

Pathway to Wellness **RETREAT**

**BALI 19 - 26TH OCTOBER
2026**



What's included-low impact fitness classes, yoga, meditation, massage, workshops, Balinese cooking class, healthy meals, day out in Ubud, time to relax by the pool and the beach, connection, optional snorkelling, transfers and more.

Escape with us on a magical wellness journey for 7 nights like no other experience. We concentrate on mind, body and all over wellness. You'll leave feeling relaxed, centered, and recharged all while making new friends and seeing some of the best Bali has to offer. We'll handle every detail so you can indulge.



Bali

19TH-26TH OCTOBER 2026

We are pleased to be holding our Pathway to Wellness Retreat on the great Island of Bali at Candidasa. Immerse yourself in Candidasa's wonderful natural surroundings with the support of our wellness professionals on this stunning retreat. All fitness levels are welcome.

Learn the secrets of BIOHACKING and Healthy Ageing and how it can add years to your life. Tap into your mindset and live a vibrant, fully functional life for as long as possible. Explore major factors that influence longevity, genetics and lifestyle choices and a clear vision moving forward.

This is truly an unique experience fully guided, If you have never been to Bali before or haven't experienced Candidasa. This is the perfect way to experience the culture in a safe, tranquil environment while feeling inspired, relaxed and a healthier new you.



WHO IS THIS RETREAT FOR?



People who would like to -
Reduce Stress
Eat healthy meals
A healthy mindset
Sink into Island life
Keep up with their fitness
Enjoy the culture and people of Bali
Want to learn more about Healthy Aging
Learn to relax and calm the mind and body
Meet like minded people and stay connected
Take home some techniques for creating a vision for your best life moving forward
Escape their busy life and take time out for themselves
Feel rejuvenated, inspired, energised
Travel as a single, a couple or with friends.
(All genders welcome)

Meet your Hosts

Pam and Lisa came together with the same vision and passion in fitness, health and mindfulness.

Dr. Pam Li holds a PhD in Applied Chemistry and has a decade of experience as a Certified Personal Trainer in her own business. Additionally, she serves as a strength and conditioning coach, a boxing fitness coach, and a health and wellness coach. As a Powerlifting competitor, she has achieved more than 50 National records and over 20 World Records. Her guiding principle is encapsulated in the phrase, "Age is just a number, give everything a GO!" Her vision statement is to inspire, motivate, and educate individuals to assume control and responsibility for their health and well-being, advocating that anything is possible with determination.



Dr. Pam Li



Lisa Taebring

Lisa's dedication to Health and Wellness extends beyond mere passion, it's an ingrained lifestyle spanning over four decades of strength training, complemented by, meditation, and holistic practices. As a Health and Wellness Coach, she also runs a thriving business focused on Natural and Organic Skincare and Haircare. Lisa's expertise is enriched by collaborations with renowned coaches, with timeline therapy, mindfulness meditation and reiki training. Having previously resided and worked in Bali and Jakarta, Lisa holds a profound affection for the culture and people making Bali the ideal setting to conduct the transformative retreat.



BALI 2026

INCLUSIONS

- 1 x Airport pick up at designated time
- 1 x Airport Drop Off at Airport
- 7 x Nights Stay Accommodation
- 1 x Welcome Drink
- 7 x Buffet breakfast
- 4 x Lunches
- 7 x Dinners
- 1 x Cooking Class and Market Tour
- 1 x Full Day at Ubud Surrounds
- 1 x 60 Minute Massage
- 1 x Vision Board Workshop
- 5 x Guided Meditation
- 1 x Strength Training
- 1 x LIIT session (Low Impact Interval Training)
- 1 x Glute & Core Class
- 1 x Mat Pilates Class
- 1 x Yoga Class
- 1 x Gym Technique Workshop
- 1 x Nutrition & Strength lab Workshop
- 1 x Release & Restore Discussion
- Use of beach towels and yoga mat
- 1 x Gift Bag
- In Room Tea, Coffee, Drinking Water
- WiFi

EXCLUSIONS

- Visa
- Flights
- 3 x Lunches
- Tourist Tax
- Snorkeling Tour Optional
- Personal Travel Insurance
- Alcoholic / Non Alcoholic Drinks not specified

YOUR PATHWAY TO WELLNESS PACKAGE 2026

DAY ONE MONDAY 19TH OCTOBER

2.00pm Check In.

