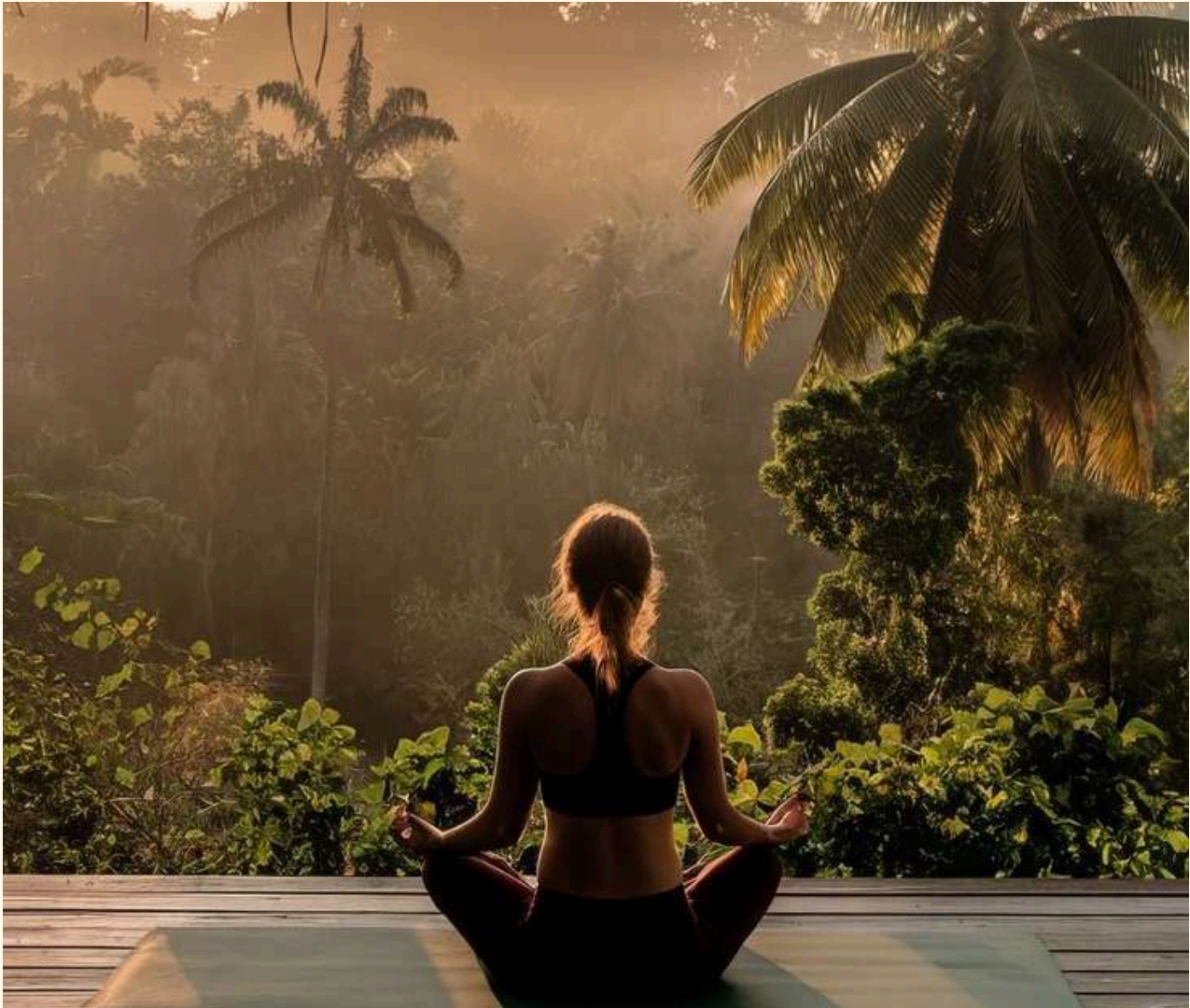


Managed and organized by POSSIBLE!

HEALING & HEALTH BALI NATURE

Power of Self

Treat yourself to a week of disconnection dedicated to healing, personal realignment, and the elevation of your physical and energetic health



At United Colors of Bali Nature, enjoy the silence, the scent of tropical rain, the sunrise over the rice fields, and deep breathing so your body can relax and your mind can slow down.

SILENCE · DETOX · RECONNECTION · TRANSFORMATION



For more information, contact us:

✉ info@possiblepowerofself.com



HEALING & HEALTH BALI NATURE

Power of Self

A COMPLETE IMMERSION FOR THE BODY, MIND, AND ENERGY

This retreat aims to support emotional healing, personal realignment, and the elevation of physical and energetic health.

