



Sojourn 2018

Ubud, Bali

October 7 to 13, 2018





Sojourn 2018

Ubud, Bali
October 7 to 13, 2018

Bonjour!

Congratulations on saying “Oui, Oui” to yourself and taking the the first step towards the Sensual Seed Sojourn experience.

Firstly, a little about me...I am a counsellor, hypnotherapist and the Creator of Sensual Seed. It's through my own journey of total self-acceptance and healing that inspired the creation of the Sensual Seed Oracle Card Deck, transforming my identity and life from the inside out. I felt a deep urge to share my learning with other women. It was this desire to share and care that led to the creation of the Oracle Card Deck.

I am honoured to be sharing with you a travel experience that will focus on the Sensual Seed message **Explore the Beauty of Being You**. Connecting with your Sensual Seed is about developing a sensual and fulfilling relationship with your True Self.

It was on a solo trip to Ubud a few years ago where I had the space to slow down and listen deeply to the inner whispers of my Soul. What you will experience will be the pleasure of awakening your senses and coming home to your beauty and truth.



I'd love to share with you the lush beauty of the jungle, the culture, the people, the food, the rustic lifestyle and slower pace...a tranquil space to **listen to the quiet whispers of your Soul**. It's the perfect place to experience what truly pleases you and allow your intuition to lead the way. Ubud is truly an elixir for your Soul.

The name 'Ubud' comes from an ancient Javanese word 'Ubad' which literally translates as 'medicine'. This lovely village and the surrounding areas have been home to a wide variety of healers, healing traditions, spiritual guides, meditation teachers and healthful foods. The Bali Spirit will surely touch your heart.

If you love boutique experiences, heart felt connections, a nurturing space to step away from the day to day, appreciate beauty, nature, culture, art and luxurious surroundings... then this Sojourn will enchant all of your senses.

If there's something inside that's says "I want that" then now is the time to pay attention, to notice the signs as they appear along the way, as they will keep you headed in the right direction.

This is an opportunity to **gift yourself permission to follow this heartfelt calling inside.** A blissful experience awaits you.

You can come alone or with a friend. Rest assured, if you're a sensitive soul you will be in the company of like minded women who desire a "me-treat" away from family, work or other commitments. There is plenty of space for time alone if that's what you require.

This is where new friendships and memories are created that will last a lifetime.

The Sojourn will take place from Sunday October 7 to Saturday October 13, 2018 ~ and it's Spring so the perfect time for renewal and recharging.

There are ten places available. To secure your spot on this magical Sojourn experience, **a non-refundable deposit of \$100 per person will secure your place.** Please email seed@sensualseed.com as soon as possible, as interest in the Sojourn has been high.

If you require any more details on this experience please email seed@sensualseed.com or call 0413 141 878.

I look forward to sharing this magical experience together with you!

In love
Christine Ford
Sensual Seed



Sojourn 2018

sensualseed.com

You will receive

- Return transport from Denpasar airport to Alila, Ubud
- 6 nights single or twin accommodation at Alila Ubud, a tranquil and secluded hillside retreat that sits high upon the edge of the rich green Ayung River valley in Bali's central foothills, 15 minutes from Ubud, the island's cultural heart. The word Alila means 'surprise' in Sanskrit. Learn more here: <https://www.alilahotels.com/ubud#snap-top>
- Breakfast x 6 - dietary requirements can be catered for at Alila
- Dinner set menu x 3 (dietary requirements can be catered)
- 90 minute Alila Balinese Massage
- 90 minute Bliss Spa Treatment Package
- Yoga
- Balinese Hindu Offering Class
- Oracle Cards to support you with intention setting, guidance and daily reflection
- Natural Essence professional photo experience
- Discover the secrets of the traditional Indian natural healing method of Ayurveda to keep your body and mind balanced and healthy
- Ayurvedic cooking class and lunch to nourish your mind, body and spirit
- Insights shared by Christine
- A space where you will feel nurtured
- Lush jungle and tranquil surrounds in the stunning eco luxe accommodation of Alila as you rest, relax, reflect, read, journal...and more

What's not included

- Airfares/Flight confirmations
- Travel insurance
- Alcohol/Non alcoholic Drinks
- Personal shopping
- Meals other than those stated in the itinerary
- Late arrivals at the airport or extra day stays are an additional fee for pre-arranged transfers.

Sojourn 2018

sensualseed.com

Invest in yourself

- Twin Share: \$1735 per person
- Single: \$2515

There are 10 spots available. The dates for the Sojourn are Sunday October 7 to Saturday October 13, 2018.

A deposit of \$100 (non-refundable) per person will secure your spot
Progress payments are welcome
Final payment due by Monday July 30, 2018

Payment Options

Direct deposit:
Life in Sync
BSB: 633 000
Account No: 161 901 483 (please reference your surname)

Paypal: christine@lifeinsync.com.au

Visa/Mastercard: telephone Christine on 0413 141 878 to arrange payment

An invoice will be sent for all payments under Life in Sync.

Passport

Must have at least 6 months validity to be accepted into Bali

If you are traveling on a passport other than an Australian or New Zealand passport please advise so that I can check if you require an entry visa into Bali.

Comprehensive travel insurance is mandatory

All insurance to be covered for Volcanic Ash (please check with your Insurance provider)

Cancellation Policy

Cancellation made less than 60 days prior to the event at 50% of total fees paid.
Cancellation made less than 30 days prior to the event, no refund is available.

