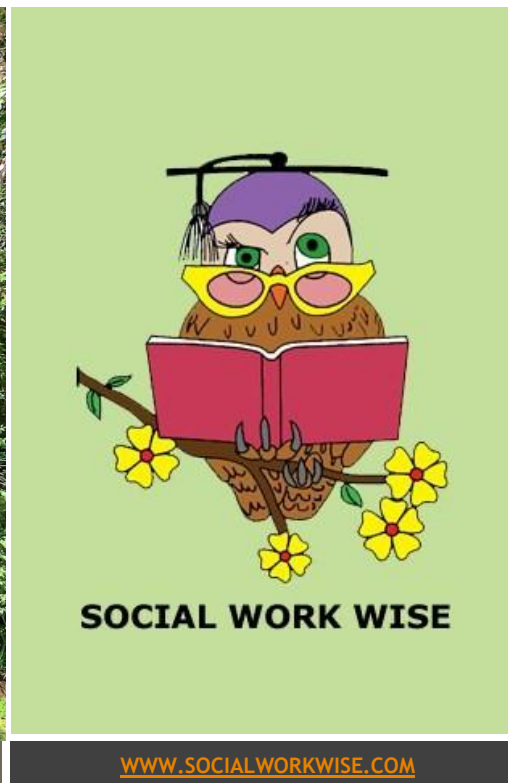




BALI IS THE PERFECT PLACE TO CONNECT WITH WHAT MATTERS



Mid Year Bali Retreat

with Deanne Dale

As the new year dawns there is no better time to start planning for a mid-year professional (*potentially tax deductible!*) and personal refresher and no better place to escape from winter than our near neighbour Bali where the air is clean and the scene is moist and green.

Bali is the perfect place to connect with what matters most to us in our lives. In these times of adversity it is an opportunity to witness and relate to a culture and community that respects and honours nature in the most beautiful ways and practices connection with self and others through ritual and ceremony. The Balinese are a warm, relational people who meet you with genuine curiosity about who you are, where you are from, where you are going and who is family to you.

Over the past 10 years (apart from the last 3 years of the pandemic) I have been visiting Bali twice a year and over this time I have built a network of relationships with locals and Western ex-pats and acquired wisdom about where to go, what to eat, what to see and do and also what to avoid!! My love of this island and its inhabitants has encouraged me to bring along those nearest and dearest to me to share in the experience and now I'm extending this invitation to you, my Social Work Wise colleague.

My hopes and intentions for this week - long retreat experience is for us to spend time together having facilitated, enlivening and enriching conversations about what matters to us in working within a Social Justice framework, what brings us alive and sustains us, what challenges, frustrates and outrages us. Most importantly we will think about how we are responding to adversities overall and in the everyday and what we need from ourselves and others to carry on in the struggle with hope and fortitude. As we are all so busy doing the work, we also miss opportunities to document our hard-earned practice wisdom and how it relates to our theoretical and ethical foundations. Hence another of my hopes is that we will have some structured and supported time for writing for those who wish to do so.

As well as these professional development opportunities you will be invited to participate in excursions to places of cultural and/or natural beauty including temples, rice-fields, mountains, waterfalls, beaches, cooking classes or dance performances. Two excursions are included in the retreat price.



Our Accommodation

Balinese owned [Alam Indah Hotel](#) is located in Nyuh Kuhning village (where scenes from the movie 'Eat, Pray, Love' were shot), nearby to the [Sacred Monkey Forest](#) on the South side of [Ubud](#).



About Ubud

Ubud is one and a half hour's drive from Ngurah Rai International Airport in Denpasar and airport transfers will be included in the retreat price.

Mid Year Bali Retreat

continued...

Bali and Ubud in particular, is of international renown these days for high quality organic local cuisine at affordable prices. However in town there are also a wide selection of restaurants and cafes that cater to most cultural preferences and tastes. The retreat price includes a welcome and a farewell dinner and all breakfasts are included in the accommodation costs.

Sometimes when we are engaged in work that has us present to what is in our minds, we sometimes dis-connect from what is going on with our bodies. I call this being in the 'head on a stick' mode. To re-connect and integrate mind, body and spirit there will be massage therapists and a yoga teacher available to come to the hotel, although there are numerous other options nearby including classes at the famous Yoga Barn which is a 15 minute walk away. There are also numerous spas in the village where you can treat yourself to a full body treatment or facials, pedicures, manicures at a fraction of the price you would pay at home.

To prepare for our retreat experience it is my hope that we can meet via Zoom or some other on-line platform to start to get to know each other and discuss any questions you may have about the retreat experience or Bali if you have not visited before. I am more than happy to share any information I have and make recommendations for flights and any other tours you may wish to book independently either before or after the retreat.

5 to 11 JULY 2023

PRICE: \$ AUD 1200 per person
includes:

Accommodation for 6 nights *(shared rooms are negotiable at reduced rate)*
* Airport transfers * Breakfasts * Yoga classes * Day long excursions (x2)
* Welcome and farewell group dinners * All day professional development facilitation, resources and group co-ordination

exclusive of:

Airfares * Lunches * Dinners (x5) *
Massage and spa treatments *
Travel insurance (recommended)

BALI RETREAT REGISTRATION

Group size is limited to 10 people for this retreat so secure your place by sending a \$300 deposit via payment options below:



DIRECT BANK TRANSFER

(Please use your name as Description)

NAME: Social Work Wise

BSB: 082656

Acc No: 866766349

OR online via

PAY PAL – MASTERCARD – VISA – AMEX

Mid Year Bali Retreat – 5 to 11 JULY 2023



Have you emailed Deanne yet?
deannedale@gmail.com