



They Thrive Retreats

Bali, Indonesia

January 2 – 7, 2024



Start your new year right!

Join us from January 2nd to January 7th, 2024, as we embark on a transformative journey amidst the enchanting landscapes of Bali, Indonesia. Reset your mind, body, and soul at our ***They Thrive*** Retreat, a program that seamlessly weaves together personal growth, adventure, and spirituality—all while immersing yourself in the rich culture and beauty of Bali.

It's more than a retreat; it's an unforgettable journey of discovery, connections, and striving towards your best self—all set in the heart of paradise.

The Program

- 5 Nights of luxury accommodations
- Daily chef prepared breakfast
- Welcome dinner and farewell dinner
- Group activities for mind, body, and soul:
 - Energy Clearing Ceremony
 - Personal and Professional Growth Tools
 - Wellness Treatments
 - Fitness Classes (Yoga and HIIT class)
 - Sightseeing and Cultural Experiences
 - Adventure Activities (available per request)

**All group meals and activities are optional. Private sessions, reservations and tours can be arranged; however, attendees will be responsible for any additional cost.*



Growth

- **Expand Your Mind:** Open yourself to new perspectives and possibilities, unlocking the doors to personal and professional growth. Guided meditation/manifestation sessions will help you create a clear vision for the new year.
- **Let Go of What Doesn't Serve You:** Release the baggage holding you back, creating space for positive transformation. We will kick off the first night with a New Year energy clearing ceremony.
- **Clarify Dreams, Goals, and Desires:** Through guided exercises and discussions, gain clarity on your aspirations and set a course for a fulfilling life. You will also receive a workbook to support your journey beyond the retreat.



Wellness

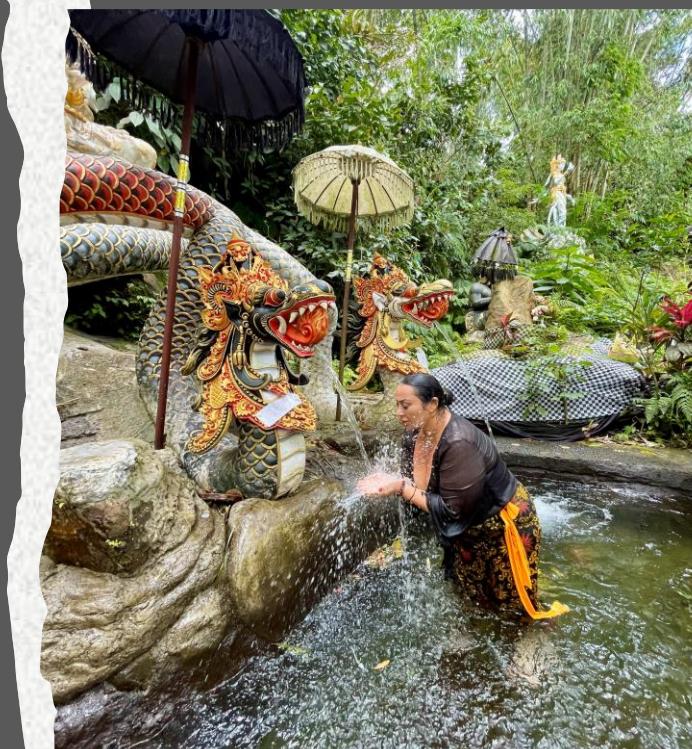
At They Thrive, we understand the importance of self-care. We will nurture your senses of taste, touch, smell, sound and sight as you embrace tranquility, and let the spirit of Bali rejuvenate you.



Culture

Discover the magic beyond the retreat space. Our They Thrive retreat extends beyond the extraordinary experiences within. Take a voyage through Bali's enchanting landscapes, from ancient temples to lush rice terraces. Unveil the wonders that make Bali a sightseeing paradise, and let every moment be a postcard-worthy memory.

Daily tours will be available to explore some of Bali's most beautiful and popular destinations. Additional tours can be purchased beyond the program offerings by request.





