



Mother Daughter Retreat 2019

Bali/Ubud 7 – 13 July

A 7 day Coming of Age Bali adventure program
with Janoel Liddy, Rosemary Colston & team

Day 1		Facilitator	Location
11.00-12.00	Informal meet-up by the pool		Reception
12.00	Lunch available @ Element, Alchemy or Bayu's Kitchen nearby		
1.00	Welcome and get to know you	Janoel & Rose	Wantilan <i>Workshop space</i>
3.00	Daughters' Story: Exploring your personal journey through a creative experience	Rose	Wantilan
3.00	Mothers' Healing Circle: How will your daughter's experience of becoming a woman be different to yours?	Janoel	Villa
6.30	Welcome Dinner with Ibu Rai Restaurant Meet in carpark for cars to restaurant		Ibu Rai
Day 2			
6.45 – 8.00	Introduction to Yoga: Partner stretches and restorative poses	Melissa	Wantilan
8.00 – 9.30	Breakfast		Dining area
9.30	Mother & Daughter Circle: Sharing stories	Janoel	Wantilan
11.30	Lunch/free time		
12.55 – 3.00	Women's Business – Mothers: Our body, our base Women's Business – Daughters: Our body, our cycle	Rose Janoel	Villa Wantilan
3.30 or 4.30, by appointment 6:00	Time out at the Day Spa: Massage/facial/manicure/pedicure 1-hour sessions by appointment (included in retreat package) Dinner/free time		Modena Day Spa/ Cantika
Day 3			
7.30	Breakfast		Dining area
8.30	White Water Rafting with Bali Adventure Tours, including pick up, all gear & instruction, glorious lunch & return to Melati	Bali Adventure Tours	Meet at Reception
2.00	Rest/free time		
3.30	Mothers: Art & Creativity Exploration. Allowing space to play. Daughters' Challenge: Continuing the work!	Melissa Janoel	Wantilan Villa
5.30	Dinner/free time		
7.15	Optional: Transport to Kecak Fire and Trance Dance (ask Melati staff to book a ticket for you in advance)		Meet at Reception

Day 4			
6.45 – 8.00	Living Yoga: Aligning your body, sourcing your energy	Melissa	Wantilan
8.00 – 10.00	Breakfast		Dining Area
10.00	Personality Types: Your preferences and relating to others	Rose	Wantilan
12.00	Lunch/free time		
2.00 – 4.00	Tricky Situations: Practical strategies for difficult experiences	Janoel	Villa
4.30 – 6.00	Balinese Flower Offerings – hands-on activity and chat	Melati staff	
	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	Sound healing journey		Wantilan
1.00	5Rhythms®-style Dance	Janoel	Wantilan
4.00	Lunch and afternoon - free time	Rose	Wantilan
1.00	Daughters: Final rehearsal Mums: Preparation for tomorrow!		
6.00	Daughters' Presentation to Mothers	Rose	Wantilan
6.30	Dinner/free time		
Day 7			
6.45	Nourishing Yoga: Connecting with your essence	Melissa	Wantilan
8.00	Breakfast		Dining area
10.00	Facilitated discussion: Balancing the feminine and masculine Groupwork: Where to from here?	Janoel	
12.00	Lunch and afternoon free time		
3.30	Photo time!		Wantilan
4.00	Mothers' Presentation to Daughters Ceremony: Blessing from Mothers to Daughters	Janoel & Rose	Wantilan
6.30	Red Feast		

To register your interest

Please contact us for to discuss how the retreat would work for you and your daughter. Contact Janoel on ph:+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 not included. Each program limited to 8 duos.

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