



Bali Dream Resort, Ubud
19-24 May 2019

COME RELAX, CREATE AND ENJOY A TEXTILE MAKERS RETREAT TO BALI. Nancy Ballesteros of Treetops Colour Harmonies and Nicole Lawrence of Soulful Escapes to Bali have combined their talents to lead a 5 day (6 nights) creative retreat for textile makers.

OUR CREATIVE ESCAPE is a boutique resort tucked away in a small village, surrounded by lush green tropical gardens and two enticing swimming pools. It is an ideal place in which to soak in the peaceful Balinese countryside and its culture. The resort is made up of small villas, all with private gardens. There are options for those who wish to share a villa, or those who wish to have their own private space. The resort is Balinese owned and run, a beautiful way for us to support the local economy. Enjoy the gentle sounds of day breaking, smell the fragrance of tropical flowers and enjoy the colourful beauty of the gardens while enjoying the meditation of creativity.

THE FOOD in Bali is truly amazing - diverse, nutritious and colourful! Breakfast is prepared fresh in the resort, with amazing juices, tea/coffee, tropical fruit, western or balinese style dishes to choose from. There are several options for lunch and dinners. You will be within walking distance of delicious local cafes and restaurants, or relax and eat in the resort's restaurant, or there are also plenty of options for ordering food in. It is a 10 minute ride into the bustle of Ubud where you can choose to go for dinner and a bit of evening shopping.

YOUR WELCOME NIGHT begins with a soothing tropical drink then a short drive to a hidden garden, where we will immerse ourselves in local Balinese cuisine and enjoy the cultural experience of a traditional Balinese dance performance.

EACH DAY - after a delicious Balinese breakfast, the mornings will be filled with rich Balinese experiences. Special classes have been arranged at a local silver smithing studio and a traditional Batik/Indigo dye workshop at the Threads of Life studio and traditional dye garden. We will partake in making traditional Balinese offerings – a very important part of Balinese life, watch and learn Balinese dancing and learn to play Balinese musical instruments in Nicole's local family village. Take a blissful walk along a ridge to visit a local ornate stone temple. Of course there will be time for shopping in Ubud, maybe searching for exotic beads. You can choose to visit a local healer, or simply relax by the pool and enjoy a traditional Balinese massage, it's up to you.

AFTERNOON CREATIVE MEDIATIONS - the group will gather in an open air studio for the day's creative meditation. Nancy will share her techniques for creating Nuno felted hand-stitched beads. Inspiring fabrics will be felted and stitched into unique pieces of adornment (other project may be pre-arranged). You are welcome to continue stitching and creating into the evening.

YOUR HOSTS - Nicole is an artist and talented logistics magician. She made Bali her home for many years and speaks fluent Indonesian. With the help of her local Balinese family friends, she will show us a side of Bali that most tourists are unlikely to encounter. Nancy runs an international textile business specializing in hand-dyed wool and silk for discerning textile artist. She will be sharing her creative passion for nuno felted adornment for the body.

Join our adventure in Meditative Adornment Balinese style... **Places limited to 12, so don't delay.**

Download our PDF see link below

Download our Booking Form see link below

OR for questions contact:

Nancy Ballesteros, *Treetops Colour Harmonies*, nancy@treetopscolours.com.au, tele: +61 8 9387 3007. www.treetopscolours.com.au

Nicole Lawrence, *Soulful Escapes to Bali*, nipabese@hotmail.com





Retreat Schedule

Sunday, 19 May - Arrival Day

- 6pm gather in lobby of Bali Dream Resort for a welcome drink
- 7pm leave for Laka Leke Restaurant for our welcome dinner and traditional Balinese dance performance

Monday, 20 May

- 9-10am morning circle
- 10am-12:30pm visit the traditional Balinese home of Nicole's friends and learn how to make palm leaf offerings, play music and dance
- 1pm lunch at resort or delivery from Ubud restaurants
- 2-6pm begin nuno felting with Nancy
- evenings free to stitch, create and relax

Tuesday, 21 May

- 9am-12pm nature walk along a ridge overlooking two rivers to the beautiful Campuan temple
- 12-1pm lunch at Murni's Warung or Clear Café in Campuan
- 2-6pm meditative bead making with Nancy
- evenings free to stitch, create and relax

Wednesday, 22 May

- 9am-12pm group 1: Batik and Indigo dyeing at Threads Of Life studio
group 2: Silversmithing at Studio Perak in Ubud
- lunch group 1: Balinese lunch at Threads Of Live batik Studio,
group 2: restaurant in Ubud
- spend the afternoon making meditative adornments with Nancy and Nicole
- evenings free to stitch, create and relax



