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Retreats at Resorts Proudly Presents

# Meditation Retreat

A Week of Nurtured Bliss

16th - 23rd May 2020

Bliss Ubud Spa Resort, Ubud, Bali

with...

Kerryyn Slater

Do you feel that you have reached a point where stress, anxiety and a loss of self are controlling your thoughts and actions?

Do you no longer recognise what lights you up?

Are you questioning how can you continue to keep living life from this state? If you are, then this retreat is perfect for you.

This calming meditation retreat is for women who lead busy lives. Women who often hear that gentle internal voice nudging them to slow down, but with so many commitments to look after families and give to others, they struggle to find the time to honour and nurture themselves fully.





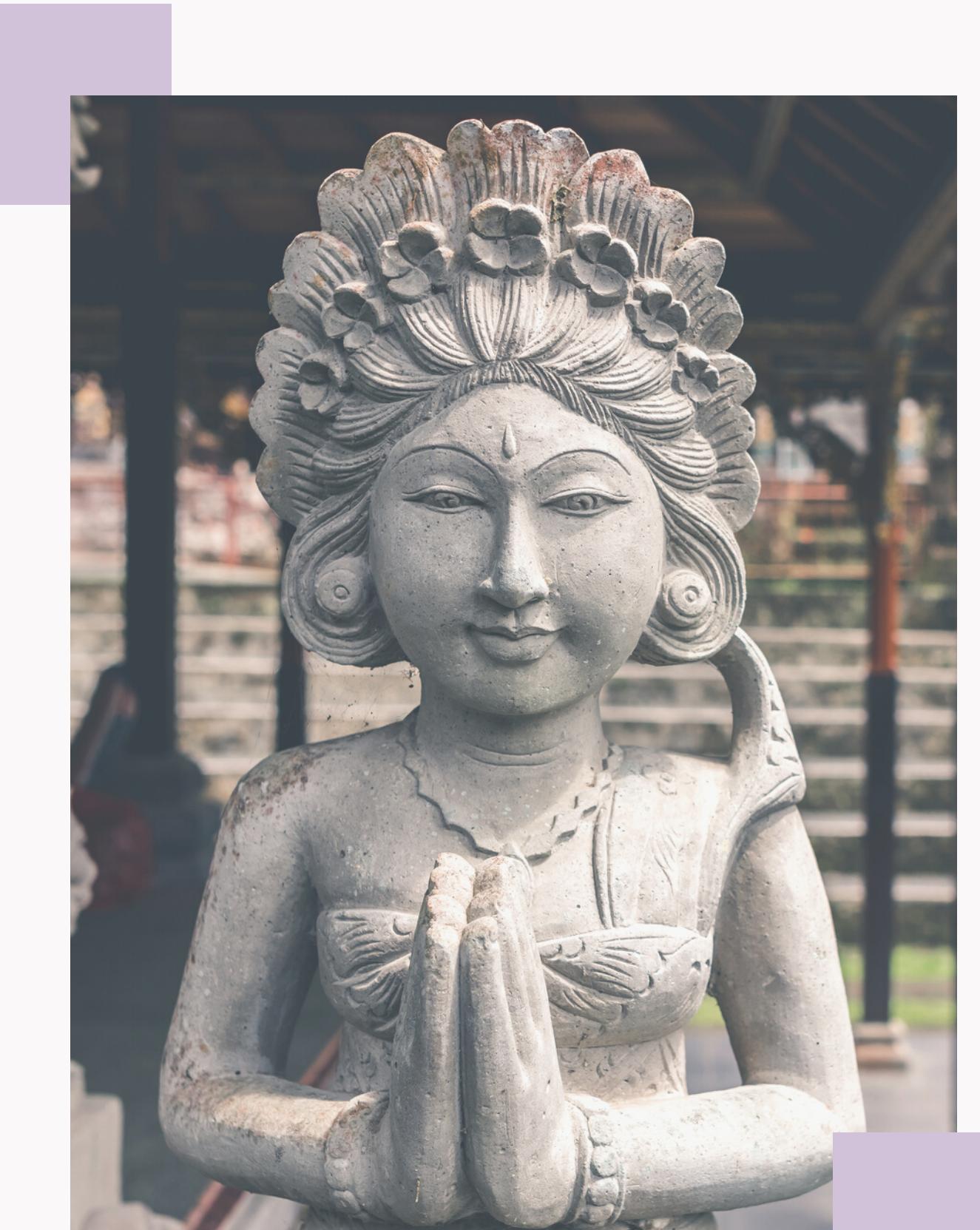
# The Retreat

Imagine learning techniques that will show you how to live in a state of grace, with a heart centred life full of gratitude, peace, and fulfilment. Discover the techniques that will free you from the constant feelings of overwhelm or insecurity.