Lunch

Free time. Maybe book your spa treatment for your stay, explore the resort, have a swim, use the gym or just relax

6.30pm Meet n Greet. Enjoy a welcome drink and meet your new friends and run through the program together

7.30pm Group Dinner

DAY TWO TUESDAY 20ST OCTOBER

7.00am Mat Pilates

8.30am Buffet Breakfast

Free Time to relax and explore, Lunch at own Leisure

2.00pm Nutrition & Strength Lab Workshop

5.00pm Free Time

6.30pm Group Dinner

8.00pm Guided Relaxation Meditation

DAY THREE WEDNESDAY 21ST OCTOBER

7.00am Buffet Breakfast

7.45am Balinese Cooking Class including exploring the Amlapura Traditional Wet Market

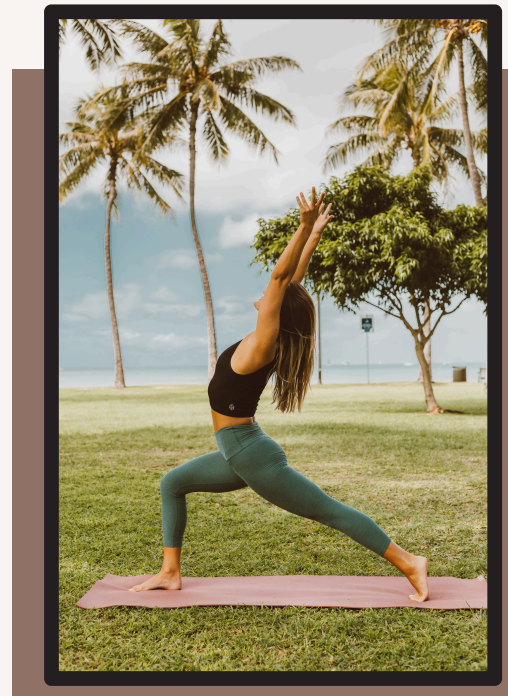
Purchase Balinese Spices and Ingredients for our class. On the way back stop at the Taman Ujung (Royal Palace) to take a few pictures and return to the hotel via Perasi Village

Enjoy the Balinese Cuisine we make in the class for lunch and a delicious fresh coconut water in a fresh coconut.

3.00pm Free Time

5.00pm Yoga Session

7.00pm Group Dinner



DAY FOUR THURSDAY 22ND OCTOBER

7.00am Buffet Breakfast

8.00am UBUD SURROUNDS

Our first stop is a silversmith

Coffee Plantation including coffee tasting board

Walk down to the Tegenungan Waterfall, (Giant Swing at own cost)

Explore local market stalls

Lunch at the Waterfall (Own Cost)

7.30pm Group Dinner

9.00pm Chakra Meditation

DAY FIVE FRIDAY 23RD OCTOBER

7.30am Core & Glutes Training

8.15am Intention Setting Meditation

9.00am Buffet Breakfast,

Free Time

12.00pm Light Lunch

2.00pm Vision Board Workshop

5.00pm Free Time

7.00pm Group Dinner

8.00pm Release and Restore Discussion

DAY SIX SATURDAY 24TH OCTOBER

7.00am Strength Class

8.00pm Buffet Breakfast

9.30am Snorkelling Tour to Blue Lagoon (Optional)

