

# S + J INTEGRATED WELLNESS PRESENTS Pilates Retreat 2025

NOVEMBER 12<sup>TH</sup> - 16<sup>TH</sup>

Relax, unwind & jump into Pilates education with our 2025 retreat.  
Featuring Pilates workshops, nourishing meals and relaxing treatments  
aimed to encourage body and mind wellness.

AYANA RESORT, BALI



JORDANNA SMITH  
BASI Pilates Principle Faculty  
Franklin Method Educator



SHAYNE SMITH  
Director of Education &  
Principal Teacher, ZenPlace  
Z-Health Certified Trainer



KATRINA COOMBER  
Certified BASI Pilates Instructor

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## Discover the paradise you've been longing for in Bali.

Immerse yourself for five days in a tropical haven where ocean and forest converge. The resort overlooks the Jimbaran Sea and offers sunsets that paint the sky in radiant hues, the retreat integrates this amazing venue with movement-based and educational Pilates workshops, nourishing lunches, and relaxing wellness treatments.

This retreat is open to anyone who wants to switch off, recharge and immerse themselves in Pilates and wellness in a beautiful part of the world.

See below for price options. If you have any questions, please email us at [admin@sjintegratedwellness.com.au](mailto:admin@sjintegratedwellness.com.au)

4 NIGHTS	FINAL PRICE	
AYANA RESORT	SINGLE SHARE/pp	TWIN SHARE/pp
Resort View Room	\$3145AUD	\$2331AUD
Jimbaran Bay Room	\$3253AUD	\$2385AUD
Ocean View Room	\$3355AUD	\$2436AUD
RIMBA BY AYANA	SINGLE SHARE	TWIN SHARE
Resort View Room	\$2623AUD	\$2070AUD
Jimbaran Bay Room	\$2910AUD	\$2214AUD

- 4 nights accommodation, enjoy your own room (single share) or share with a friend (twin share)
- There are various room options, so please contact us for the one that suits your needs to make this retreat an unforgettable experience.
- Most guests will stay in AYANA Resort, however you can also opt for RIMBA by AYANA which is a kid friendly option (See location map for more details)
- Jimbaran Bay Rooms offer breathtaking views of the tropical gardens and the Indian Ocean, while Ocean View Rooms offer views of the Indian Ocean

# BALI / AYANA Map

## Bali Map



### Position and Location:

- 20 minutes drive from Bali airport
- 5-minutes to Jimbaran Village's art galleries, boutiques, traditional market, and fish market
- 20-minutes to championship golf courses and shopping centers
- 40-minutes to Seminyak's shopping and nightlife
- 1.5 hours to Ubud



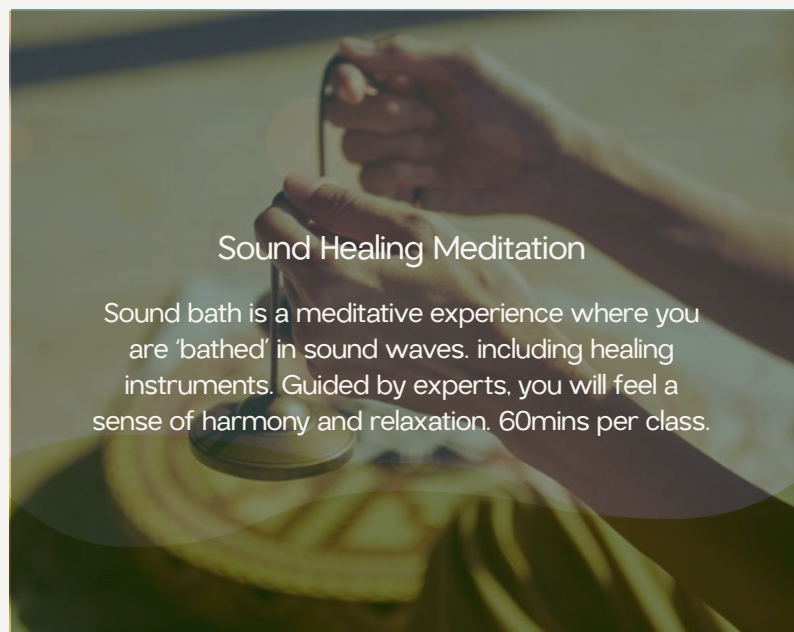
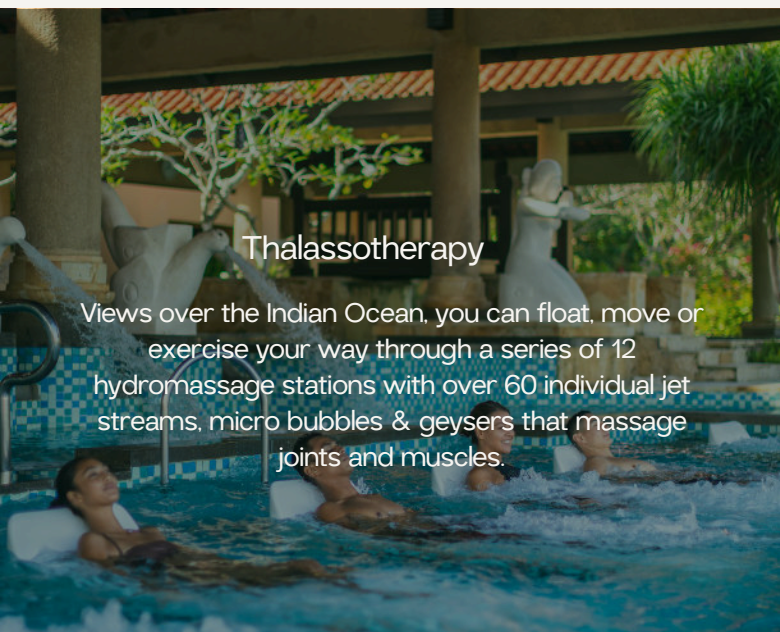