During our time together at the retreat you will learn simple and easy processes that will allow you to move from stress to the present moment quickly and seamlessly, allowing you to experience the space of stillness that resides within you.

Our focus throughout this retreat is to assist you in accessing a deeper and more loving essence of who you truly are.

As you go within and connect to the peace and harmony that is your core, you will also begin to create a positive impact on your own wellbeing, as well as the wellbeing of those around you.





This tranquil retreat is for women who are ready to experience wellbeing, harmony, stillness and a deep sense of self.

Whilst surrounded by the beauty of nature allow yourself through gratitude to surrender deeply into the peacefulness of your loving heart, as you are guided in meditation to rediscover the unconditional love that exists within you.

# About the Retreat

Enjoy a fully immersive experience journeying into the meditative practices of gratitude, kindness, self-love, abundance and heart-centred breath.

During this week of nutured bliss you will be held within the energy of love and compassion as you travel into your heart and remember that you are a beautiful being connected to the loving energy of all life.

As you connect you will begin to see more clearly the beauty that life is offering you to witness, and as you go deeper your sense of connectedness will increase.

Together we will uncover what your heart most wants you to hear, and in doing so you will become clear on the direction of life that best serves your highest potential.





As you reconnect with your heart you will gently begin to awaken a deep sense of love from within.

You will experience deep gratitude for yourself and those that you love and care for.

Your nervous system will settle as peace and serenity flood your body, you will feel grounded, calm and centred.

The intensity of your thoughts and emotions will move into quiet stillness as you learn to recognise the space and stillness that resides within you.

You will understand more of who you are, how far you have come in this life and how exciting your life can be as you move forward, opening yourself to joy and happiness in your life.

You will leave with practical tools that you can easily implement into your life.

Daily practices that will set you on a path towards spiritual and personal awakening. Confidence that you have all you need within you to create a more peaceful, loving and happy life.

A deep sense of being grounded and calm, and a feeling of being nourished and nurtured.

You will also have access to a private Facebook group where you can participate in a 30 day challenge that fully integrate of all that you have experienced and learned throughout your Meditation Retreat.



# Who Is Kerryn Slater



Kerryn Slater is a Meditation Teacher, Master Practitioner of Time Line Therapy, NLP Master Coach, Hypnosis Practitioner, Reiki Master Teacher, and Psychic Medium, who works to bring clarity, mindfulness and overall wellbeing into her client's lives.

She first learned Reiki back in 1998. Since then she has been particularly interested in the power of our thoughts and how these can manifest in different ways in our bodies.

She has been a natural medium and intuitive her whole life but became a Psychic Medium at the age of 21.

Becoming a Reiki Master / Teacher and Practitioner has been instrumental in her life and her own healing journey. She loves watching the power of connecting people to that Universal Lifeforce.

In 2012 she was introduced to NLP and Time Line Therapy which was such an exciting and powerful discovery for her. The changes that this work can create for people is incredible.

Meditation became a significant healing process for Kerryn from 2014 and it was so powerful that it created a passion and a motivation in her to become a Certified Meditation Teacher. She wanted to be able to create a way for other people to experience what she had experienced with this incredible tool.

The work that she does helps you to connect again to your own inner wisdom, be supported by the universe's beautiful energy and lets you know that 'You've got this.'

Kerryn will take you on a self-discovering journey to transform your life using the following therapies; Meditation, Life Coaching, Releasing negative emotions & rewrite limiting beliefs, Hypnosis, Reiki, and Soul Connection.

Kerryn can help you, using a range of tools, to gain more clarity on your life's purpose, rediscover who you are, align mind, body, spirit and re-awaken the joy and passion in your life.

Kerryn's workshops are all centred around connecting you with the voice of your Heart, through gratitude, compassion, kindness and self love as she guides you to a space of stillness, peace and self discovery.



# Retreat Rundown

Saturday – On arrival Kerryn will be there in the afternoon to greet you as you check in. You will have time to settle into your room and get familiar with your beautiful surroundings with time to rest after your journey.