During these 7 days, everything is designed to support:

- The physical body
- Nervous system balance
- Energy circulation
- Mental clarity
- Heart opening

The experience includes:

- 100% vegan meals, caffeine-free and sugar-free, in a detox approach
- No phone use during the entire stay
- Private bungalow accommodation
- Professional and caring guidance
- A safe environment that respects each participant's pace

THIS RETREAT IS IDEAL FOR:

- People experiencing mental overload
- Life transition periods
- Breakups, grief, or emotional fatigue
- Burned-out entrepreneurs
- People searching for meaning
- Highly sensitive individuals
- Anyone wishing to raise their energy and reconnect with their inner alignment

AT THE END OF THESE 7 DAYS, YOU WILL LEAVE...

- Emotionally lighter
- Mentally calmer
- With renewed energy and inner radiance
- Deeply connected to yourself
- Able to breathe and experience life differently
- With a regulated nervous system
- With a clear vision for what comes next

HEALING & HEALTH BALI NATURE

Power of Self

DAY 1

Arrival & Opening

3:00 PM – Arrival at Bali Nature

From the moment you arrive, you leave behind the rhythm of daily life and enter a sacred space entirely dedicated to yourself.

This first day marks the transition between everyday agitation and a space devoted to inner reconnection. It is the gateway to silence and transformation.



4:30 PM – 6:30 PM – Opening Circle

We begin the retreat with an opening circle.

The opening circle creates a foundation of trust, safety, and unity.

It is a moment to open the heart, set intentions, and allow the body to begin slowing down.

A sacred space surrounded by nature, ideal for reconnecting with yourself and preparing for the detox and inner transformation ahead.

You begin to slow down... breathe... and return to yourself.

7:00 PM – Dinner & Integration

A calm evening to integrate the first energies and prepare to fully enter the experience.

HEALING & HEALTH BALI NATURE

Power of Self

DAY 2 - CLEANSING

Release & Purification

A day to allow the body to breathe again.

Breath becomes a powerful tool to release suppressed emotions and accumulated tension.

Your energy begins to flow again and your mind becomes clearer.

You create space for renewal.



7:00 – 8:30 AM – Gentle Yoga & Meditation

Connection to breath, heart opening, and grounding.

8:45 AM – Detox Breakfast

10:00 AM – Breathwork Release Session (2 hours)

12:30 PM – Light Lunch & Free Time

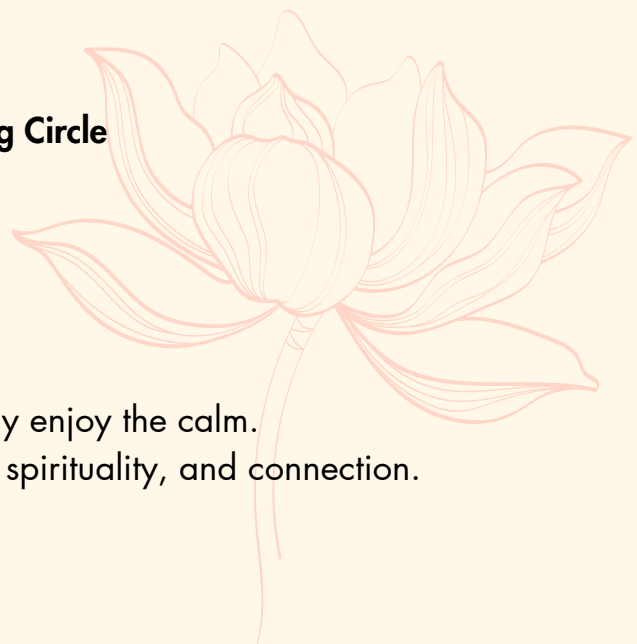
2:00 PM – Teaching, Meditation & Sharing Circle

4:00 PM – Massage

5:00 PM – Light Dinner

Free time to rest, swim, meditate, or simply enjoy the calm.

A full day rich in transformation, sharing, spirituality, and connection.



HEALING & HEALTH BALI NATURE

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DAY 3 - BREATHING

Back to the Essentials

You learn to breathe fully, inhabit your body, and slow down your nervous system.

Through yoga, meditation, and mindful nutrition, you rediscover a simple, healthy, and deep relationship with yourself.

You reconnect with the present moment.



