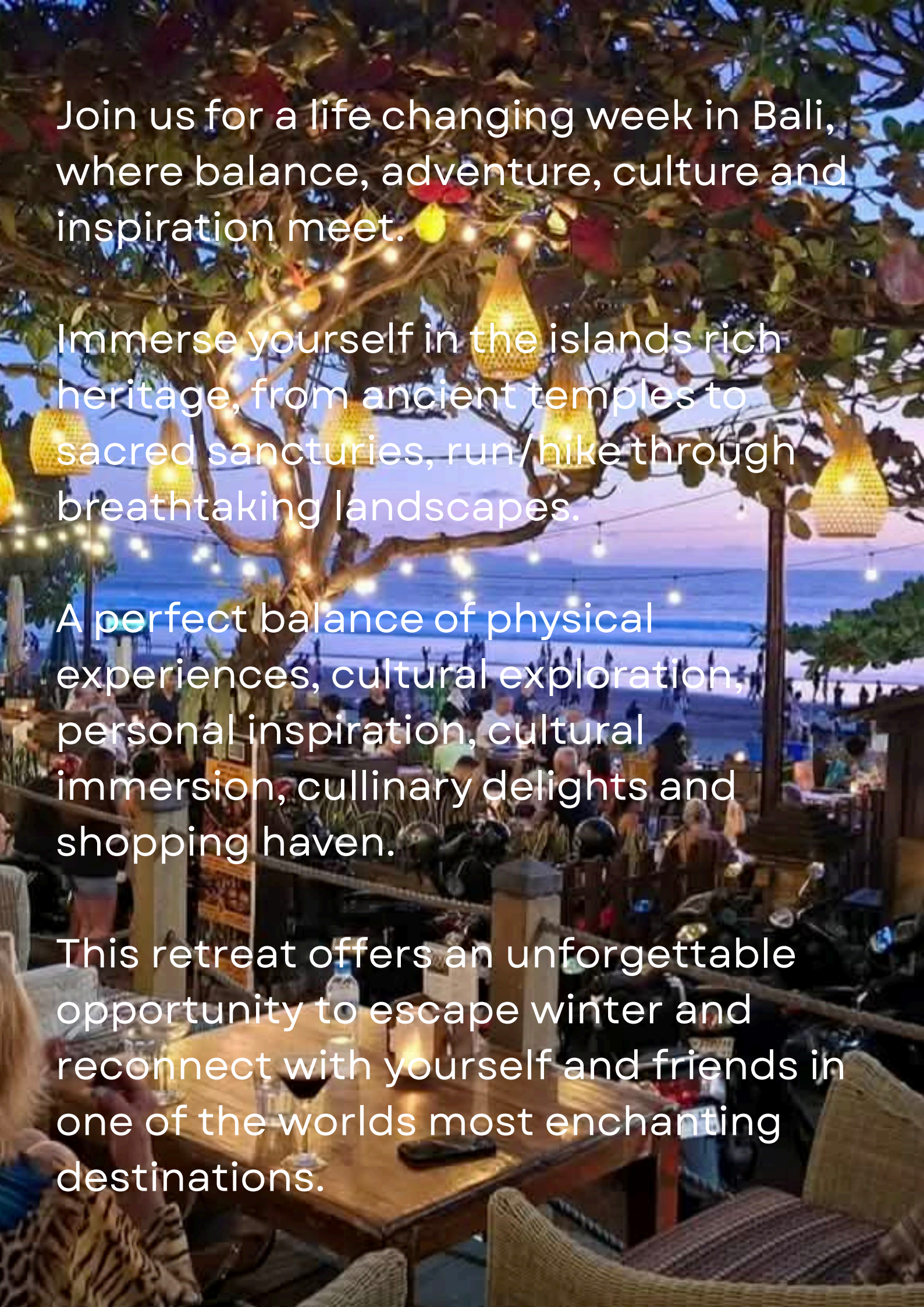


She Retreatz

Bali 2027

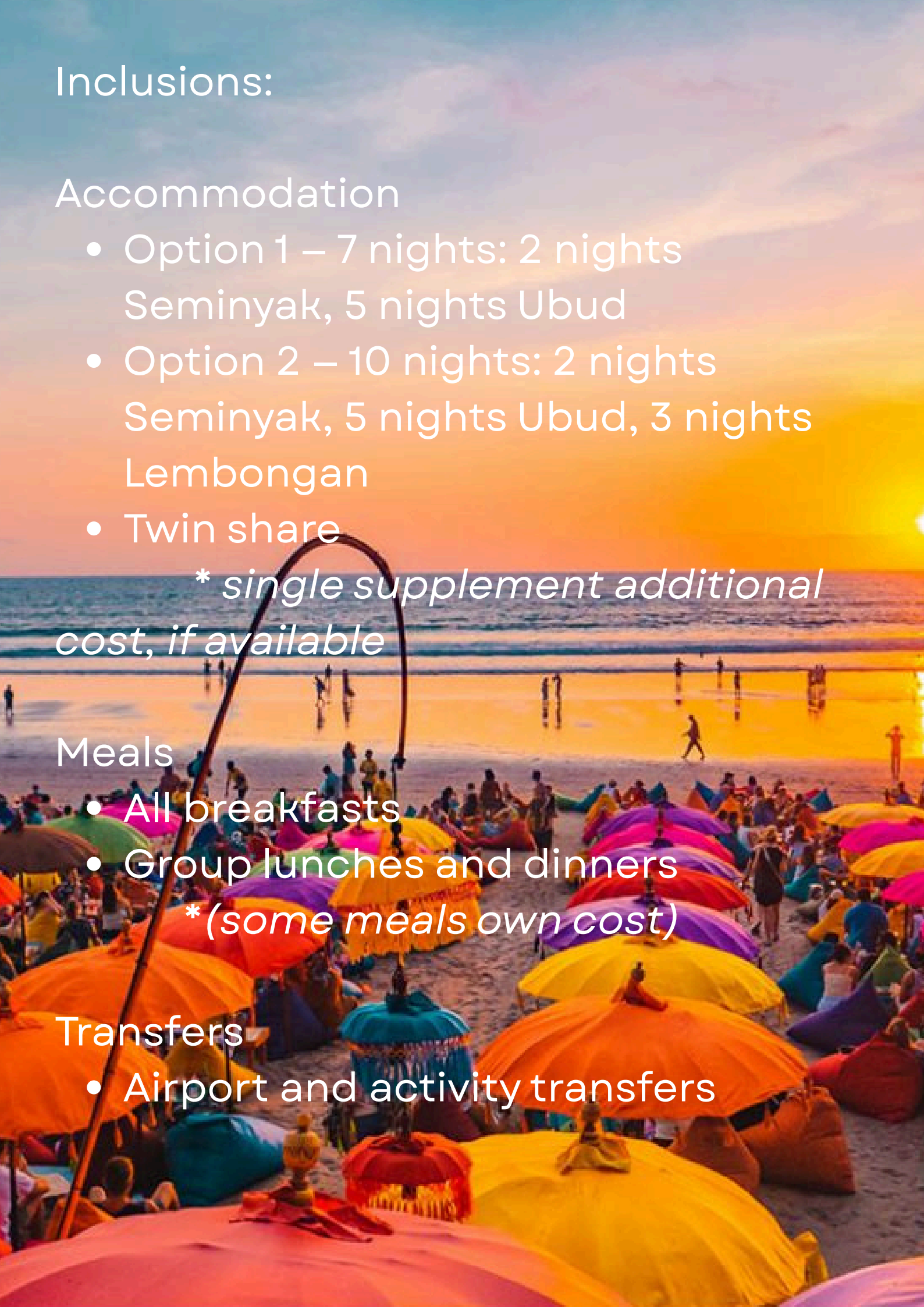


Join us for a life changing week in Bali, where balance, adventure, culture and inspiration meet.

Immerse yourself in the islands rich heritage, from ancient temples to sacred sancturies, run/hike through breathtaking landscapes.

A perfect balance of physical experiences, cultural exploration, personal inspiration, cultural immersion, cullinary delights and shopping haven.

This retreat offers an unforgettable opportunity to escape winter and reconnect with yourself and friends in one of the worlds most enchanting destinations.