We will commence at 5pm with a Welcome and Introduction, a Grounding Meditation, Intention Setting and Group Guidelines, followed by an Evening Dinner together.

Sunday – This morning Kerryn shares with you her personal healing journey through meditation and its benefits physically, emotionally and mentally. We discuss the power of compassion and its benefits, followed by a Loving Kindness Meditation. After lunch we discover the power of the breath. We will conduct Breath exercises, followed by a Meditation with breathing. We will gather for an Evening Group Dinner.

Monday – This morning we look at the Chakras and their purpose and the areas of your life that it effects and why they are out of balance. We take the time to do a Chakra meditation followed by an intuitive journalling exercise. After lunch, we will spend the afternoon on a Walking Meditation, followed by a swim in the pool or quiet rest time. We meet for our Evening Group dinner, and then have an optional Silent Meditation.

Tuesday – Our morning session is to discover Mantras, and how Mantras can be used at any time of the day to shift your mindset. We will work together to create your own unique Mantra based on your individual needs, followed by a Mantra Meditation. In the afternoon we look at Self Awareness and discover Mindful practices for the mind, body and spirit. We meet again later for a Group Dinner.

Wednesday – Today is all about Self Love. What does self love mean, who really does it, and how can we become more loving towards ourselves. We will also have a Self Love Meditation. In the afternoon enjoy a nurturing massage to honour you. Join us later in the evening for our group dinner.

Thursday – After breakfast we will spend the morning learning about Body Healing Meditation. This afternoon you can enjoy free time to experience the beauty of the resort and all that it has to offer. We meet for our Evening Group dinner, followed by an optional Silent Meditation.

Friday – After breakfast we will have a Morning Meditation - Silent (optional) . The rest of the day is yours to take advantage of the treatments available at the spa, you might like to book yourself on a walking or cycling tour, or try out your culinary skills with a cooking class. This evening is our final Group Dinner together and we will have a Closing Ceremony and Meditation.

Saturday – Enjoy our final breakfast together before checking out and beginning your journey home.



# Who Are Retreats at Resorts

Founded by Liesel Albrecht as part of her growing company The Retreat Specialists Retreats at Resorts provides you with a five star retreat experience.

## CULTURE



Retreats at Resorts can whisk you away to destinations all around the globe. It might be an hour down the road or across oceans and deserts. You get to choose where and when works for you.

Discover places like - Cambodia, Mexico, California, Laos, Fiji, Vietnam, Australia, Bali, Europe and Thailand.

Wherever you decide is the perfect destination and retreat for you we know that it will give you exactly what you need.

## INSPIRATION



At a Retreat with us you will be inspired by the location, the people you are with and the experience that you are having.

By listening, embracing and contributing to diverse conversations and inspirational discussions you will come home changed - your world will open up and you will see life in different, more brighter shades.

## AWAKENING



Retreats are a magical experience that will see you be wakened to something different .

Retreats change lives - they just do. This happens each and every time you step through that door. It doesn't matter if it is a yoga or business retreat there is something inside you that has an 'aha' moment where everything becomes different and you go home changed.

# What's Included

- Seven nights accommodation at the Bliss Ubud Spa Resort in Ubud, Bali - 3/4 star hotel with air conditioning and a pool and restaurant and all the amenities that you would expect.
- All breakfasts, lunches and dinners - we will visit local iconic restaurants
- A relaxing massage
- A Retreats at Resorts Welcome Pack
- Transfers to and from airport - we advise that you arrive the day before so not to be travelling late into the night - we can advise where to stay.
- All workshops with Kerryn as outlined in the itinerary

\*Please note if you would like to share in a twin room but travelling alone, please let us know and we will do our best to match you up with another traveller.

What's Not:

Flights and travel - Tips to resort staff - Travel insurance - Any extra meals/food - Drinks - Personal Shopping

## Your Retreat Investment

TWIN / DOUBLE SHARE (Per Person)  
AUD \$3,725 AUD

SINGLE SHARE  
AUD \$4,087 AUD

Questions about the program?  
Email Kerryn at [kez01@live.com.au](mailto:kez01@live.com.au)

Questions about payments and registering?  
Email Liesel at [admin@retreatsforresorts.com](mailto:admin@retreatsforresorts.com)



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