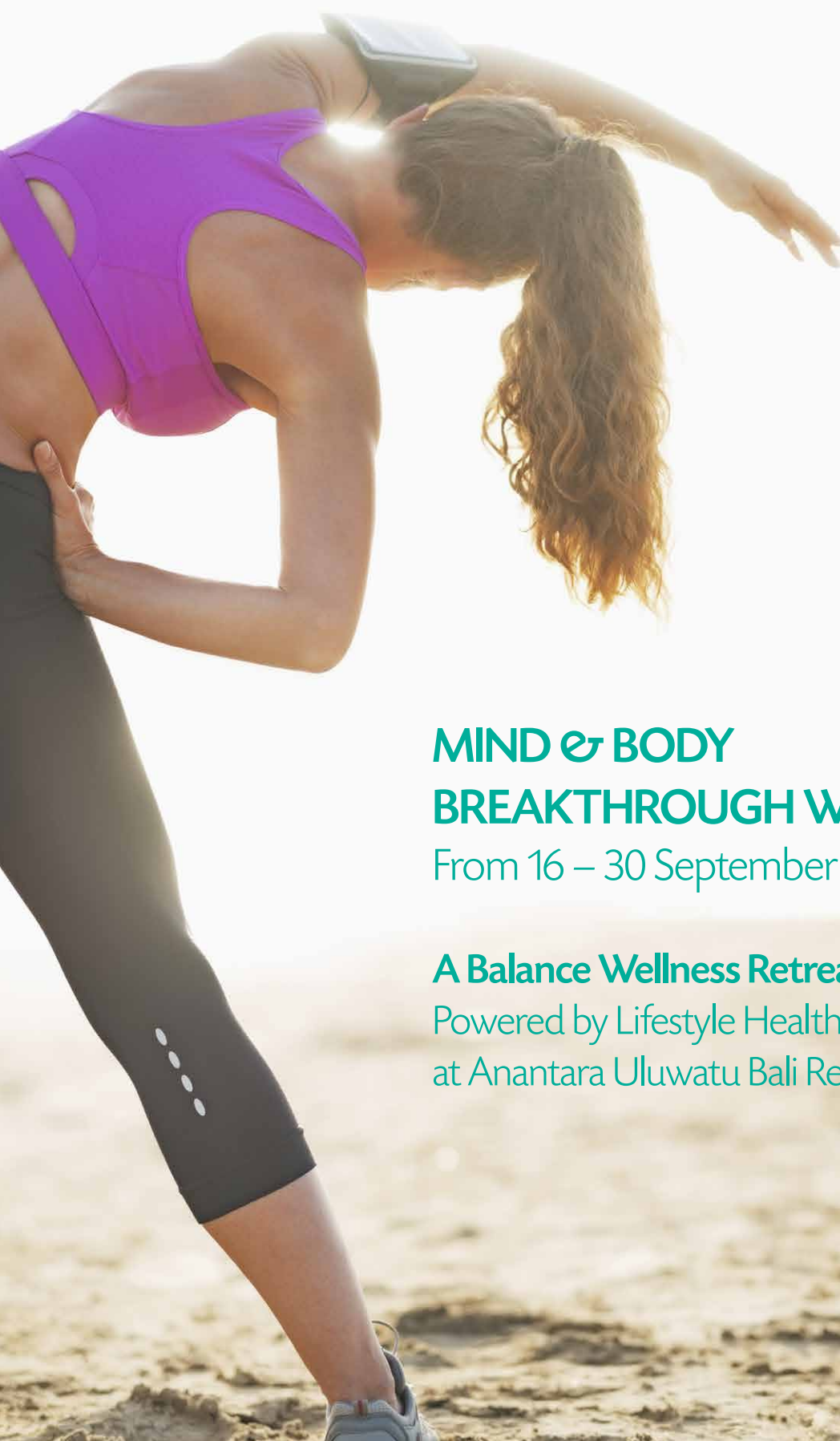




balance

WELLNESS BY ANANTARA



**MIND & BODY
BREAKTHROUGH WELLNESS**

From 16 – 30 September 2016

A Balance Wellness Retreat,
Powered by Lifestyle Health Retreats
at Anantara Uluwatu Bali Resort.



