



BALI RETREAT

رحلة بالي

Led by **Zina Geoffrey**
in collaboration
with **Nisreen Alshami**

15 To 21 November
6 Days 7 Nights

Upgrade your living!

Zina Geoffrey

Certified coach in self-development, a leader in human potential, with more than 7 years of experience in the field of self-leadership. A pioneer and researcher in the sciences of awareness and positive thought, which has made an impactful transformation in the lives of more than 3,000 people from all over the world, by providing a safe and supportive environment for coaching & guidance for trainees. To identify and achieve specific objectives, that help to overcome any barriers or challenges and develop new skills and behaviors. it can be tailored to different needs, such as career development, leadership, or personal growth.



Led by Zina
in collaboration



With Nisreen AlShami

A Saudi speaker, motivator, GALLUP Coach



certified in improving visitor, customer and employee experience journey to Building a professional personality in the work environment.

Certified Facilitator using the Lego method.



Author of The Book

'Professional Personality in the Work Environment'



Enjoying & Connecting with bali nature spiritual



You are invited to join us for
a relaxing, therapeutic and
entertaining trip around the
island of Bali.

The time is Now!

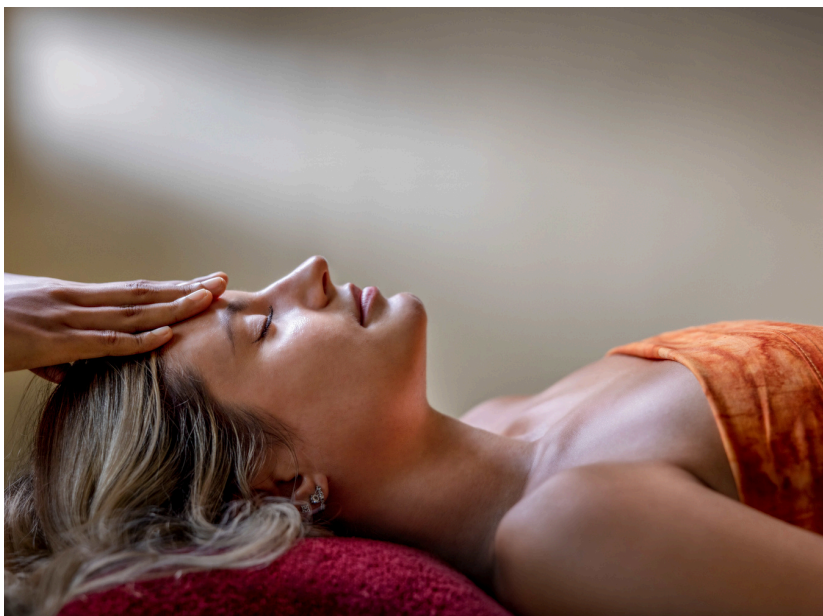
Rediscover yourself
and reconnect your
mind, heart and soul





The body is the temple of your soul!

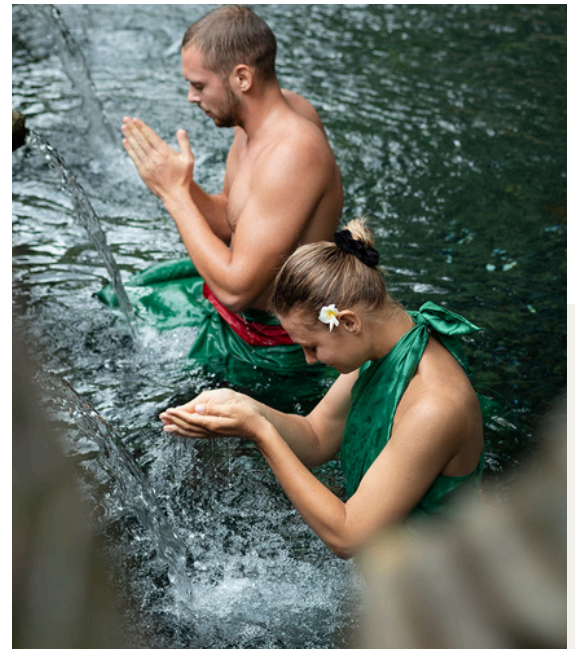
Every cell has intelligence, an
ancient memory that brings you
back to your true self.





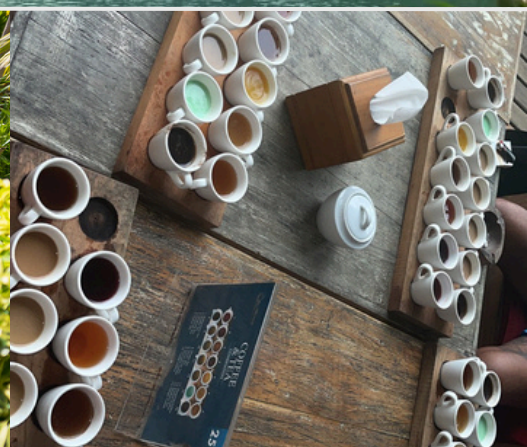
We introduce you to some of the activities of our trip:

- Ice bath therapy.
- Flower Mandala activities.
- Coffee tasting in specialized places.
- Wandering around the popular markets.
- Rafting Adventure.
- ATV Adventure.
- Waterfall tour.
- Training activities.



- 1 Hour Spa.
- Daily Yoga.
- Bali Zoo.
- Cretya Ubud
- Bali Hammock
- Bali swing Entrance.
- Kentamani Entrance.