Adventure

Dive into the thrill of a lifetime! From exhilarating water activities to exploring the lush landscape, there are many hidden gems to discover. Say yes to an adrenaline rush while at the They Thrive retreat and let Bali become your playground for unforgettable experiences.

**Adventure activities are available upon request and participants will be responsible for any additional cost*

Sample Schedule

	Jan 2	Jan 3	Jan 4	Jan 5	Jan 6
Morning		✓ Workout ✓ Breakfast	✓ Yoga ✓ Breakfast	✓ Workout ✓ Breakfast	✓ Breakfast
Afternoon	✓ Check in starts 2pm	✓ Temple Tour	✓ Adventure tour	✓ Beach Tour	✓ Pool day
Evening	✓ Welcome dinner ✓ Sound bath ✓ Massage	✓ Free time	✓ Happy hour w/ light bites	✓ Farewell dinner	
Night	✓ Energy clearing ceremony ✓ Night Yoga	✓ Free time	✓ Dinner in town	✓ Club Night: Savaya	✓ Free time

Check In and Check Out:

Jan 2: Check in is available between 2pm – 7pm

Jan 7: Check out should be completed by 12pm



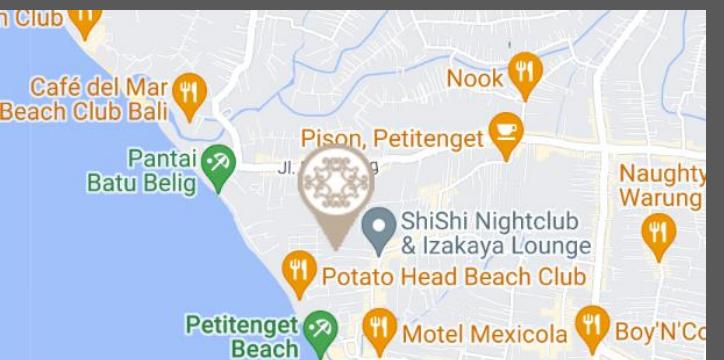


They Thrive Retreat Accommodations

Jalan Petiteng, Gang Komplek Villa Kendal 88, Seminyak, Kerobokan Kelod, Kuta Utara, Kabupaten Badung, Bali, Indonesia 80361

They Thrive ~ Bali Villa

We will be staying in one of the most sought-after villas on the island, conveniently located in Seminyak, walking distance from the W Hotel. This villa is the perfect location for a retreat; large enough to be majestic yet offering intimate and comfortable spaces for relaxation and contemplation. Enjoy a delicious meal illuminated by the warm glow of the chandeliers or watch a famous Balinese sunset on the rooftop surrounded by the tropical garden. The villa provides and oasis of luxury and glamour and it is hard to believe that it is just a minute away from some of the best restaurants, shopping and nightlife that Bali has to offer.



VILLA SUITES

All rooms are beautifully designed to immerse you in blend of chic Balinese and French décor. All rooms have complimentary Wi-Fi, Air Conditioning, security box safe, luxe linens, and private bathrooms that include both a shower and free-standing tub. These wonderfully spacious rooms feature sofas, television and DVD players making them absolute private havens..





They Thrive Retreat Packages

Villa Suites	Single Occupancy	Double Occupancy
Suite 1 & 2 Upstairs Balcony Room	Not Available	\$3500 (\$1750 PP)
Suite 3 & 4 Downstairs Poolside Suite	\$2500	\$3500 (\$1750 PP)
Suite 5 Garden Villa XL Suite	\$3000	\$4000 (\$2000 PP)
Suite 6 Garden Villa Supreme Suite	\$4000	\$4500 (\$2250 PP)

*Packages include luxury villa accommodations, airport transfers and tour transportation, select meals, group wellness activities and tours as listed in the program guide (pg2). A deposit of half the package cost is due at time of reservation, and the remaining balance is due upon arrival. Deposit is non-refundable.

Thrive in the beauty of Bali

They Thrive's 2024 Bali Retreat is your passport to adventure, cultural exploration, wellness rejuvenation, and personal growth. Seize the opportunity and reserve your spot now!

