

BALI WELLNESS RETREAT

Transform Your Mind & Body
in the Heart of Bali
Escape Anxiety.
Reclaim Your Peace.

YOU'RE
INVITED

15th - 22nd August 2026

Join **Kieran Hedley**, Anxiety Coach & Wellness Guide



Are you ready to overcome the anxiety and stress holding you back?

Kieran, a seasoned anxiety coach with 6 years of experience, invites you to a transformative retreat in beautiful Bali. After navigating his own struggles with anxiety, depression, and health challenges, Kieran developed a passion for helping others who feel stuck and have not found the solutions through traditional therapy. With a strong background in Biomedical &

Neuroscience (UNE) and years of experience in Vipassana meditation, Kieran brings a unique blend of science and mindfulness to help you resolve the core of your anxiety.



Helloworld Travel Takapuna



09 257 0883



488 Lake Road, Takapuna



carolyn.hedley@travel.helloworld.co.nz

helloworld
TRAVEL
THE TRAVEL PROFESSIONALS

Limited
Spaces
Available!

Your path to lasting peace starts here!

What's Included?

- **Accommodation for 7 nights** at Balitri neighbouring peaceful rice fields away from the tourists
- **One-on-One Coaching Sessions** with Kieran
- **Guided Breathwork + Meditation Sessions** specific for stress-reduction
- **4 Luxurious Massages** to relax and rejuvenate
- **4 Yoga Classes** to bring balance and peace to your body and mind
- **Water Purification Ceremony** for spiritual cleansing
- **Ubud & Rice Field Exploration Trip** to connect with nature and culture
- **All Meals** - Fresh, delicious, and nutritious meals included throughout your stay
- **Fruit juices and smoothies**
- **Airport Transfers** - Hassle-free transportation to and from Denpasar airport

Why Choose This Retreat?

- **Personalised Coaching:** Kieran will work with you one-on-one to address your unique anxiety triggers and offer customized strategies.
- **Mindfulness Meets Science:** Kieran integrates proven scientific methods with mindfulness practices for lasting relief.
- **Holistic Healing:** Experience the healing power of nature, meditation, yoga, and self-reflection in one of the most tranquil locations on earth.

Don't miss out on this life-changing opportunity. Secure your spot today and begin your journey to a calmer, happier, and more balanced you!

SINGLE ROOM:
\$5,000 Per Person

TERMS AND CONDITIONS APPLY.

Cancellation by the Provider:

The provider reserves the right to cancel the Retreat should minimum numbers not be met. Minimum 10 pax. The provider will refund any monies paid.

Early Return, Illness or Absence

Early return expenses are the guest's responsibility, unless this is due to negligence by the Provider. There is no refund for absence or early departure from a trip, including but not limited to missed hotels, transfers, meals or sightseeing or other Retreat inclusions. The Provider urges you to purchase travel insurance which covers such circumstances. The Provider makes no representation or guarantees concerning reimbursement, scope of coverage, or other aspects of any travel insurance policy or claim.

NOT INCLUDED:

- Bali Tourist Visa of around \$13
- Personal items of any nature
- Alcohol
- Transport outside the retreat
- Travel Insurance, this is compulsory so please contact me for a quote.
- Accommodation after the Retreat. We are happy for you to stay on in Bali, and I can easily organise that so please contact me for a quote.

PAYMENT SCHEDULE AND TERMS AND CONDITIONS:

- A non refundable deposit of \$800 per person is required at the time of booking
- Final instalment is due Friday 3rd July 2026

If any of these payment instalments are missed then you are at risk of losing the payments you have made and having your reservation cancelled.

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