

7-11 JUNE 2019

UNFOLDING THE LOTUS

A 5-DAY PERSONAL AND PROFESSIONAL DEVELOPMENT  
RETREAT WITH JACKI SHORT AND SABINA RABOLD

Jacki: +61 (0)411 209 802, Sabina: +61 (0)419 980 923

RELAX • INVIGORATE • FLOURISH

mindfulness  
AND  
creativity retreat

UBUD  
BALI

## What to bring:

- ✚ Summer clothing. Perhaps one warm/rain jacket
- ✚ Sarong and shirt to cover shoulders and arms (a must when visiting temples)
- ✚ Hat, swimmers
- ✚ Comfortable walking shoes and thongs
- ✚ A nice celebratory outfit
- ✚ Personal toiletries and effects
- ✚ Travel First Aid Kit
- ✚ Insect repellent and sun screen

Please discuss your specific medical needs with your GP prior to departure