## WHAT'S INCLUDED

- Daily Pilates classes led by your very own S&J wellness team
- 2 x (1.5hr) Pilates-based workshops led by Shayne and Jordanna Smith
- Afternoon tea on arrival
- Daily wellness breakfasts, lunches + beverages
- Signature Cocktail @ Rock bar Bali
- 2 x (4-course) dinners at AYANA SAMI SAMI & Padi restaurants
- 4 amazing wellness experiences conducted by AYANA (see descriptions below).

## WHAT'S NOT INCLUDED

- Airfares & transfers
- Travel Insurance
- Alcoholic beverages
- Dinners (2 nights)
- Additional cultural experiences can be planned directly with the hotel, where time permits.





# Tentative Schedule

## NOVEMBER 12<sup>TH</sup>

NOON	Arrivals
2PM	Afternoon Tea/Check in
4PM	Afternoon Drinks- Rock Bar
7PM	Welcome Dinner SAMI SAMI

## NOVEMBER 13<sup>TH</sup>

7AM	Morning Pilates- RIMBA
8.15AM	Breakfast
11-12.30PM	Pilates Workshop- RIMBA
12.30PM	Lunch
2PM	Free Time
4.30PM	SUP Yoga, Therapy Pool, S/H
6PM	Dinner (own choice)

## NOVEMBER 14<sup>TH</sup>

7AM	Morning Pilates- RIMBA
8.15AM	Breakfast
11-12.30PM	Pilates Workshop- RIMBA
12.30PM	Lunch
2PM	Free Time
4.30PM	SUP Yoga, Therapy Pool, S/H
6PM	Dinner (own choice)

## NOVEMBER 15<sup>TH</sup>

7AM	Morning Pilates -RIMBA
8.15AM	Breakfast
10-12PM	Herbal Remedies + Farm Walk
1PM	Lunch
2PM	Free Time
4.30PM	SUP Yoga, Therapy Pool, S/H
6PM	Closing Dinner PADI

## NOVEMBER 16<sup>TH</sup>

7AM	Relaxation Movement- RIMBA
9AM	Breakfast
	Free time
NOON	Check out/ Goodbye
	Transfers to Airport

- Pilates Workshops will be facilitated by Jordanna & Shayne. topics TBA shortly once we know our intake
- This is a tentative schedule and is subject to change

# TERMS & CONDITIONS

## REGISTRATION & PAYMENTS

You can book directly via our website: <https://sjintegratedwellness.com.au/retreats/>

If you have any questions about room types or would like to add additional nights, please email us — we're happy to tailor the experience to your individual needs.

Full payment can be made via our website.

Payment plans are available. Please email us to arrange a payment plan, which includes a \$1,000 AUD deposit and a timeline for remaining payments.

The full balance must be received no later than 1st September 2025.

## CANCELLATION POLICY

We understand that life happens, and plans can change. To ensure fairness and help us manage logistics effectively, we have established the following cancellation policy:

### Cancellation by Participants

- More than 60 days before the retreat start date (before 12th September 2025): Full refund minus a \$200 administrative fee.
- 30–59 days before the retreat start date: 50% refund of the total retreat cost.
- Less than 30 days before the retreat start date: No refunds will be issued.
- No-shows or early departures: No refunds or credits will be given.

All refunds will be processed within 10 business days of receiving your cancellation request.

## TRANSFER OF BOOKING

If you are unable to attend, you may transfer your booking to another person at no additional cost. Please notify us in writing. If there is a waitlist, we may be able to reassign your place. Alternatively, you are welcome to find someone to take your spot.

## CANCELLATION BY ORGANISERS

In the unlikely event that we must cancel the retreat due to insufficient enrolment, natural disasters, or other unforeseen circumstances:

- You will receive a full refund of all payments made.
- We are not responsible for any other expenses incurred (e.g. flights, accommodation outside Retreat dates, travel insurance), so we strongly recommend purchasing comprehensive travel insurance.

## TRAVEL INSURANCE

We highly recommend that all participants purchase travel insurance that includes coverage for trip cancellation, medical emergencies, and travel delays