



### Signature Service

**30 July – 04 August 2009**

## Kate James Meditation Retreat, BALI

Join Kate James for a meditation retreat at the beautiful hillside garden resort of Maya Ubud in Bali to rejuvenate your mind, body and spirit.

Along with early morning and afternoon meditation and mindfulness sessions, Kate will facilitate two additional workshops designed to connect you with your authentic self so that you feel restored, creative and inspired by your life choices. Retreat includes guided walks through terraced rice fields and villages, a Balinese cooking class and indulgent spa treatments as well as plenty of free time to explore the vibrant and creative spirit of Ubud.

Accommodation is at the tranquil and beautiful Maya Ubud set in ten hectares of tropical gardens...

### Spa Travel Inclusions:

- Return airport / retreat transfers in Bali
- Meet & Greet concierge VIP lounge including Bali visa
- 5 Nights accommodation staying at Maya Ubud Resort & Spa, Bali – superior room
- Daily sunrise buffet breakfast
- Daily afternoon tea with Balinese sweets at bar bedulu between 4pm-5pm
- Complimentary daily shuttle service to and from Ubud between 9am -5pm
- Complimentary daily activity either yoga for beginners, introductory pilates, nature walk or meditation
- 1 x 60 minute spa treatment including relaxation Balinese massage followed by flower bath
- 1 x spa cuisine lunch at River Café
- 1 x 120 minute Maya Escape treatment including soothing maya massage and choice of body scrub followed by pampering fragrant bath
- 2 x Dinners at Maya Sari Asiatique Restaurant
- 1 x 3 hour village trek
- 1 x Cooking class including lunch
- 5 x Morning meditation sessions with Kate James
- 5 x Evening meditation sessions with Kate James
- 2 x Lifestyle Workshops with Kate James
- Access to VIP Departure Lounge at Maya Ubud until 6pm on last day
- Maya spa gift
- Spa Travel documentation

**COMPLIMENTARY GIFT PACK valued \$120.45**

iPod shuffle

Spa Travel Swatch 2009 with savings valued at \$748

20% saving on Travel Insurance\*

**Reservation and Full Payment is due before Friday 19 June**

*\*QBE travel insurance is based on 9 days, region D, excess \$200, under 59 yrs of age*

**Cost per person: Twin/Double share: \$2080.00**

**Single supplement: \$716.00**

### **Maya escape**

*Revive your self with a soothing maya massage and choice of body scrub, followed by a pampering, fragrant flower bath, to leave you with a feeling of increased inner strength and emotional balance.*

**Not included:** airfares, travel insurance, laundry, meals other than stipulated in itinerary, phone calls or other personal items.



### **Kate James:**



Kate's interest in meditation and self development began at 21. Growing up in a mainstream world, she felt something was missing. In meditation, Kate found a place of inner quiet, somewhere to exist without judgement and connect with what matters. She has come to recognise that meditation practice creates an oasis of happiness where outside events have less impact.

At Total Balance, Kate talks to people about important life issues such as developing self awareness, building confidence and learning about personal strengths, values and needs. Kate helps each person find and follow their true path and make life choices that have purpose and meaning.

With earlier careers in the creative and wellbeing sectors, Kate has a natural affinity with people who run a little left of centre. Her clients now range from lawyers to artists, entrepreneurs to corporate leaders.

Kate is known for her insight, understanding, sensitive-yet-honest support and practical, down-to-earth approach. She teaches and writes about meditation and work life balance. Regular media appearances include The Age, Sunday Life, body+soul and Good Medicine.

Kate lives in Melbourne with her life partner and two daughters. When she's not teaching meditation or working with clients, you'll find her in her sunny kitchen with the music on, walking along the beach, taking photos or visiting a gallery.



**For all your reservation needs:**

Phone: 1300 13 11 16

Email: [Spa Travel Reservations](#)

[Maya Ubud Resort & Spa](#)

All travel arrangements are non-refundable, subject to availability, conditions and cancellation fees apply. All prices are quoted in Australian dollars and are subject to change, due to currency fluctuation. Other prices for different room types, duration of stay or number of persons is all available on application. Spa Travel or Travel With A Difference is no way responsible for any unforeseen operations of airlines, hotelier, tour operator or retreat facilitator. Whether travelling within Australia or overseas travel insurance is highly recommended, contact us or visit [www.SpaTravel.com.au](http://www.SpaTravel.com.au) and click into resources to access QBE travel insurance on line. Credit card payments may incur a transaction fee 1.4% visa, mastercard and 3% Amex. Travelling overseas visit [www.smarttraveller.gov.au](http://www.smarttraveller.gov.au) for country security information or to register you being abroad. If travelling to countries that may expose you to major illnesses or disease visit your preferred travel medical practitioner well in advance. Are you visiting a country that requires a visa? Lic No. 32425

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