Through tools and techniques that will awaken your creativity, embody the beauty of your soul, and connect you to your inner strength and the wisdom of your heart.



Ice Bath Therapy

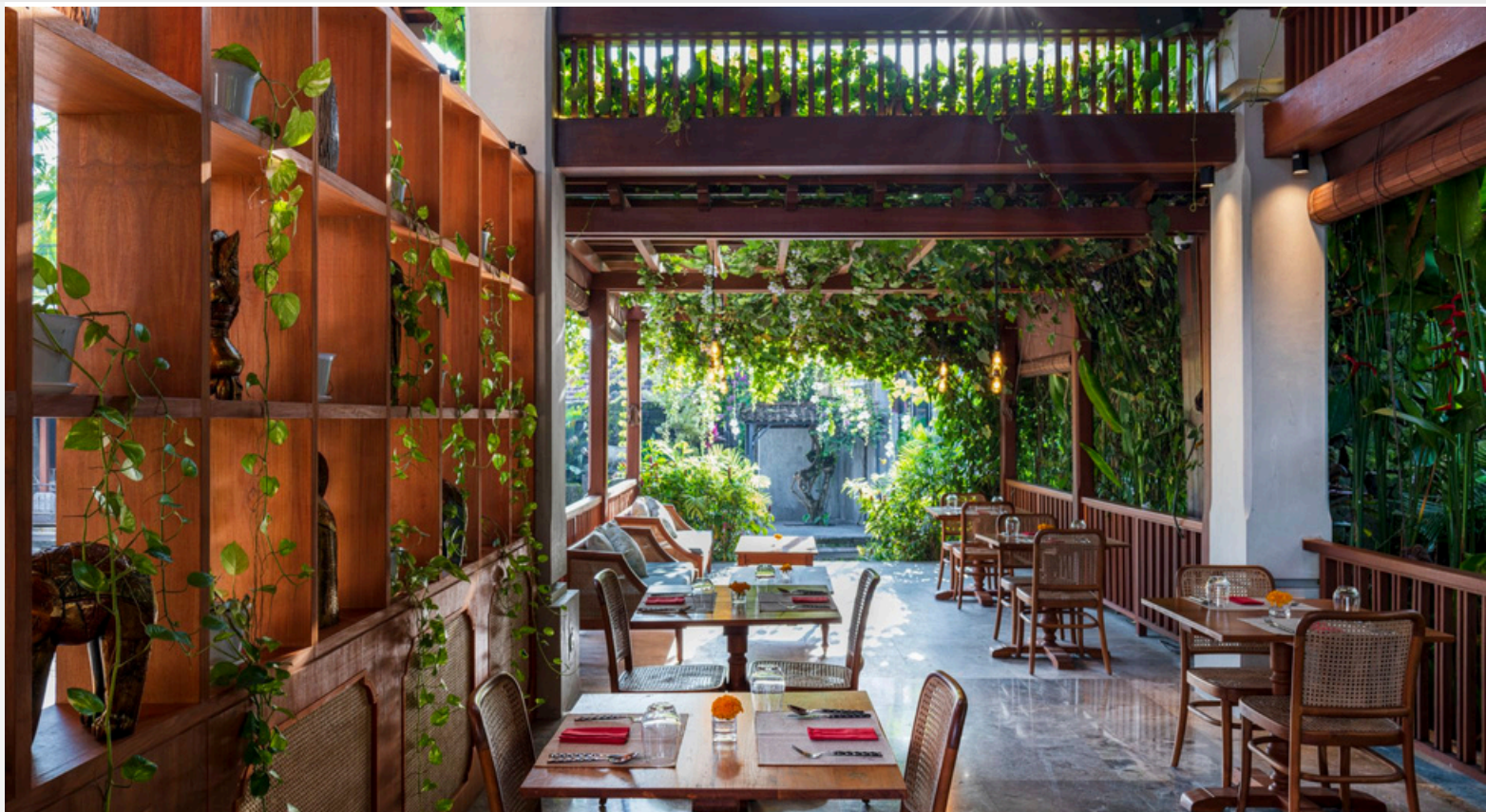


By Walid Aboulnaga / Nafas

The Ice Bath is a powerful session showing you the power of your mind over your body. A great way to start the day.

Daily meals made from
delicious, healthy and
locally sourced products





Deluxe Private Room



Non-shared Room

Price

10.800 SAR



The program includes :



- Developing thinking and leadership skills.
- Connecting with emotions and releasing trauma.
- Mental and physical relaxation.
- Organizing thoughts and goals and knowing the right direction for you.
- Self-esteem and emotional stability.

Package includes:

- Airport Pick Up – Drop Off.
- 5 Star Resort in Bali, Ubud.
- Transportation.
- Daily breakfast.
- Daily Yoga.
- 3 sets of lunch or dinner.
- 1-hour relaxing massage spa.
- Activities: (Waterfall - Rafting - Bali Zoo - 1 visit Cretya Ubud - Bali hammock - Kintamani - ATV - Bali swing - Coffee tasting.)
- Training group activities.
- All group meditation and healing workshops.

Package Does not include:

- Ticket.
- Spa "Optional Additional Services"
- Additional - extra meals.
- Shopping - unselected activity does not include the program.

Bank information:

SNB Bank

اسم الحساب: زينة محمد جفري

Account number: 11100137091107

IBAN: SA5710000011100137091107



للحجز و الاستفسار



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ZINA GEOFFREY



THANK
YOU