

# THE CONCIOUS HUMAN

More than just a retreat from your daily life.

# FORWARD

Hello!

Thank you for expressing interest in our Conscious Human Retreat, Bali.

We believe now more than ever, professionals are needing to invest in their personal development. Your potential performance at work is capped by your personal functionality!

Often professionals, leaders and business owners become so caught up in juggling all the balls needed to keep the business alive, they forget to look after and develop themselves. This is not sustainable and not serving the people around you - they deserve the best/happiest/clearest version of you.

Our exclusive and boutique retreat is set in the lush grounds of Bagus Jati, a private Balinese style 5 star resort in a remote valley north of Ubud. With tropical gardens, your own private villa, a beautiful spa centre with pool, spa, saunas and treatment rooms, and delicious, organic local and international cuisine, this is the perfect opportunity to combine tranquillity and rejuvenation with personal growth.

More than just a retreat, this trip includes the daily teachings from our unique program which has been carefully designed to help you reconnect to your Self, your purpose and those around you. You are given practical tools and strategies to implement into your business and personal life when you return home.

# A GLIMPSE

Here's a glimpse into what your days will look like on retreat with us...

## DAY 1:

Arrive in Bali and take your private transfer to the first night's accommodation near the airport (most flights arrive late).

## DAY 2:

Enjoy your included breakfast before being collected by our private transfers up into the remote valley of Bagus Jati. We will greet you on arrival with a cold arrival drink and then a delicious lunch. The afternoon is for you to settle into your villa and orientate yourself within the beautiful resort grounds. We then come together in the evening for the Traditional Welcome Ceremony and Dinner.

## DAYS 3,4,5 & 6:

Morning meditation, gentle stretching and pilates, yummy breakfast, morning content/workshop session, lunch, afternoon content/workshop session, free time until our group dinner then retreat to your peaceful villa for the evening.

## DAY 7:

Sleep in, breakfast, Future Design Session, closing of the retreat, lunch, private departure transfers to the airport (if you choose to extend your stay you transfer directly to your next destination).

Optional private coaching sessions will be held days 3-6 following the afternoon workshop. Two people per day will have the opportunity to sit with Jem personally and be supported in both designing and integrating positive changes into your future. This is a particularly valuable session that's unique to our retreats - and we have seen huge transformation come from these sessions in the past. This is where real positive change occurs.

# WHAT'S INCLUDED

- Daily Mindfulness Meditation
- Daily mat Pilates (mindful movement and re-connection of mind to body)
- Two workshop style learning sessions per day (morning and afternoon)
- A complimentary massage
- All meals
- All transfers
- Private villa room with bathroom
- Workshop manual and learning materials
- Personal journal
- Future design session
- Private 1:1 coaching session
- Plenty of poolside time to relax and unwind!!

## WHAT'S NOT INCLUDED?

- Return International flights to Bali
- Meals outside of the retreat accommodation
- Alcohol (this is not a detox retreat and you are welcome to drink!)
- Shopping and gift purchases

## PRICE

The 7 day retreat

**\$8000 AUD \***

from arrival in Bali to departure from Bali

\*(excluding personal extended vacation time or sight-seeing outside of the retreat dates).

We require a \$1500 deposit upon booking your spot. Once the deposit is paid, we are now offering payment plans with monthly instalments to pay off the balance. In our experience, this is the favourable option as it doesn't knock the budget out and it makes an experience like this affordable and achievable. Something you will thank yourself for.

Full payment of the program is to be completed 8 weeks prior to departure date, unless you're on an agreed upon payment plan.

As this is a boutique experience, we limit our numbers to only 12 to maintain the integrity and maximise your value. Places have already started booking for 2020 so if you are genuinely interested, please contact us asap so you don't miss out.



SOMETIMES  
WHEN YOU  
ARE OUT OF  
FLOW, IT ONLY  
TAKES A SLIGHT  
DIRECTIONAL  
ADJUSTMENT  
FOR COURSE  
CORRECTION.



## A LITTLE BIT ABOUT YOUR FACILITATORS.....

Most of us want to know a bit about the people we are entrusting to take us on a retreat journey, before making that decision.

This retreat is co-facilitated by Jem Fuller who guides the in-depth, transformational workshop content and coaching, and Talia Avenell who guides the mindful movement, Pilates and meditation.