Note

The costings are based on a minimum of 10 guests. If this number isn't reached by final payment we reserve the right to either apply a small surcharge, or cancel the trip.

Sojourn 2018

sensualseed.com

Itinerary

Sunday October 7

Arrival at Denpasar airport for 5pm transfer to Alila, Ubud.
Settle into your eco-luxe accommodation & dinner is at your leisure

Monday October 8

Surrender ~ Let Go of All Your Struggles & Stresses

Wake up to exquisite hilltop views with a picture perfect infinity pool and lush green trees stretching as far as your eyes can see. What better place to connect with your inner self than in the midst of paradise itself!

To welcome your day on a positive and healthy note, you'll get to indulge on a wholesome breakfast prepared with fresh local ingredients.

Later in the morning, we will meet in the Sculpture Garden. While viewing the distant shadow of the spectacular mountain range, we will share our intentions and desires for what we wish to receive on this Sojourn.



As you soak up the grand views of the valley and rejoice in the delightful sounds of the jungle, you can utilise this day to fully relax and shake off the stresses of urban life. You may feel called to swim in the beautiful infinity pool that is very much a focus of the resort. As the sun sets in the evening, the waters turn a delicate pink while the skies envelop the entire surroundings in a veil of magic.

You may wish to explore the town of Ubud at your leisure which is filled with arts and crafts hubs, boutique cafes, artists' workshops and galleries. Soak up the atmosphere of general well-being.

You can enjoy your afternoon tea by the poolside. Dinner will be served at your leisure later in the evening.

Sojourn 2018

sensualseed.com

Tuesday October 9

Open ~ Time to Open Up To New Experiences

This morning we will make an early start to beat the heat. We'll go for an easy walk on the Campuan Ridge Walk. On a clear morning you can enjoy the breathtaking backdrop of Mount Agung and outlying small village houses surrounded by rice fields.



After the walk, you have the opportunity to explore the town of Ubud at your leisure. The sights, sounds, smells, the people – Notice the busier pace and how it feels compared to where you were earlier this morning. Contemplate which you prefer more.

We will return in the afternoon to the hotel for the Balinese Offering Making Class. This class will help you get a preview of Balinese culture as you'll learn how to prepare the traditional Canang Sari Offering - a ritual passed down from mother to daughter.

You are then invited to join the group by the poolside for afternoon tea. Dinner will be served at your leisure.

Sojourn 2018

sensualseed.com

Wednesday October 10

Ritual ~ Enjoy Rituals of Self-Love and Self-Care

As you awaken this morning notice how you are starting your day - what is your morning ritual like? Is it slow or is it rushed? How are you choosing to step into your day?

We'll start the day on a self-indulgent note with a 90 minute treatment at Bliss Spa. You'll get to choose your indulgence from all-natural treatments and holistic beauty rituals that provide a perfect blend of ancient healing techniques with age-old beauty recipes.



After the pampering session, we'll enjoy our lunch at a local warung, a traditional Balinese cafe. After returning to the hotel, we will come together late afternoon for a laughing yoga class. I can promise you that this will be an experience worth remembering!

You can enjoy the rest of the afternoon lounging, journaling, reading, swimming or simply witnessing the beauty that surrounds you.

In the evening, we'll gather for a group dinner at Alila's open Balinese-style Plantation Restaurant. The restaurant prepares authentic Balinese cuisine and farm-to-table Western tasting menus inspired by seasonal ingredients, sourced locally or harvested from the hotel's organic garden.

Sojourn 2018

sensualseed.com

Thursday October 11

Nourish ~ Nourish Your Mind, Body and Soul

After a leisurely breakfast, we'll start our day by learning about the ancient Indian system of holistic healing – Ayurveda.

The Ayurvedic cooking class will help us understand how to use food as medicine. This private session will be hosted by Dr Sujatha Kekada at the Amrtasiddhi Ayurvedic Centre.

Later, we'll have a sumptuous and nourishing lunch prepared according to Ayurvedic principles.



In the afternoon, you'll be free to explore the town or to spend time in the hotel simply relaxing. Dinner will be served at your leisure.

Sojourn 2018

sensualseed.com

Friday October 12

Essence ~ Get in Touch With Your Heart

We'll start the day by celebrating our natural essence with an indulgent 90 minute massage at Spa Alila. This is an offering of luxurious time to rest and be nurtured by the Spa Artisans who provide healing from the heart.

You will then have the opportunity to embody the essence of the Sensual Seed Oracle Card that resonates with you most.

Captured in a private photography session, you can take home a beautiful professional photograph to cherish as a reminder of the gift of this experience to yourself.

You'll have the afternoon to yourself.

In the evening, we'll come together for dinner on the hillside and reflect on the Sojourn together.



Sojourn 2018

sensualseed.com

Saturday October 13

Ignite ~ Get Ready for a New Start

On your last day in paradise, consider your intentions as you get ready to re-enter the world that you left behind. How do you want to move in your world going forward?

You are invited to join the group for a tai chi session by the poolside in the morning. You are also free to utilise the morning for any last minute shopping, deep reflections or simply for relaxing.

We'll depart for the airport at noon.



*Itinerary may be subject to change without notice

Sojourn 2018

sensualeed.com