12.00pm Light Lunch

Free Time/ Facial Fun/ Walk and Explore

5.00pm Guided Meditation

7.00pm White Night Dinner, Dress In White

Zen Garden Fun

DAY SEVEN SUNDAY 25TH OCTOBER

7.00 Low Impact Interval Training (LIIT)

8.00am Buffet Breakfast

Free Time

5.00pm Gym Technique Workshop

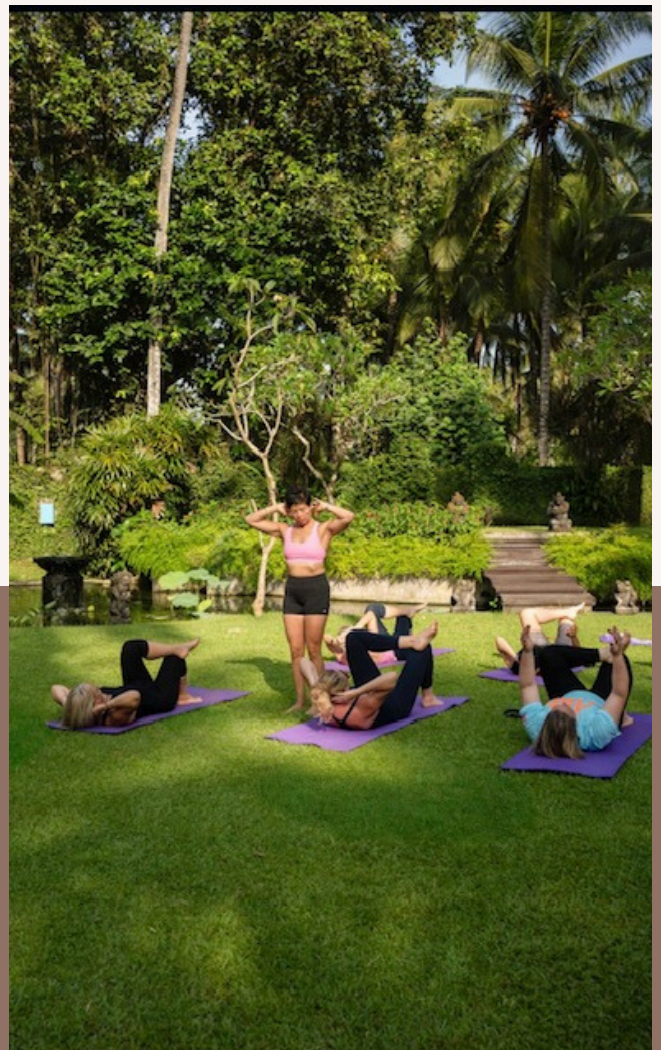
7.00pm Group Dinner

8.30pm Breathwork Meditation

DAY EIGHT MONDAY 26TH OCTOBER

Breakfast at Leisure

12.00pm Checkout



BE EMPOWERED WITH A HEALTHY MIND AND BODY

DURING THE RETREAT YOU CAN EXPECT TO LEARN VARIOUS PRACTICES FOR BIOHACKING YOUR MIND AND BODY BOTH PHYSICALLY AND EMOTIONALLY. WELL-BEING PRACTICES SUCH AS MEDITATION, YOGA, MINDFULNESS, HEALTHY EATING HABITS, STRESS MANAGEMENT AND SELF CARE ARE INCLUSIVE TO THE RETREAT.

YOU MAY ALSO EXPERIENCE A SENSE OF RELAXATION, REJUVENATION AND INNER PEACE AS YOU DISCONNECT FROM YOUR DAILY ROUTINE AND FOCUS ON YOURSELF AND PERSONAL GROWTH.



A HEALTHY MIND AND BODY INCLUDES-

IMPROVED JOINTS, STABILITY AND FLEXIBILITY, REDUCE STRESS, SLOW THE AGEING PROCESS, CARDIOVASCULAR, COGNITIVE, BETTER SLEEP, DECREASE INFLAMMATION, IMPROVED PRODUCTIVITY, MAINTAIN A HEALTHY WEIGHT, OVERALL WELLNESS, MORE ENERGY, FOCUS, BETTER RECOVERY, STRONGER IMMUNE SYSTEM, REDUCE RISK OF INJURY, TOXIN REMOVAL AND SO MUCH MORE.....



WANT TO KNOW MORE?



**\$300 OFF TOTAL PACKAGE
IF PAID IN FULL BY
1st JULY 2026**



Junior Suite



Delux Cottage
Garden

BOOK NOW LIMITED PLACES

PRICING

Twin Share -Deluxe Cottage Garden (**Early Bird \$2699pp**) \$2999pp

Double - Junior Suite (**Early Bird \$2999pp**) \$3299pp

Single - Junior Suite (**Early Bird \$3499pp**) \$3749pp

A \$600 non-refundable deposit is required at time of booking.

Payment plans available.

