

## TRAVEL INDONESIA: DETOX AT SLOW VILLAS, GILI AIR

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Relax and rejuvenate on a beautiful tiny little island, not far from Bali, called Gili Air. On this eco- island, no motorized vehicles are allowed. Enjoy the peace and quiet of an island that is free of traffic. Allow yourself to lift your spirits, and rejuvenate both body and soul. This getaway includes detox, yoga , meditation and a healthy menu for your radiant comeback. Enjoy our delicious raw food meals and juices, join us for an optional semi-fast, sweat out your toxins and activate the purifying functions of your body. All this takes place at Slow Villas, a private pool villa complex, where people come to slow down and rethink their speed of life.

## SLOW RETREAT DATES OR ORGANISE YOUR OWN RETREAT AT SLOW VILLAS

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Slow Retreat 1: 10 – 20 October 2016 yoga with Maité – Retreat theme: massage - Retreat coordinator and personal coach: Gentiane

Slow Retreat 2: 28 October – 4 November 2016 - Retreat coordinator, yoga instructor and personal coach: Steffi

## SLOW RETREAT IN GILI AIR

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During the Slow Retreat, you'll discover how to find a method inside of you, to recharge, you will be able to reproduce it at home or on holidays. Yoga can become your source of energy, its up to you to find your way to it.

Included:

- Return transfer from Bali to the Gili islands, Gili Air
- 1 night in Bali, ocean view villa after your flight, at Bloo Lagoon Padangbai
- Daily yoga, meditation sessions and daily massage
- 7 nights at Slow Villas, in Gili Air, in your own private pool villa amid a vast coconut garden
- A healthy menu, composed by healthy ingredients and juices
- Optional activities in the afternoon: Spa, scuba, snorkelling, island hopping, organised by Julie, co- founder of Slow Villas and GiliTA



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MAITE & GENTIANE – DATES: 10 – 20 October 2016

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Maité is a yoga instructor that created a yoga center in Gili Air called Mandala Blue Yoga. She has years of experience in wellness and will guide you through your own personal transformation of body and mind. Leaving you free and uplifted, she will invite you to renew your spirit and be filled with new energies.



MAITE & GENTIANE – DATES: 10 – 20 October 2016

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Gentiane is the founder of the renowned Gentiane institute in Brussels. Enter a haven of peace, where lush, hygiene and professionalism are combined into the wellness for your treatments. Enter a universe at Slow Spa, where you will enjoy the benefits of having her as your personal coach. You will experience both in your beauty treatments and in your relaxation exercises, a unique sense of well- being through the privilege of personal attention.



STEFFI – DATES: 28 October – 3 November 2016

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Steffi is a yoga teacher and a life coach and she emphasizes a “WHOLE-ISTIC” practice, where all aspects: body, mind and soul are taken into account. During the retreat she will focus on the asana practice, which refers to the physical practice, the poses; pranayama or breathing exercises, meditation and mindfulness that lead to a balance state of being and ultimately “self realization” and “self-knowledge”.

Steffi is a fun-loving soul, with years of experience in wellness and will lead you through a transformative process on both physical and mental levels to leave you feeling light, energetic and uplifted upon completion of your yoga retreat.



OTHER SLOW RETREAT DATES – CONTACT US TO ORGANISE OR COORDINATE YOUR OWN RETREAT AT SLOW

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Slow Villas is a Luxury Place for Happy People. The ideal place to slow down and rethink your speed of life. Something we believe absolutely everyone needs today. Allow yourself to give your body a healthy workout and healthy diet, to purify both mind and soul. We offer exclusive retreats, with a minimum of 7 participants and a maximum of 12. You can either add your own personal magic to the retreat, as a retreat personal coach; or simply become our retreat coordinator and share our magic with your personal contacts, who are in need to escape and recharge. It feels wonderful to make people slow down, and return rejuvenated. Contact Julie for more information. By email [AskJulie@GiliTA.com](mailto:AskJulie@GiliTA.com) or by phone +62 819 996 01058 (WhatsApp).

HEALTHY MENU

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We are what we eat. Today a healthy diet is all too often forgotten. Our partner Pachamama Organic café will prepare for you a healthy menu combination of fresh ingredients, organic, raw foods and juices. Combined with a fusion of Indonesian cuisine, to make you discover the flavours of Indonesia. Delicious and healthy! Plus, they will also prepare recipe menu cards, so you can bring the magic of their dishes home.



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## DAILY PROGRAM OF THE RETREAT

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7 :30 Wake- up with lukewarm water with lemon, ginger and/or lemongrass

8 :00 – 9 :30 Yoga and meditation

9 :30 – 10 :30 Breakfast in your villa

10 :30 – 12 :30 Free time

12 :00 – 13 :30 Lunch

13 :30 – 17 :00 Free time

(You are free to join our optional afternoon activities: Slow Spa, scuba, snorkelling, island hopping,...)

17 :00 – 19 :00 Yoga and meditation

20 :00 – 21 :00 Diner

21 :00 – 22 :30 Free time / evening meditation

## SLOW PRIVATE POOL VILLAS

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Three Belgian friends, Christian Lechien, architect, Dominique Pissoort, advertising consultant, and Julie Thonnard, dive instructor, fell in love with Gili Air and decided to create a small holiday village. 10 contemporary luxury villas - balinese conception, Each room offers the same comfort: one or two bedroom villas with terrace, swimming pool, kitchenette and office space, comfortable sunbeds, lovely coconut garden. Particular care to the quality of the beddings, the home stylist Valérie Barkowski has added her touch of originality.







copyright Serge Anton

The hotel is located in the center of Gili Air, just 600m from the beach, and 15min from where the boats arrive. This location has been chosen for its tranquillity. The hotel, build in the middle of a coconut gardens. Slow doesn't have its own restaurant, but offers a system of home cooking, with local cooks, particularly appreciated by our clientele. A cuisine full of flavours, prepared exclusively with local products. The restaurants of the island are just 7 minutes from the hotel, by bike or by local horse cart; along the beach our partners have beach chairs to relax in.

