

Life Reinvention Retreat IN MAGICAL BALI

MARCH 15 to 21 2015 • SVARGA LOKA RESORT



Now is the time to CHANGE YOUR LIFE

Retreat, Rejuvenate, Reinvent

During this extraordinary life-changing week you will discover your life's purpose and passion, learn how to set powerful intentions, and use the steps of change to swiftly guide you through the transitions. You will learn how to shift into what you know and use it as a springboard to propel you into creating a new and exciting life.

Join award winning author and life coach, Barbara Elaine Singer for an amazing week of transformation. You will learn and practice easy to use technics that will re-shape how you think, uncover old limiting beliefs and send you home with laser sharp focus on the action plan to reinvent your life.

Let the beauty and peace of ancient Bali seep into your heart and sooth your soul. Each day, you will be surround by the breathtaking natural beauty and sound of gentle rolling waters. SvargaLoka has thought of everything, so you focus on you.

In a rapidly changing world where everything we believe and we were taught is being challenged and dismantled, it calls upon us to do our own thinking and create a streamline version of our past, eliminating the old models that no longer serve us and incorporate new habits that feed our soul and make us feel alive and energized.

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Six Workshops

Discovering Your Life's Purpose and Passion

Uncovering limiting beliefs

Reshape your thinking using the law of attraction

Steps of Change and vision board

Overcoming Fear

Action Plan



Outings

Tampak Siring- Holy Springs for Blessing

Batik Factory: local textile makers

Local Fruit Market

Kopi Luwak Coffee Plantation- Rarest coffee

Rice Terraces

Rice Paddy Walk

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In house offerings

Yoga Flow

Restorative Yoga

Meditation / Breath work

Tao Kung (White Crane Martial Art form)

Balinese Arts and Crafts: batik painting,
woodcarving, silver jewelry

Art of Cooking

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Included:

- Room, 3 meals and healthy snacks and beverages
- Transfer to and from airport
- Outings
- In House offerings
- 21 % government tax and service charge
- All tipping

Additional:

- Airfare
- Spa treatments 30% discount
- Wine and beer: available for purchase
- Additional nights: Bed and breakfast \$150 per room

Optional site seeing before or after Retreat

- Healing Treatment from Wayan of Eat Pray Love fame
- Besakih Temple- Bali's largest most important temple
- Black Sand Beach
- Monkey Forest Temple
- Elephant Cave Temple
- Swim with Manta Rays
- Snorkeling at the National Marine Park

Retreat Fare

- **Per person Single occupancy \$2799**
- **Per person Shared room \$2399**

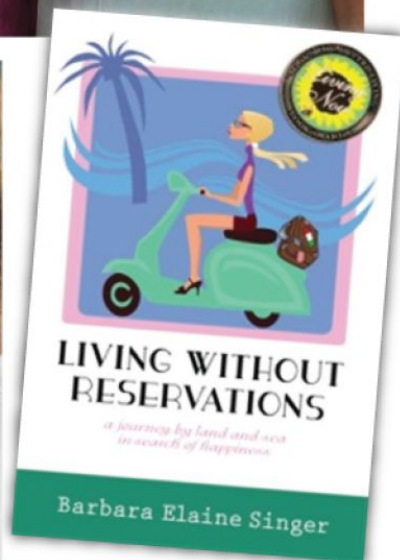


About the host/life coach

Barbara Elaine Singer

Barbara is an award-winning author and certified life reinvention coach. Being a life long student of self-help and motivation, she has walked on fire and finds great joy living abroad, meeting people from around the world. Her greatest passion is inspiring others to wake up and start living. She specializes in reinvention and teaches others how to jump off the treadmill of the consumerism and create a life of purpose and passion. This three-time marathon finisher and two-time Ironman tri-athlete, was born in 1961, grew up as one of eight children in rural Lancaster Country Pennsylvania, graduated from Penn State University and lived 20 years in Orlando before moving abroad to Tuscany and now Bali. She has one grown daughter.

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For more infomation & registration

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