Jem is passionate about helping to improve the journeys, experiences and contributions of other humans. He does this through coaching, speaking and also facilitating transformational retreats globally- which you may have seen him talk about in the new season of Chanel 9's TV series, Destination Happiness.

Jem's life has been a colourful one. His desire to understand the human story and connect with others has seen him travel extensively, immersing himself in foreign cultures and countries and exploring what it is that makes us all tick. He has studied various healing arts throughout his life and in the last decade, extensive human behaviour.

He believes that to restore balance and greatly improve our capabilities, we need to empower more of the Feminine in all of us. Our leadership and business models desperately need a more human-centric and nurturing approach. Our political arena certainly needs this too.

Jem has a beautiful ability to access his own feminine energy and create a space in which our clients feel safe, relaxed, able to learn and be supported along the way.

Talia is the creator and owner of Surfcoast Mindful Movement - a busy, boutique Pilates studio on the surf coast. She has a strong passion for helping people to re-connect their minds with their bodies, especially in this busy world where we tend to get stuck in our heads a lot of the time. She has worked in physiotherapy clinics, fitness centres, Pilates studios and always had her own Pilates business as well.

Being a single mother of two and a business owner, she understands the everyday demands of life as a woman wanting to do the best she can - and the struggles that go with trying to maintain the work-life balance for optimum wellbeing and sanity!



**MINDFULNESS  
IS BRINGING  
YOUR  
ATTENTION TO  
THE PRESENT  
MOMENT.**



Working with people and their bodies for more than 12 years now, she has an amazing ability to help people move through pain, to start moving with mindfulness, to empower them in their bodies and help them feel stronger in both their body and mind. Her warmth and sense of grounding in her approach to movement means clients feel supported and safe under her guidance.

Over the years the incorporation of mindfulness and meditation into her teaching has become more prominent, as the benefits are now irrefutably positive for our physical and mental health. Helping people to learn achievable ways they can integrate mindfulness into their daily lives, as well as move their bodies has become a part of her mission, along with having the conversations around connection, relationships and community - which are an integral part of bringing more joy and longevity to our lives.



**MEDITATION  
IS SIMPLY THE  
PRACTISE OF  
PAUSING TO  
NOTICE.**



# TESTIMONIALS

Here's what past clients have said about this retreat.

"I felt privileged to share this time with 8 other incredible people and Jem's warm, passionate and generous facilitation was amazing"

"I will be recommending this retreat to any business owner I know, it's empowering"

"Perfection! Thanks Jem! You bring such a well balanced energy and thoughts to the room. The content has been mind blowing and your calmness is catching!"

"Morning pilates and meditation was the best way to start each day. I feel I've learnt about how to start the day right and find my calm place"

"You nurture, love, challenge, question and guide in such a beautifully inspiring way, I trust you with my heart and soul"

"Your retreat has fundamentally changed how I see myself. It has been a nurturing environment to challenge myself and learn so much more about myself and others. I completed the retreat with a clearer sense of self, an activated mission and an excitement to use the tools I have learned to change my life and the lives of those I love"

"The food was amazing, the people were friendly and the accommodation was perfect"

"You will be challenged and grow. Personally I loved it, it is such a special place to have this personal journey. I believe I can grow and love from the tools I've learnt"

"The mix of mind and body was perfect. I needed help with both and this was a great way to motivate me to continue on this journey for my own wellbeing"

"I can say without question I walk away with new knowledge, new spirit and a path to achieve far more than I thought I could"

"This retreat is an outstanding personal and professional development retreat. The workshop content is tailored to meet the needs of each individual while also being a great group program. The experience definitely expanded our awareness of the personal and professional things that had been holding us back"

"Jem gave us the tools to become more aware, calmer and far more intuitive leaders, parents, friends, partners and employers"

"Talía's knowledge of the body and movement was amazing. We breathed,

laughed and worked our booty at the same time, in tropical paradise!”

“As cliché as it sounds, this retreat has enabled me to address things I needed to and given me practical, easy tools to use in my life to make me a better version of myself”

“LOVE IT!! Morning exercise sets up the day, plenty of time for breakfast, sessions are just long enough for good content with downtime in the afternoon to process and unwind”

“I feel blessed to have given myself this time. The learning and exploring within myself has been inspiring, enlightening and so very enjoyable. I have made friendships for life”

“An outstanding retreat that I would highly recommend to anyone”

“The past 6 days for me have been life changing”

If you think this retreat is for you, contact us to find out where to go from here....