



Bask in the beauty of Bali, while we work together each morning to break through the stories & barriers that are creating your daily struggles with anxiety, overthinking & need for control & perfection.

Sit back, relax & let our private staff spoil you with Balinese delicacies & cocktails by the pool. Energise your mornings with our private yoga instructor & pamper yourself each afternoon with a massage or spa treatment.

Return to your family relaxed, rejuvenated & resilient. Ready to kick that anxiety & create calm in your home like never before!

7 night Bali Retreat

MumsGoneWise

**30th Aug -
6th Sep 2019**

Gain

Reduce

**Confidence
Contentment
Flexibility
Acceptance
Freedom**

**Anxiety
Overthinking
Control
Perfection
Routine**

Email contactnicolesteam@gmail.com for more information!