Inclusions:

Accommodation

- Option 1 – 7 nights: 2 nights Seminyak, 5 nights Ubud
- Option 2 – 10 nights: 2 nights Seminyak, 5 nights Ubud, 3 nights Lembongan
- Twin share

** single supplement additional cost, if available*

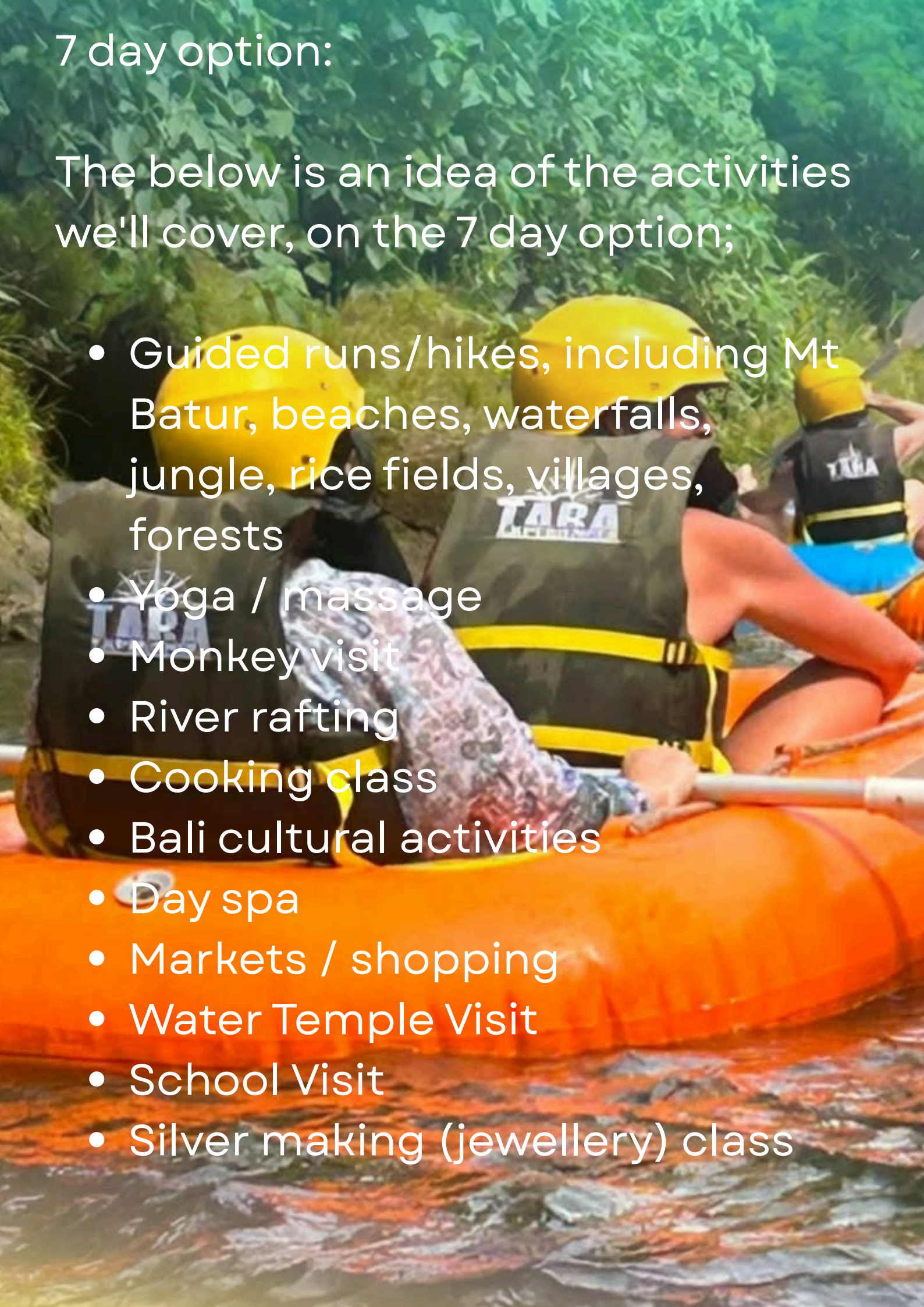
Meals

- All breakfasts
- Group lunches and dinners

**(some meals own cost)*

Transfers

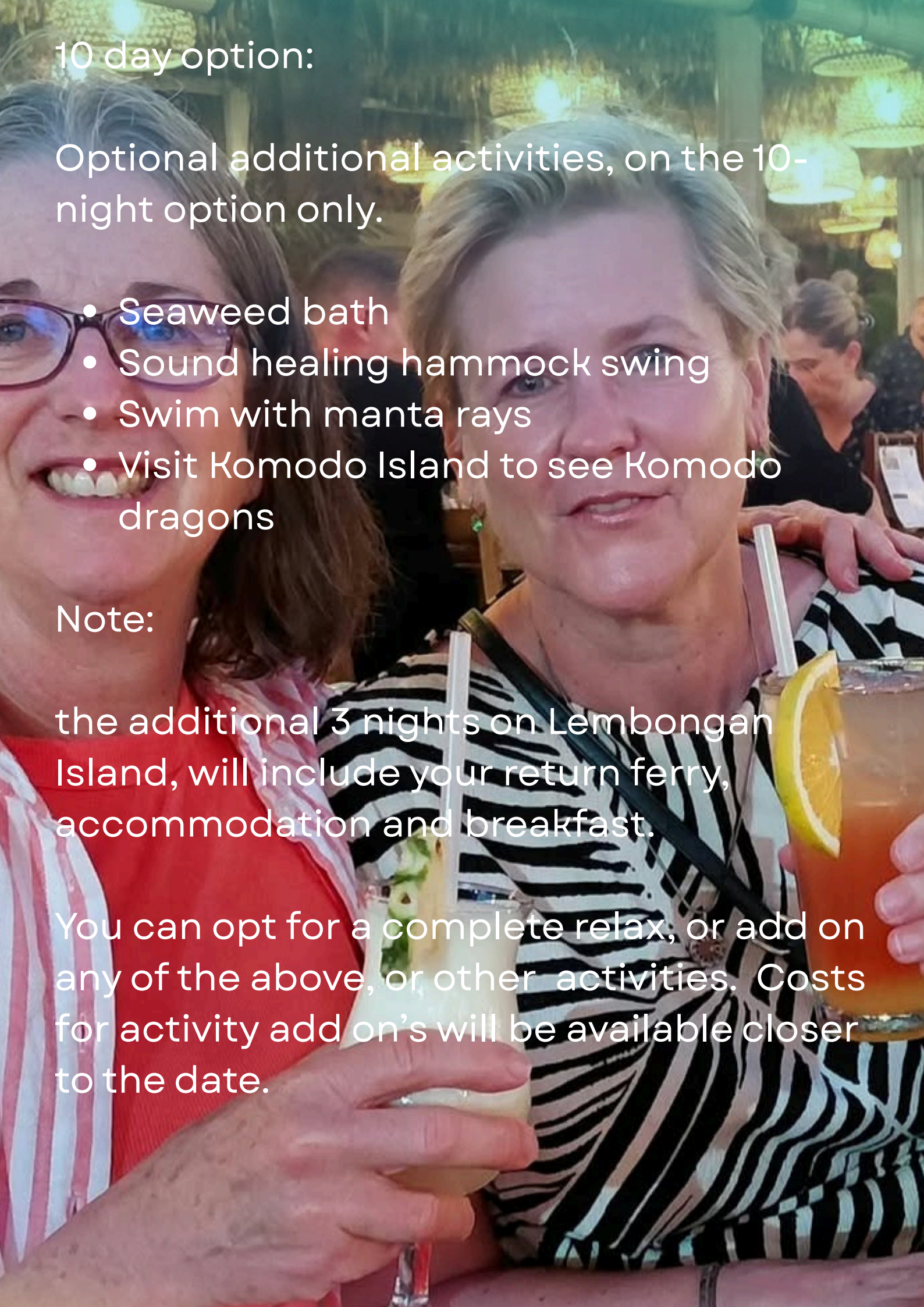
- Airport and activity transfers



7 day option:

The below is an idea of the activities we'll cover, on the 7 day option;

- Guided runs/hikes, including Mt Batur, beaches, waterfalls, jungle, rice fields, villages, forests
- Yoga / massage
- Monkey visit
- River rafting
- Cooking class
- Bali cultural activities
- Day spa
- Markets / shopping
- Water Temple Visit
- School Visit
- Silver making (jewellery) class



10 day option:

Optional additional activities, on the 10-night option only.

