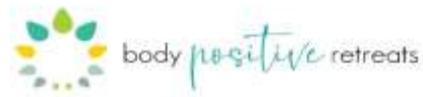


Bali Bliss and Body Positive Retreat August 2020



Sarah Harry and Michelle (Mitch) Gibson are meeting in Bali in 2020 to bring you the ultimate in Bali Retreats in our own luxury retreat venue, amazing personal chef (2 meals a day included and 1 to explore Bali's incredible food culture) A staff of 5 will look after us and we even have our own spa! This **stunning eco-inspired luxury estate** is hidden away in the hills, clifftops and white sand beaches of **Bukit Peninsula in the southern tip of Bali**. This amazing **12-bedroom eco lodge** is located very close to **Bingin Beach**, a famous surf spot, and it features **traditional Javanese Joglo houses crafted out of recycled teak wood** and offers Twin and Single accommodations. Air Con in every room.

Co Facilitated with Mitch Gibson Yoga

Mitch (Michelle) Gibson has been guiding human bodies toward health since her fitness instructor/presenter days in 1984. She found her way home to Yoga in 2002, now specialising in mostly Restorative, Gentle & therapeutic manipulation of our PNS, permission-based teaching & training styles, & the concept of doing LESS.

Yoga is her practice, and her therapy. Connection, tribe and authenticity are the words Mitch uses to describe her practice and you can see why along with 18 years of yoga experience I was so thrilled she when she agreed to co-facilitate this retreat with me!

A certified Advanced Relax and Renew trainer with Judith Lasater, Mitch has also studied Restorative Yoga with Roger Cole and Lizzie Lasater. She brings the detail and sensitivity from that Lasater lineage to her work, and continues to deliver her acclaimed 30hr Restorative Yoga Teacher Trainings.

Mitch was the creator and owner of Yogabowl studio in Lane Cove, Sydney 2005 - 2019, stepping down to consider other opportunities to teach elsewhere. She continues to train and mentor Yoga teachers throughout Australia. She currently lives in Sydney with her partner, and 2 fur babies.

[Mitch on Facebook](#)

[Mitch on Instagram](#)

“The world doesn’t need another perfect downward dog pose. It needs more open hearted people. ” Judith Hanson Lasater.

Costs: \$1699 AUD for a shared twin (happy to match you!) & \$2499 for your own room.
Luxury outdoor bathrooms are shared between 2.