Thursday, 23 May

- 9am-12pm group 1: Silversmithing at Studio Perak, Ubud
group 2: Batik and Indigo dyeing at Threads Of Life studio
- lunch group 1: restaurant in Ubud
group 2: Balinese lunch at Threads Of Life batik studio
- spend the afternoon making meditative adornments with Nancy and Nicole
- evenings free to stitch, create and relax

Friday, 24 May

- 9am-12pm Textile lecture arranged at Threads of Life (www.threadsoflife.com) in Ubud.
- Stay and shop in Ubud afterwards or make your way back to resort for a massage, arrange to see a healer, or just relax by the pool.
- Spend the afternoon making meditative adornments with Nancy and Nicole
- Join us for a farewell dinner at a restaurant close to the resort

Saturday, 25 May – Departure Day You are welcome to arrange to stay on at the resort or transfer to another venue to further explore the island and culture of Bali!



what's included

- 6 nights' accommodation in the Bali Dream Resort, Ubud
- daily breakfasts at resort and morning teas
- welcome drink and special welcome dinner including a traditional Balinese dance performance
- enjoy complimentary relaxing Balinese massage
- a blissful walk along ridge overlooking two river gorges to an ornate temple
- spend the morning learning traditional Balinese offering making, music and dance in Nicole's local village compound
- spend the morning learning jewellery making in a local silversmith studio
- spend the morning learning traditional batik and indigo dye techniques in the Threads of Life batik studio
- textile lecture discussing Indonesian textile techniques from The Threads of Life (see www.threadsoflife.com for more details)
- visit a few of Nicole's favorite local textile & bead shops in Ubud
- daily afternoon meditations spent with Nancy learning nuno felting and creative adornment techniques. Felting equipment, wool and fabrics supplied. **Please bring your own haberdashery and any special fabrics you would like to incorporate.**
- evenings free to stitch, create and relax

what's not included

- flights
- travel to/from the airport (we can arrange for approx. AUD\$30 if requested)
- travel insurance (highly recommended!)
- personal transport to and from Ubud/Resort outside those listed above (we can arrange for approx. AUD\$5.00-\$7.00)
- meals outside of those listed above (allow approx. AUD\$12/meal for each lunch and dinner)
- bring your favourite stitching threads, sewing kit, any exciting fabrics you might like to use in your felting and other materials like beads you might like to incorporate in your necklace



Accommodation Costs - Bali Dream Resort May 2019

This boutique resort is tucked away in a small village 10 minutes outside Ubud. It is made up of small villas – all with private gardens. There are options for those who wish to share a villa, or those who wish to have their own private space. All bedrooms have ensuite bathrooms.

Twin share bedroom in a shared villa (there is only one available):
AU\$1725

Private bedroom in a 2 or 3 bedroom shared villa:
AU\$1950

Private villa:
AU\$2075





Contact

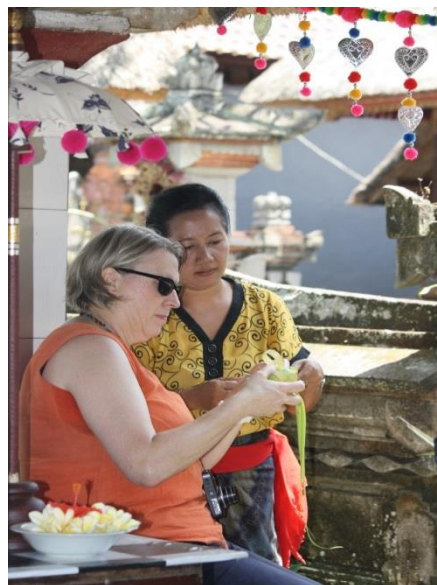
please email Nancy (nancy@treetopscolours.com.au) or Nicole (nipabese@hotmail.com)
for further information or queries

A few of Nancy's Bead Mediations





Memories from Bali 2015



Bali 2015



A few testimonials...

"Yes, it is hard to be back – I really did enjoy every minute of my time in Bali with you and Nicole. If I could have, I would have turned around and got back on the plane!!!" Kerry 2015

"We were really lucky with the nice group of ladies, it was something special, I have never done before and I don't mind doing it again. Thanks for all your patience, I learned a lot." Heike 2015

"Many thanks for such a great retreat. We relaxed on the beach before our flight home. Such great memories and knowledge of new things learnt. Spent my hours at Darwin airport stitching all (the) beads I had cut out." Gini 2015