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SECURE YOUR BOOKING NOW



Here's what some of our fabulous Retreaters said about our 2024 Bali Retreat

This was my first retreat & Wow!!! Lisa & Pam created a program that could be adapted to everyone's individual skill & abilities in an excellent setting in Bali.

**Loved every minute of it and met fabulous like minded people too."
Jennifer H**

What a great adventure the week in Bali was with Purelife Retreats
Pam & Lisa and the rest of the crew.
Judy N

**Congratulations you guys were amazing! It was the best trip with a wonderful group of people! Thanks
Jenny D**

"I decided to take myself on this pure life wellness retreat after realising I needed an extended break from work. I first heard about it at a networking event, and it couldn't have come at a better time for me. Leaving with excitement and trepidation after not having traveled overseas since Covid I cannot thank Lisa and Pam enough for helping make the process very smooth. The beautiful resort was purposefully chosen with relaxation and wellness spaces in mind and the zen garden for things like meditation and yoga sessions didn't disappoint. The lovely pool by the ocean and the resort not being too crowded all added to the experience, not to mention the amazing spa and massages. I would definitely recommend any retreats that Lisa and Pam are arranging and I would definitely travel on one of them again."
SamT

**"So Well Organised! Going away and not having to worry about or plan anything was such a treat. I had a fabulous time"
Denise**

Thank you both for an awesome week, new goals, new friends and new experiences.
Congratulations.
Helen P

**A great group, friendly, encouraging, helpful, lots of new experiences, new exercises, yoga, waterfall. Learnt not to get consumed.
Mary S**

Enjoyed the overall experience. Especially the early morning workouts and yoga.
Dario B

**Huge THANK YOU to Lisa & Pam for the Retreat. Your efforts are truly appreciated
Dr Harvey L.**

Fitness Classes, Day Trips, Cooking Class, Meditation, Vision Board ect. All these were great."
Jenny S

Terms and Conditions for Retreats

(1) Inclusions and Exclusions:

(a) **Inclusions:** 1 x Airport transfer from Denpasar Airport to retreat location in Bali, 7 x Nights Stay at retreat location in Bungalow with ensuite, 7 x Buffet breakfast, 4 x Lunches, 7 x Dinners, 1 x Cooking Class and Market Tour with Lunch, 1 x Full Day at Ubud Surrounds, 1 x 60 minute Massage, 1 x Vision Board Workshop, 5 x Guided Meditation, 1 x Strength Training Session, 1 x Low Intensity Training Session, 1 x Mat Pilates Session, 1 x Yoga Session, 1 x Nutrition & Strength Lab Workshop, 1 x Core & Glute Session, 1 Gym Technique Workshop, use of beach towels, use of yoga mats, 1 x Gift Bag, 1 x Airport Drop-Off from retreat location to Denpasar Airport, In-room Tea and Coffee at retreat location, Wi-Fi at retreat location.

(b) **Exclusions:** Personal Travel Insurance, Visa, Flights, Bali Tourist Tax, Alcoholic / Non Alcoholic Drinks not specified in paragraph (1)(a), Room Service, additional snacks and food not specified in paragraph (1)(a), additional Massages and Beauty Treatments to those specified in paragraph (1)(a), Snorkeling Tour, Lunch at Ubud. Transfers to and from the retreat location from any other destination other than Denpasar airport.

(2) Booking and Payment:

(a) A non-refundable deposit of AU\$600 must be paid into the designated bank account of the retreat organisers in order to be shortlisted as a participant to the retreat. To qualify for the early bird special, full amount must be paid into the designated bank account of the retreat organisers by 1st July 2026.

(b) 50% of the full amount payable for a booking must be paid into the designated bank account of the retreat organisers by 1st August 2025 to confirm the booking. (c) The balance payable must be paid into the designated account of the retreat organisers by 1st September 2025 to secure a booking, failing which the booking will not be secured and any monies paid less the non-refundable deposit will be refunded in due course. (d) All payments must be made by electronic funds transfer, there are no credit card facilities available.

(3) Participant Cancellation Policy:

(a) Notice of cancellation by the participant must be provided in writing to the retreat organizers at connect@pureliferetreats.com.au. b) Notices of cancellation of a booking received by the retreat organisers between 1st August 2026 and 1st September 2026 will result in the processing of a 50% refund, minus the non-refundable deposit of AUD \$600, in due course. The retreat organisers reserve the right to retain the deposit paid. c) Any participants who send a notice of cancellation of a booking to the retreat organisers after 1st September 2026 will not be eligible for a refund and no refund will be given.