A LUXURIOUS SETTING TO REFRESH YOUR WELLNESS

An escapist's dream of unending ocean views, legendary surf and mesmerising sunsets, Anantara Uluwatu's rugged cliff-side beauty is matched by chic luxury and inspired Balance wellness journeys.

Benefit from sessions by world-renowned professionals in mind and body transformation. Workout with celebrity fitness trainer Dave Catudal who is known globally as a "Physique Transformation Specialist" - packing in six months' worth of fitness and nutrition information and innovative tips in one breakthrough session. Feel empowered by the gift of a life changing experience with personal development coach and spiritual guide Dela Catudal. Receive all the professional support and guidance you need to optimise your unique wellbeing and improve your quality of life, long after you leave our beautiful island hideaway.

Choose whether to join us for just one day, or maximise your transformation by signing up for a series of days.

Rates start from IDR 2,000,000 per person

1-DAY PROGRAMME INCLUDES:

- **1 x 60 minute Body Transformation Exercise Class:** Learn how to work out with the most body-shaping exercises and core-strengthening moves, without machines! In this 60 minute class, you will be guided by world-renowned fitness expert, Dave Catudal, as he shows you exactly what it takes to get the perfect workout for your personal needs.
- **1 x 60 minute Personalised Consultation:** Your personal session can focus on either fitness and nutrition with Dave Catudal or emotional balance and performance breakthroughs with Dela Catudal.
- **1 x 60 minute Stress Management & Energy Balancing Therapy:** This group wellness/therapy class will be a voice healing/meditation/visualization experience, with Tibetan singing bowls and a general discussion in a supportive group setting.

Mind Body Balance - Individual Experiences

Customise your retreat and boost the benefits, choosing from a range of wellness experiences offered by our in-house specialists.

Cancellation Policy:

Please give four hours' cancellation notice on individual treatments and 24 hours' notice on packages, otherwise 50% of the price may be charged to your account.

Dela

Voice Healing (90-Minutes)

Integrate your emotions with tone and vibration therapy. One session can be a life-changing experience, where blockages dissolve and a breakthrough in emotions and clarity occurs.

(IDR 1,400,000 per session)

Soul to Soul: Energetic System Balancing (90-Minutes)

Learn to integrate and balance vibrations and frequencies by harmonising your energetic system and the chakras. Find relief from emotional suffering by understanding the cause of it and learn to let go of resistance. Guided deep inside yourself, you'll learn to dissolve blockages, while boosting your confidence and self-image. **(IDR 1,400,000 per session)**

MindSound: Releasing Fears and Limitations (90-Minutes)

MindSound teaches awareness and understanding about how the vibration you are transmitting is the echo you receive. It allows you to become aware of your relationship to your inner world, where a breakthrough and transformation can occur. Destructive habits, fears and limiting mindsets are all rooted in a belief system that you hold on to, based on previous experiences and perception. With MindSound, you can become free of these patterns and finally live your joy. **(IDR 1,400,000 per session)**

Transformational Cacao Ceremony (120 Minutes)

Cacao is a powerful plant medicine that has been used ceremonially for thousands of years across Central and South America. Ancient Meso-American people attributed a sacred status to Cacao and would drink it ceremonially to commune with their gods. In this transformational experience, Dave & Dela prepare a 100% cacao tonic that opens the heart chakra and reconnects you with your inner self. With guided meditation learn to journey within and discover more about yourself, release negative blockages while finding peace and clarity. This is an ideal way to de-stress and create the perfect space to switch off the outside world, journey into the silence and discover the opportunities available to you. **(IDR 2,000,000 per session; per couple)**

Dave

BioSignature Body Fat Analysis and Hormone Profile Consultation (60-Minutes)

BioSignature integrates the essential principles of naturopathy, functional medicine and exercise science. This revolutionary method achieves site-specific fat loss, while promoting optimal health. It combines key aspects of TCM, Ayurveda and western medical systems for improved performance in all areas of life – physical, mental and emotional. **(IDR 1,400,000 per session)**