7:00 – 8:30 AM – Gentle Yoga & Meditation

8:45 AM – Detox Breakfast

10:00 AM – Mindfulness Teaching on Nutrition & Well-being + Meditation

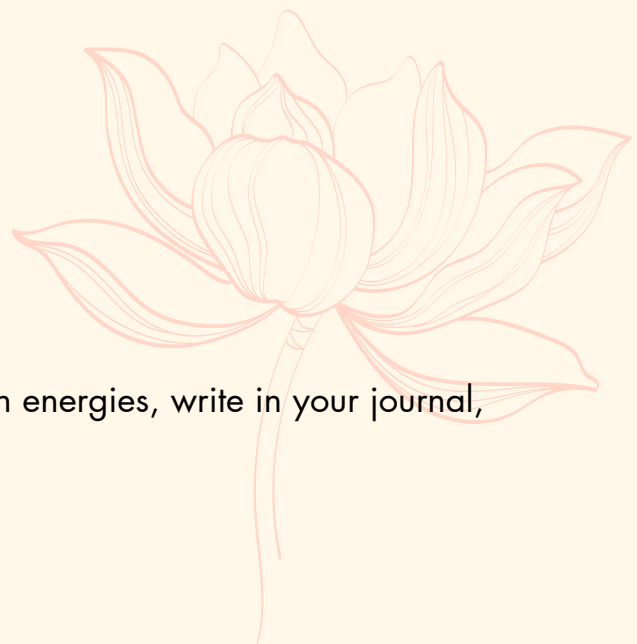
12:30 PM – Light Lunch & Rest

2:00 PM – Teaching & Meditation

4:00 PM – Massage

5:00 PM – Light Dinner

A calm evening to integrate the purification energies, write in your journal, meditate, or simply rest.



HEALING & HEALTH BALI NATURE

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DAY 4 - ACTIVATION

Awakening Vital Energy

A powerful day to activate your inner energy.

The Kundalini activation session helps open energy channels, release emotional blockages, and awaken your inner strength.

You feel your body alive, vibrant, and aligned.

Your energy rises.



7:00 – 8:30 AM – Gentle Yoga & Meditation

8:45 AM – Detox Breakfast

10:00 AM – Kundalini Activation (2 hours)

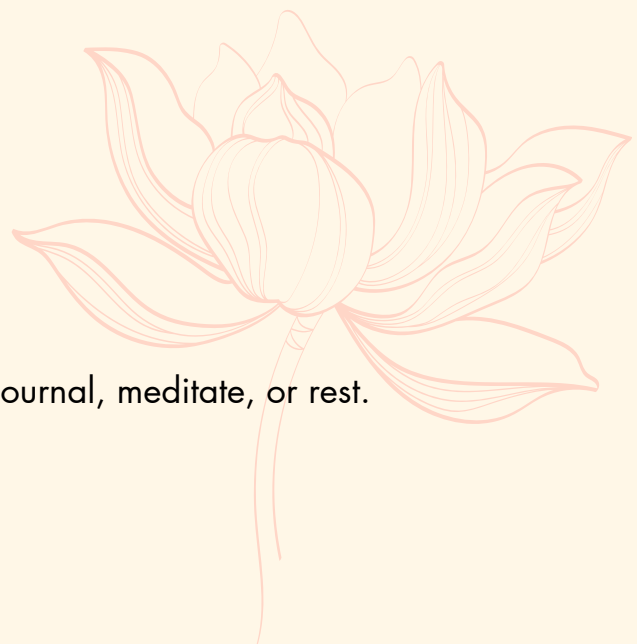
12:30 PM – Light Lunch & Rest

2:00 PM – Teaching & Meditation

4:00 PM – Massage

5:30 PM – Light Dinner

A calm evening to integrate the energies, journal, meditate, or rest.



HEALING & HEALTH BALI NATURE

Power of Self

DAY 5 - HARMONIZATION

Opening the Heart

After cleansing comes balance.

This day invites you to reconnect with softness, self-love, and inner alignment. The practices help harmonize your emotions, body, and energy.

You feel lighter and more peaceful.



