# ABOUT

Tried of losing self motivations, taking endless courses and never actually implementing real actionable steps. Our retreat focus on getting you setup but also making sure you take care of your body and mind so you don't lose yourself in the hustle

# WE GIVE WOMEN THE TOOLS TO BECOME BOSSES

www.bodymindandbiz.com



OPTION A "RELAX IN BALI WITH US" (\$2,670) OPTION B "LAUNCH YOUR ONLINE BIZ" (\$3,097) Includes six workshops plus all Q&A sessions

ALL ACCOMMODATION INCLUDES Airport transfers Welcoming and Closing Ceremony One Massage per person Daily Breakfast and Dinner All yoga and meditation classes Unlimited WiFi Drinking water

"Traveling is good for the body, mind and biz. Seven days of uninterrupted time for yourself to reset."

# DAILY SCHEDULE

Schedule for "Relax in Bali wit h us"

Guided Meditation: 7:30 - 8:00 am Gentle Yoga: 8:00 - 9:00 am Breakfast: 9:00 - 10:00 am Free Time: 10:00 - 6:00 pm Dinner: 6:00 pm

#### Schedule for "Launch Your Online Biz"

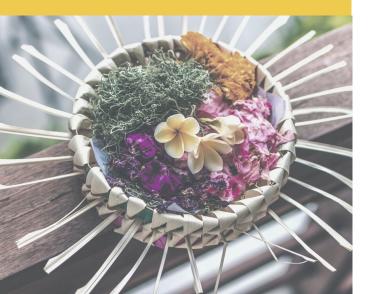
Guided Meditation: 7:30 - 8:00 am Gentle Yoga: 8:00 - 9:00 am Breakfast: 9:00 - 10:00 am Class: 10:00 - 12:30 pm Lunch: 12:30 -1:30 pm Free time: 1:00 - 5:00 pm Q & A Session: 5:00 - 6:00 pm Group coaching Dinner: 6:00 pm

#### **NOVEMBER 1-8, 2019**

The first day is a welcoming ceremony starting in the evening to allow everyone time to arrive. The official first full day starts on the 2nd. You are welcome fly out Friday evening if you need to.

#### TRAVEL PLANS

You are responsible for your own flight arrangement and cost. We will make arrangements pick you up from the Bali airport. The Bali airport is called: Bali (Denpasar) (DPS)





#### CANGGU AREA IN BALI,

Canggu is a resort village on the south coast of the Indonesian island of Bali. It's surrounded by terraced rice paddies and known for beaches like Canggu and Echo, with strong surf. The nearby Seminyak resort area has high-end shops and restaurants. Just south of Seminyak, the beachside town of Kuta is known for its nightlife. North of Canagu, Tanah Lot is a Hindu temple that sits just offshore on a rocky outcrop.

#### **STAY & ACTIVITIES**

Canggu is a tropical lifestyle retreat that offers stylish accommodation and delicious organic meals, along with yoga sessions, surfing, body and soul treatments, and a wide range of cultural and healing activities.

Everyone will get their own bedroom with their own bed.



#### PERSONAL AND GROUP COACHING

In the Q & A daily sessions, you will have a chance to tackle the individual obstacles to your business. We will implement together what we have learned in the daily classes. It is one thing to learn how to create a Sales Funnel, it is another to actually make it. We will do it together so you can then replicate the process anytime you need to launch a new product.

#### TECH SOLVING SESSIONS

We will simplify all those programs that are needed for your business but that you are intimidated by: Squarespace for website creation, Convertkit and Mailerlite for email campaigns, Snapseed and Video apps to edit your pics and videos, Facebook ad manager, Sales funnels software and scripts, Zoom and Slack for workflow and communication with your team and clients.

### CONTACT





Canggu area in Bali, Indonesia



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HOSTED BY

### JULIANNA & OLGA