JULIE | co- founder and CEO at Slow Villas and Gili Travel Agency

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Julie travelled the world for over 6 years, as a scuba instructor, to stop in Gili air. She will make you discover the island where she lives. She will be guiding the morning run, to share with you her favourite sunrise of her life. She is a Pilates instructor and the co- founder at Slow Villas and Gili Travel Agency. Julie is convinced that Gili Air is a place where you can recharge and slow down; she would like to share this feeling with you.



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## GILI AIR

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As soon as you set foot on Gili Air, you will feel swept away by an incredible sense of relaxation, peace, a desire to let go and live at another pace of life; it is the magic that this island has to offer. Everything there is simple and accessible: there are no roads, only small paths where you can hear the sound of the hoofs of the horses of Gili Taxis, the horses are pulling colourful horse carts, and will invite you to climb aboard to discover Gili Air and arrive at Slow, private pool villas.



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## SLOW SPA

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Designed by the architect Christian Lechien, the spa at Slow Villas, adds a wellness appetite to the villa complex, the villas are essentially designed, for you to recharge and fully relax. With the Slow attitude being the identity of Slow Villas, it felt natural that a spa would find its place there, with three massage rooms, a bath for relaxation and a Pilates/ yoga studio. Inspired by the round curves of the island, the spa makes you think of a bamboo cathedral, the central window adds air and light, to the general ensemble of gentle curves. The peaceful feeling and the silence, come and support an architecture build around the natural elements of the island. The treatments: massages, facials, other treatments from your hands to your feet and therapy through movements, respond to our beliefs at Slow in relation to wellness. Slow Spa's signature treatments are with fresh aloe vera cultivated on site, to work with products that are natural and alive.







## PRICE

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Price of the Slow Retreat per person 2.717€ \*

## INCLUDED

- Return transfer from Bali to the Gili islands, Gili Air
- 1 night in Bali, ocean view villa after your flight, at Bloo Lagoon Padangbai and 7 nights at Slow Villas, Gili Air, in your own private pool villa
- Daily yoga, meditation sessions and massage
- 7 nights at Slow Villas, in Gili Air, in your own private pool villa amid a vast coconut garden
- A healthy menu, composed of healthy ingredients and juices at Slow Villas (composed by our partner Pachamama Organic Café)
- Optional activities in the afternoon: Slow Spa, snorkelling, island hopping, organised by Julie, co- founder of Slow Villas and GiliTA
- Bike rental
- Healthy menu, juices, tea and water
- Tax and service charge

Our retreats are designed with Love and Passion.



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## REGISTRATION SHEET

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Thank you for choosing GiliTA for your next holiday. To **confirm your retreat**, please fill out and sign one form per person. This information will help us with registration formalities during your holiday and in the port sector. Each passenger is responsible for its own documents (**passport needs to be valid at least 6 months** after arrival in Indonesia, visa, etc.) In attachment you'll find some useful information for your holiday in Indonesia. Please consult the embassy's website as well for updates. Thank you for your collaboration.

### 1. Information on the passenger:

Full Name (As in passport):	
Nationality:	
Date of birth (DD/MM/YYYY):	
Male/ Female:	
Passport No:	
Valid till (DD/MM/YYYY):	
Phone Number:	
E- mail:	
Address:	
Specific diet composition (allergies/ vegetarian/ others):	

### 2. Insurance:

We advise all our customers to subscribe for travel insurance; medical, luggage, and cancellation, if this is included in your credit card; it's worth looking into what's included exactly. We believe that prevention is better than cure. We work as middlemen, and are hereby bound to the conditions of our partners. Which means GiliTA's team (PT. Ayo Merasa Bebas) cannot be held responsible. Thanks for your understanding.

Travel insurance:	....
Name of your insurance:	.....
Insurance policy number:	

**3. Flight information:** Send the GiliTA team a copy of your flight by email.



Arrival airport:	
Flight number:	
Date and time:	
Departure airport:	
Flight number:	
Date and time:	

**I hereby confirm and accept the mentioned information, as the offer (or the invoice) and the general terms & conditions in attachment and on GiliTA.com**

**Location and Date:**

**Signature:**

To confirm your reservation, a deposit of 50% should be paid, after which we can confirm all bookings. The saldo will be sent to you 40 days before departure and we will ask you to transfer it on our Indonesian bank account or by creditcard. The saldo can fluctuate up or down, due to the change in exchange rate.  
**The international transfer costs are to be paid by the customer.**

Name : Julie Thonnard  
Account number : 1610002399066  
Swift code : BMRIDJA  
Address of bank is Jalan Adisucipto No.78 Ampenan Mataram  
Address Account:  
Dusun Gili Trawangan Gili Indah, Pemenang, Tanjung Mataram Nusa Tenggara Barat

Please send us the proof of payment by email on [AskJulie@GiliTA.com](mailto:AskJulie@GiliTA.com). You will receive **GiliTA's prepaid vouchers**, as soon as we've received the total payment on our bank account.  
We remain available during your holiday for emergencies: by email [AskJulie@GiliTA.com](mailto:AskJulie@GiliTA.com) and by phone +62819 996 01 058 (WhatsApp).

Happy Travels!  
Julie Thonnard – Co-founder and CEO at Gili Travel Agency and Slow Villas

