



WHISPERS OF WELLNESS REIKI RETREAT

A JOURNEY OF RECONNECTION WITH
YOUR TRUE NATURE

LOCATION: UBUD - BALI

23RD - 30TH OF AUGUST 2025



WHAT YOU EXPECT

Have you ever experienced the magic of reiki in your life? Have you wondered about how can it bring more balance and clarity to your life? Whether you are dreaming of finding deeper connection and meaning to your life to live well or eager to share this amazing energy with others, Bali- the Island of the Gods- is the place to begin your journey.

In this 8-day retreat, we embark on a transformative experience of self-discovery and empowerment. Through Reiki, yoga, meditation and Sacred Cacao Ceremony we will reconnect with our hearts and rediscover the magic within. My goal is to guide you back to your true essence, helping you to remember who you truly are. Living well starts with fully embracing your unique self, preparing you to share your highest and best while fulfilling your purpose in this life.

If this journey excites you, brings a smile to your face, or sparks the curiosity of trying something new, I invite you to join me with an open heart for this experience.

MEET INGRID KEPPLER

REIKI MASTER

I'm Ingrid Keppler, and my journey in caring for people began with a background in physiotherapy. Over the years, I've come to recognize the importance of the interconnected aspects of body, mind, emotions, and spirit for healing and balance in life—just like the interconnectedness found in nature.

As a remedial massage therapist, Reiki Master, and Yoga Teacher, I bring a holistic approach to well-being. My passion extends beyond the physical, and I've delved into various healing modalities. I firmly believe in the power of daily practices for cultivating self love, empowerment, and to gain clarity in the challenges of life. Reiki is a tool for harmonizing our body, emotions, and mind to achieve overall well-being



MEET ELLY GIULIANI

RETREAT MANAGER

My spiritual awakening happened in 2014, after several tragic events in my life. I had the decision to choose whether to stay at the bottom or use the bottom to support me on my way to the top, and that's what I did.

I used the tragedy to improve myself and I started my journey in Yoga and meditation practice. In 2014 and 2015 I decided to spend time in India to learn yoga at the birthplace of Yoga with a guru who has helped me to reconnect to my inner light. Today Yoga is my lifestyle and there is no turning back.

After experiencing how magical the path of Yoga is, I want to be a link in providing this magic to those who are open and who are seeking the path of awakening to divine consciousness, so the idea of Ellyvate Retreats was born!



RETREAT OFFERINGS

Seven nights twin-share with ensuite accommodation (Single room available upon request with an extra charge fee) in traditional Balinese style at Narasoma with delicious Balinese breakfast: fresh fruits, juice, eggs, Smoothie bowl, tempeh, banana pancakes, toast, tea, Bali coffee, and other daily varieties.



Nutritious lunch in Ubud's best organic and raw restaurants, you will be blessed to enjoy different places and food around this magic place.

RETREAT OFFERINGS

Cacao Ceremony to open up our Hearts and connect with our highest vibration.



Reiki 1 and 2 Training and Sacred Living practices (Breath and Movement) lead by Ingrid Keppler.

Yoga and meditation practice in the rooftop shala to rise with the sun and wake up your body and spirit amongst nature.



RETREAT OFFERINGS

Waterfall visit around Ubud to deeply connect with Mother Nature.

A very special cleansing ritual at The Holy Water Temple - set your intentions lovelies!



One full body 1 hour massage at Narasoma Spa, soundscape by the natural river flowing through Ubud.

Special opening dinner in one of the most magic restaurants in Ubud – memories to hold in your Heart and tummy.

An unforgettable LSV - light sound vibration healing at Pyramids of Chi.



WHO IS THIS RETREAT FOR

Whispers of Wellness is designed for all those dreaming of finding more connection and meaning to their lives, having tools to deal with moments of stress and anxiety gaining more clarity and balance to live well or for those eager to share this amazing energy with others. This Retreat is to learn and/or refresh the Reiki path of Healing to restore your energy, cultivate self-love, empowerment and inner peace. Through the practices and teachings shared by Ingrid, you will gain valuable tools and insights to integrate into your day to day life.



VENUE DETAILS

Narasoma Retreat is nestled in the heart of Ubud, a place that exudes a tranquil yet vibrant energy. With a private area for the retreat, a beautiful swimming pool area to relax and a stunning rooftop yoga shala for our activities to be hold . You will feel relaxed and nourished by Nature around you.



INVESTMENT & PAYMENT PLAN

Early bird: AU \$2,350

Deposit AU\$250* (not refundable) to secure your spot;
+ 2 Installments of AU\$1,050 paid by 30th of April 2025.

Investment: AU \$2,550

Deposit of AU\$250* (not refundable) to secure your spot;
+ 4 payments of AU\$575
Paid in full by 30th of June 2025.

Please note *holding fee deposit of AU\$250 is not refundable*

*Airfare not included; *dinner not included (Welcome dinner included)

* Travel Insurance not included but mandatory for the participants

* If cancel before 23/04/25 70% Refund of the amount paid (except holding deposit).

* If cancel after 23/5/25 40% Refund of amount paid (except holding deposit).

*If cancel on or after 1/7/25 no Refunds.

HOW TO REGISTER

- confirm availability with Elly on ellyvateretreats@gmail.com.
- Make Holding Deposit Fee of \$250 and send attached payment receipt (screenshot) to the email above.
- From that we will organise the payment plan and form to be filled out.

Bank details for deposit:

Ellyvate - M. Giuliani

BSB 082380

Acc 742387590

○ Please write full name on deposit.

A person with long, dark, wavy hair is performing a yoga pose on a sandy beach. They are in a low, wide stance with their arms extended outwards and their head tucked down towards their knees. The background shows a calm sea and a clear sky. The entire image has a warm, orange-brown overlay.

THANKS FOR JOINING THIS
RETREAT TO CONNECT WITH
YOUR INNER—SELF

Bali - Island of the Gods