- Seaweed bath
- Sound healing hammock swing
- Swim with manta rays
- Visit Komodo Island to see Komodo dragons

Note:

the additional 3 nights on Lembongan Island, will include your return ferry, accommodation and breakfast.

You can opt for a complete relax, or add on any of the above, or other activities. Costs for activity add on's will be available closer to the date.



Dates

7 Day option
30th June - 7th July

10 Day option
30th June - 10th July

Participants to arrive into Bali on 30th June. Accommodation is included for this night.

7 Day participants, will be transported to the airport for departure by mid day arrival on 7th July

10 Day participants, will be transported to the airport for departure by mid day arrival on 10th July



Investment:

7 Day option, NZD $3,400.00*

10 Day option, NZD $3,800.00*

*excludes GST, and any applicable third party fees and charges

Frequently asked Questions

Who is this retreat for?

This retreat is designed for busy women wanting time out from everyday life - a chance to reset, reconnect, and experience something different.
Run. Hike. Reset.
Running and hiking are part of the retreat experience, alongside a range of other activities including:

- River-based adventures
- Cooking classes
- Visiting the Monkey Forest
- Day spas and massages
- Yoga
- Cultural experiences and local exploration etc

This is not a run or hiking boot camp. It is a carefully curated blend of movement, adventure, culture, connection, and community.
A base level of fitness is recommended, as daily movement activities are included. Our runs and hikes cater to different paces and abilities where possible, and all activities are optional.
Our movement experiences take place along beachfronts, through local villages, rice fields, and surrounding streets, with the most challenging , being a climb up Mt Batur.
Please note that Bali is a hot and humid Indonesian destination. It can feel busy, vibrant, chaotic, serene, and absolutely beautiful all at once - part of the magic of immersing yourself in the experience.

What do I need to join?

We ask that you arrive with:

- A positive and open mindset
- A willingness to step outside your comfort zone
- An openness to challenge, growth, and connection
- Respect and curiosity for Indonesian culture
- A readiness to immerse yourself fully in the experience

This retreat is about embracing, culture, community and adventure, trying new things, building meaningful connections, and experiencing Bali beyond the tourist surface.

How fit do I need to be?

A good base level of fitness and hiking ability is recommended.
Most hikes and runs can be adjusted in pace and distance to suit varying fitness levels. However, the Mt Batur hike is our most physically demanding activity and involves approximately a two-hour climb and 2hr descent.
The terrain is not highly technical but does include sections of 4WD track and some single volcanic ash trail paths, which can be a bit scrambly.
This hike begins very early in the morning to avoid the heat, although temperatures at the summit can be cool.
If you would like support or guidance with preparing physically before the retreat, please feel free to reach out.

Are all activities compulsory?

No - all activities are completely optional.
We will always encourage and support you to participate, but ultimately every activity is your personal choice.
Please note that no reimbursements or refunds will be provided for activities you choose not to participate in.

What if I get sick or injured prior to the retreat?

When booking your retreat, we offer the option to purchase retreat insurance. We strongly recommend that all guests take this option (opt in - additional cost). This can help protect you in the event of illness, injury, or unforeseen circumstances prior to your retreat. Terms and Conditions available on our website.

What happens if I become injured or unwell during the retreat?

If you become injured or unwell during the retreat, we will support you as best we can and assist you in accessing medical care in Bali if required.
All guests must have their own comprehensive travel and medical insurance covering their time in Bali.
Any medical expenses or associated costs incurred during the retreat remain the responsibility of the participant.

Please reach out to info@sherunzsheretreatz.com if you have any further questions. We are always happy to assist.

What are the exlusions or additional costs?

- flights to and from Bali
- Bali Visas
- Personal Travel Insurance
- Personal spending money
- Non Group Meals (approx 2 lunches and 2 dinners on the 7 day option. The 10 day option lunches and dinners are own cost)

What is the Itinerary?
If you would like to view the daily planned itinerary, please email and we will send to you. Note that the itinerary may have some changes prior to departure. For those who sign up we will keep you up to date with any changes. Our intention is to provide the itinerary as planned and if any changes required, to keep these minimal and to replace with similiar. Changes will generally be due to business in Bali closing or changing.

What are the terms and conditions?
Our terms and conditions are available to download and view through our website, under the “Legal” tab.

