



Mother Daughter Retreat 2020

Bali/Ubud | Sun 5 - Sat 11 July

A 7-day program to honour becoming a woman

Day 1		Facilitator	Location
11.00-12.00	Balinese flower offerings – informal hands-on activity and chat	Melati staff	Reception
12.00	Lunch available @ Alchemy/Bayu's Kitchen/pthers nearby		
1.00	Welcome and get to know you	Janoel, Rose & Melissa	Wantilan <i>Workshop space</i>
3.00	Daughters' challenge: Groupwork and creativity	Rose & Janoel	Wantilan
	Mothers' circle: How will her teenage experience differ from yours?	Janoel	Villa
6.30	Welcome dinner (complimentary: included in retreat package)		Penestanan village
Day 2			
6.45 – 8.00	Introduction to Yoga: Partner stretches and restorative poses	Melissa	Wantilan
8.00 – 9.00	Breakfast		Dining area
9.00	Circle sharing: Stories about women	Janoel	Wantilan
11.00	Lunch/free time		
12.45 – 2.45	Daughters' women's Business: Our cycle	Janoel	Wantilan
	Mothers' women's Business: Our body, our base	Rose	Villa
3.00/4.00	Time out at the day spa: Massage/facial/manicure/pedicure 1-hour sessions (complimentary: included in retreat package)	Cantika/ Starchild Spa	Penestanan
6:00	Dinner/free time		
Day 3			
7.30	Breakfast		Dining area
8.30	White water rafting and lunch	Mason Adventures	Meet at Reception
2.00	Rest/free time		
3.30	Mothers: Art & creativity exploration. Allowing space to play	Janoel	Wantilan
	Daughters' challenge: Continuing the work!	Rose	Villa
5.30	Dinner/free time		
7.00d	Optional: Kecak Fire and Trance Dance (ask Melati to book)	Local village	Meet at reception for drivers

Day 4			
6.45 – 8.00	Living Yoga: Aligning your body, sourcing your energy	Melissa	Wantilan
8.00 – 9.00	Breakfast		Dining Area
9.00	Personality preferences: How awareness of this can be useful	Rose	Wantilan
11.00	Lunch/free time		
2.00 – 3.30	Sound healing journey	Ubud-based musician	Villa
	Dinner/free time		
Day 5			
All day	Free day: Yours to play, relax or adventure with your daughter		
Day 6			
8.00	Breakfast		
9.00	Tricky situations: Practical strategies for difficult experiences	Janoel, Rose & Melissa	Wantilan
11.30	Exploring dance	Janoel	Wantilan
1.00	Lunch/free time		
3.00	Daughters: Final rehearsal	Rose & Melissa	Wantilan
	Mothers: Stepping up to a creative challenge!	Janoel	Villa
6.00	Daughters' Presentation to Mothers	Melissa & Janoel	Wantilan
6.30	Dinner/free time		
Day 7			
6.45	Nourishing Yoga: Connecting with your essence	Melissa	Wantilan
8.00	Breakfast		Dining area
9.00	Facilitated discussion: Respectful relationships and expectations	Janoel, Rose & Melissa	Wantilan
	Review of our week together		
11.30	Lunch and afternoon free time		
3.30	Photo time!		Wantilan
4.00	Mothers' Presentation to Daughters	Janoel, Rose & Melissa	Wantilan
	Blessing ceremony: honouring mothers and daughters		
6.30	Red Feast: time to celebrate! (Meal cost not included in package)		

To register your interest

Limited places available. Please get in touch for a chat about it! Call Janoel +613 408 664 919 or email: contact.janoel@gmail.com

Investment

Package includes 7 nights' accommodation, daily breakfast, welcome dinner, all program features and resources. All activities run by qualified staff in accredited programs. Airfares and other meals not included.

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