(4) Participant Responsibilities:

(a) Participants must be at least 18 years of age. (b) Participants under 18 years of age may be permitted to participate in the retreat at the discretion of the retreat organisers provided that they are accompanied by a guardian who is at least 18 years of age and approved by the retreat organisers prior to booking. (c) Each participant is responsible for the arrangement of their own travel VISA to Bali. (d) Each participants must have a valid passport with an expiry date of at least six (6) months from all dates of travel. (e) Transport of participants will be arranged by the retreat organisers between Denpasar Airport to the retreat location. All other travel arrangements are the responsibility of the participants. (f) Each participant is expected to adhere to the schedule and guidelines provided by the retreat organisers. (g) Each participant is responsible for obtaining their own health, medical and travel insurance, covering against personal accident, death, medical expenses, emergency repatriation, and trip cancellations, and each participant is responsible for providing details of their insurance to the retreat organisers upon reasonable request. (h) Each participant is responsible for providing their contact details to the retreat organisers including an email and a telephone number, and for monitoring their email and/or telephone for communications from the retreat organisers before and during the retreat.

(5) Code of Conduct:

(a) Respect for fellow participants, staff, and the environment is expected from participants (b) Any participant conduct deemed by the retreat organisers to be inappropriate, disruptive, or disrespectful will not be tolerated and may result in expulsion of the participant from the retreat without refund. The retreat organisers reserve the right to refuse service without liability. (c) Use of illegal drugs, or any other illegal substances by all participants is prohibited. (d) Participants must obey Bali law when in Bali.

(6) Liability:

(a) The retreat organisers will not be held liable for any loss, damage, injury, or illness suffered by the participant during the retreat, including but not limited to accidental injury, accidental damage, theft, medical emergencies, and cancellation of the retreat due to circumstances beyond the control of the retreat organisers. (b) The retreat organisers will not be liable for any failure or delay in performing their obligations due to causes beyond their reasonable control, including but not limited to acts of God, natural disasters, or government regulations.

(7) Changes to Itinerary and Cancellation of Retreat:

(a) The retreat organisers reserve the right to cancel the retreat without liability with five (5) weeks' notice and, in that event, will provide a full refund to the participant. (b) The retreat organisers reserve the right to make changes to any aspect of the retreat at their absolute discretion and without liability, including changes to the itinerary, activities, or schedule and will provide reasonable notice of any changes to the participants.

(8) Health and Safety:

(a) The retreat may include activities including but not limited to Low Interval Intensity Training (LIIT), Yoga, Walking, Glute & Core session, Mat Pilates session, Strength Session, Massage and Meditation. Participants engage in such activities at their own risk.

(b) Any pre-existing medical conditions, allergies and dietary restrictions must be disclosed to the retreat organisers prior to the retreat. (c) The participant acknowledges and assumes all personal risks associated with travel to a foreign country.

(9) Photography and Media:

(a) By paying the full amount payable for the retreat, the participant agrees to the use of any photographs and videos containing the likeness of the participant during the retreat, and including digital copies thereof, by the retreat organisers in promotional, news, research and/or educational materials, including but not limited to printed materials, online publications, websites, and social media posts, without the prior consent of the participant. (b) The participant agrees that they are not entitled to any remuneration or royalties for the use of any photographs and social videos referred to in paragraph (9)(a).

(10) Privacy Policy:

(a) Personal information collected during the registration process will be used solely for the purpose of facilitating the retreat experience for the participant and will not be shared with third parties. (b) The participant agrees to receive communication from the retreat organisers regarding any updates and schedule changes of the retreat.

(c) The participant may receive communications from the retreat organisers regarding promotional offers or future retreats unless the participant unsubscribes from such communication.

By booking a retreat, paying the deposit and/or paying the full amount payable for a booking of the retreat with the retreat organisers, the participant acknowledges that they have read, understood, and agree to abide by these terms and conditions.

Participant Name: _____

Participant Signature: _____

Date: _____