities**

- Airport transfers
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### Day 2: Unleash your potential

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Start your day with a leisurely breakfast before participating in your first workshop with Jules Brooke, on "How to Become a Woman of Influence."

Enjoy the afternoon at your own pace, exploring the local area or treating yourself to an in-room massage. Then rejoin the group for a rejuvenating group Yoga Session.

The evening is yours to enjoy at leisure, providing the freedom to explore, relax or engage in activities of your choice.

**Accommodation:** Regali Villas

**Meals Included**

- Breakfast

- Lunch (excl drinks)

#### Included Activities

- Workshop with Jules Brooke
- Group yoga session

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## Day 3: Start your learn to surf journey

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Start your day with a leisurely breakfast before participating in your first workshop with Jules Brooke, on "How to Become a Woman of Influence."

Enjoy the afternoon at your own pace, exploring the local area or treating yourself to an in-room massage. Then rejoin the group for a rejuvenating group Yoga Session.

The evening is yours to enjoy at leisure, providing the freedom to explore, relax or engage in activities of your choice.

**Accommodation: Regali Villas**

#### Meals Included

- Breakfast
- Lunch (excl drinks)

#### Included Activities

- Workshop with Jules Brooke
- Group yoga session

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## Day 4: Grow your influence

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Embark on a new day with a delightful breakfast experience, before you dive into your second workshop. Jules will build on the previous session and continue sharing her knowledge on how to grow your influence.

Unwind in the afternoon by exploring local gems or indulging in a soothing in-room massage.

Recharge your energy with a group yoga session in the early evening.

As the sun sets, embrace the evening at your leisure, offering the flexibility to explore, unwind, or engage in activities that resonate with you.

**Accommodation: Regali Villas**

#### Meals Included

- Breakfast
- Lunch (excl drinks)

#### Included Activities

- Workshop with Jules Brooke
- Group yoga session

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## Day 5: Surfs up!

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Rise and shine for an early breakfast, energising you for an exciting day of surfing. If conditions require an early departure, the hotel will provide convenient breakfast packs for us to take with us.

Continue your surfing journey with more lessons from your experienced coaches. Embrace the ocean and all it's benefits and understand what surfing teaches you, and how that can be transferred into your everyday life.

Recharge with a post-surf bite before returning to the hotel.

Tonight, the evening is yours to enjoy. Explore the local offerings in Canggu, venture into Bali's vibrant nightlife in Seminyak or Legian, or simply unwind in the tranquility of your villa.

**Accommodation: Regali Villas**

### Meals Included

- Breakfast
- Lunch as part of surfing experience (excl drinks)

### Included Activities

- Surf coaching
- Transfers to and from beach

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## Day 6 & 7: It's up to you

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Over these last few days Jules and the Woman Explore team will tailor the days to work with the group. If you're loving the surfing we'll arrange more lessons, and we could even venture to another part of the island for a day of surf, sun and fun.

If the workshops are what you're enjoying Jules can spend more time with the group, do some one-on-one sessions or even arrange a group activity.

On the last night of the week you will enjoy your farewell sunset dinner. This is the time to reflect on how far you've come over the week, to have a bit of a laugh and to celebrate your successes.

**Accommodation: Regali Villas**

### Meals Included

- Daily Breakfast
- Daily Lunch (excl drinks)
- Farewell Dinner (excl drinks)

### Included Activities

- Depending on group preferences it could be surfing or further workshops
- Group yoga session

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## Day 8: Breakfast & farewell

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Enjoy your final day in the peaceful oasis of Regali Villas Canggu. Enjoy an early morning visit to the beach, a swim or a sleep in, followed by a final breakfast at your leisure at the hotel.

Time to bid farewell to new found friends and head back to reality fully relaxed, recharged and rejuvenated.

**Accommodation:** Regali Villas

### Meals Included

- Breakfast

### Included Activities

- Airport transfers