Body-Type Specific Nutrition Plan for Fat Loss and Energy Optimisation (60-Minutes)

In this 60 minute health consultation, you will learn exactly what you need to reach the goals that you are seeking. Health Expert Dave Catudal uses a cutting edge body fat analysis method that addresses imbalances within your hormonal system, allowing you to discover the reasons for your health or fitness challenges, and he provides you with a holistic prescription for repairing any imbalance that could be holding you back from experiencing better health. **(IDR 1,400,000 per session)**

Digestive Health, Anti-Inflammation and Candida Nutrition Consultation (60-Minutes)

Discover your perfect nutrition prescription. If you are suffering from digestive disorders, autoimmune disease, food allergies or metabolic syndrome, this 60 minute consultation could be a life-changing experience for your holistic health. **(IDR 1,400,000 per session)**

Metabolic Body Shaping Exercise Consultation and Personal Training Session (60-Minutes)

Receive an in-depth personal plan that reflects your individuality. Learn your body fat levels and how to manage any corresponding imbalanced hormones through a combination of diet, exercise, a targeted supplementation programme and unique lifestyle modifications. The consultation also includes a 35-minute personal training session. **(IDR 1,400,000 per session)**

Personal Training Session (60-Minutes)

Whether your goal is weight loss, toning or improving overall fitness, personal training has far reaching benefits. Discover how to use core strength specialised functional training to create a fitter, healthier and more energetic life. **(IDR 1,067,000 per session)**

**All consultations include a complimentary Detox and Digestive Health Nutrition eBook.*

**All rates are subject to 21% tax and service charge.*

The rates quoted are per person, subject to seasonal variations, a cancellation policy and change without notice.

Rates noted above are based on recent currency exchange data. The rate indicated on your confirmation is in the official hotel currency and will be charged at that rate at check-out. Above benefits may not be used in conjunction with any other discount or exchanged for any other service or cash.



MEET 'THE WELLNESS DAY' EXPERTS

Celebrity Fitness Trainer - Dave Catudal

Director of Fitness & Wellness Programming for Lifestyle Health Retreats (LHR)

A celebrity fitness trainer and international health educator, Dave has dedicated more than 16 years of his life to helping people optimise their performance and lifestyle, from professional and Olympic athletes, to top models and Hollywood celebrities, busy parents and executives.

Dave is also the founder of Tranzend health supplements and author of "The Physique Transformation" book. His teaching methods focus on the importance of organic nutrition and creating a more active and balanced lifestyle, while incorporating positive thinking and stress reduction techniques to complement the mind-body connection.

Dave studied Kinesiology in university, and he is internationally referred to by his clients and peers as a "Physique Transformation Specialist." This title has stuck for over a decade now and he has personally helped thousands of people to realise their holistic wellness and aesthetic physical goals.

Dave is also widely recognised for his ability to create and develop specialised gyms and wellness programmes in Canada, America and Asia, and has travelled the world providing health consulting services to an extensive range of independent clients and businesses.



Personal Development Coach

and Spiritual Guide - Dela Catudal

Integrated Personal Performance Coach for Lifestyle Health Retreats (LHR)

Dela is highly skilled at bringing together the physical and mental aspects of change. She is a personal performance coach and natural frequency shifter who has been working with her gift for over 20 years. She has mentored professional athletes and top CEOs, as well as government officials, celebrities, and everyone in between. Her unique integrative awareness method helps people to unlock their most empowered spirit and to re-connect with their energy source and sense of fulfilment.

Dela studied at Stansted University in the UK, working amongst the world's most accomplished metaphysics professors and doctors, where she became a teacher herself, guiding others to harness the power of their own gifts and discover their true selves.

Dela connects with clients in a transformative way. Inspiring and illuminating, Dela's sessions are an energising and life changing experience.