7:00 – 8:30 AM – Yoga & Meditation

8:45 AM – Detox Breakfast

10:00 AM – Meditation in the Rice Fields

12:30 PM – Light Lunch & Rest

2:00 PM – Teaching & Meditation

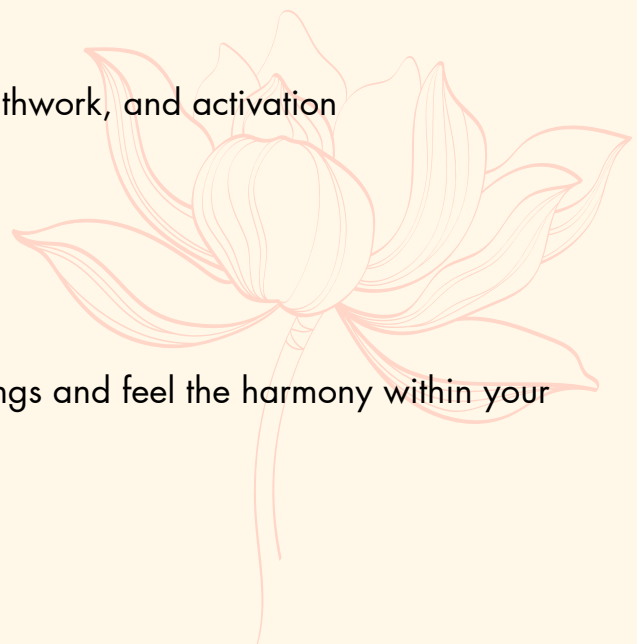
Global integration: yoga, breathing, breathwork, and activation

Group sharing

Living in harmony with yourself

5:30 PM – Light Dinner

A peaceful evening to integrate the teachings and feel the harmony within your body.



HEALING & HEALTH BALI NATURE

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DAY 6 - REBIRTH Clarity & Manifestation

Create your new vision.

Freed from the past, you reconnect with what truly matters.

This day is dedicated to your vision, dreams, and future.

You clarify your intentions and begin manifesting the life that aligns with who you truly are.

You reconnect with your truth.



7:00 – 8:30 AM – Yoga & Meditation

8:45 AM – Detox Breakfast

10:00 AM – Rebirth Session

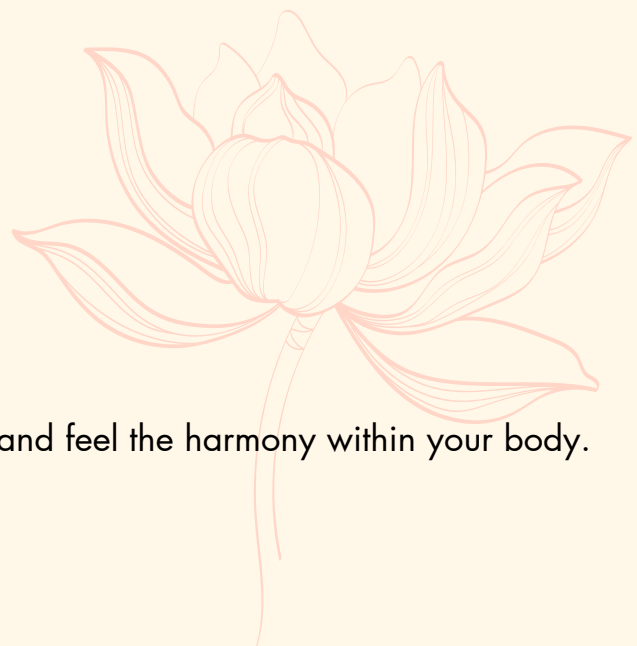
12:30 PM – Light Lunch & Rest

2:00 PM – Teaching & Meditation

Vision board & dream manifestation
Connection with your deepest essence

5:30 PM – Light Dinner

A calm evening to integrate the teachings and feel the harmony within your body.



HEALING & HEALTH BALI NATURE

Power of Self

DAY 7 - INTEGRATION

Returning to the World with Awareness

The retreat comes to an end, but your transformation continues.

This day serves as a bridge between the retreat experience and your everyday life. You leave with new energy, practical tools, and a clear vision for what lies ahead.

You are ready to live differently.



8:45 AM – Detox Breakfast

10:00 AM – Departure Preparation

11:00 AM – Check-out

POWER OF SELF

**An inner rebirth.
A return to what truly matters.
A new beginning.**

SILENCE · DETOX · RECONNECTION · TRANSFORMATION



We will be accompanied by Sri Dewi, our yoga teacher.

HEALING & HEALTH BALI NATURE

Power of Self

RETREAT LOCATION

United Colors of Bali Nature welcomes you in the heart of a preserved natural environment where nature, comfort, and authenticity come together to offer an unforgettable experience.

Nestled among lush rice fields, the property invites you to relax and reconnect with nature.



You will enjoy facilities designed for your well-being:


- An infinity **pool** with panoramic views of nature
- A **spa** offering traditional Balinese treatments
- A **yoga shala** open to the jungle
- A **restaurant** serving Western–Asian fusion cuisine


United Colors of Bali Nature offers comfortable accommodations:


- The **bungalows**, nestled in lush vegetation, allow for complete immersion in nature while still providing modern amenities.



For more information:

 www.possiblepowerofself.com

 info@possiblepowerofself.com

 [@possiblepowerofself](https://www.instagram.com/possiblepowerofself)