TESTIMONIALS

"Dela has literally changed my life and helped my career in ways that I never knew possible. She helped me become stronger in my self confidence and more secure about my path and purpose than I ever imagined. After only a few hours speaking with her, Dela helped me break through major blockages that I've been holding onto my entire life, and she opened my eyes to reveal so much about myself and my destructive patterns that I was unaware of. I finally feel free, confident, and more fulfilled in all areas of my life. Dela is pure magic and a brilliant, authentic person."

- Brandon Quinn, Actor

"Dela came into my life at a time where I needed clarity and emotional strength, and with just one session of her energy work she changed my life forever. Dela was able to see things about my life that I was completely unaware of, and she helped me to understand the reasons for my experiences, and gave me the confidence to make changes in my life that I couldn't have made without her help. She has the most beautiful voice healing technique and the most powerful energy healing that I have ever experienced - it was a completely transformational experience."

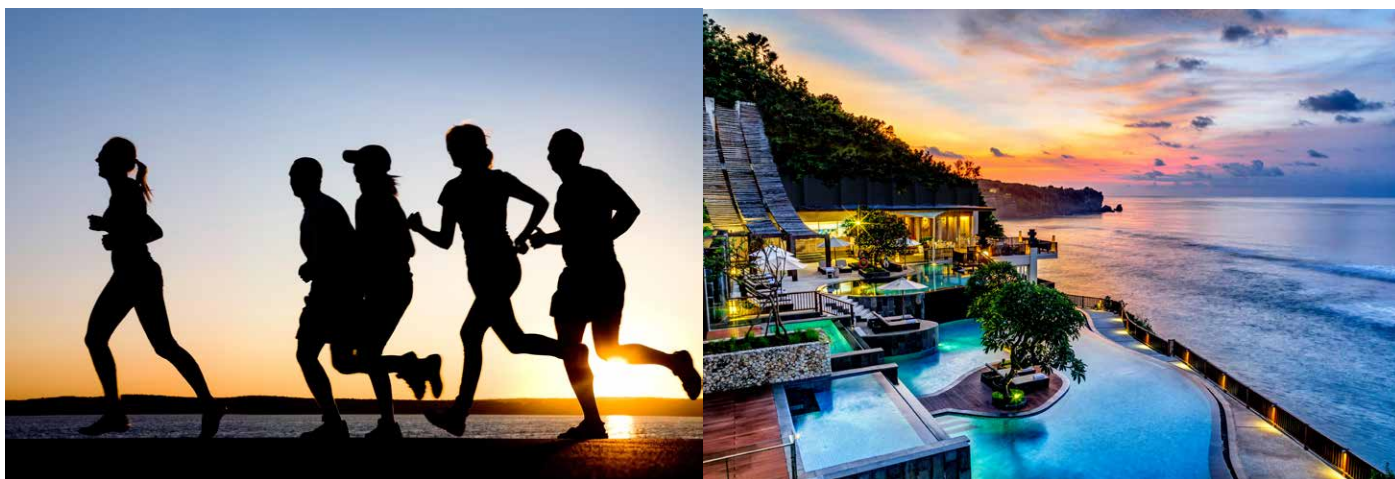
-Sefure Davutoglu

"Dave's Tranzend Body Workouts were so much fun while still being really challenging. The specialised bodyweight workout is ideal for pushing you to your limits and helping you burn fat no matter what your fitness level is, and I could feel a difference both in terms of my shape, stamina, energy and strength improvements within days – and the best part is that it only took 30 minutes. If you're looking for an enjoyable and efficient way to work out that promises solid results even with a busy schedule, the Tranzend Body System is a great choice. I loved it!"

- Yi-Hwa Hanna

"Dave's training style is perfect for my goals and hectic schedule. I used to do hours of cardio and never really got any exciting results, but with Dave's bodyweight training system and diet plans, I got in the best shape of my life, and the results came faster than I expected. Dave's the best coach! And he always has tricks and detox tips to make sure that I'm always making improvements."

- Esther Song






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LHR LIFESTYLE
HEALTH RETREATS

Please visit bali-uluwatu.anantara.com to reserve your spot.
For additional information, please contact our reservations team.
Tel: + 62 361 8957555
uluwatu@anantara.com