1 - 4 NOV 2019 UBUD, BALI

LOG OUT TUNE IN RETREAT

Detox from your Devices Dive into Yourself Reconnect to Nature

Presented by bein estivae & LOG OUT & TUNE IN In the Tropical Balinese Jungle

Reservation: http://bit.ly/lotiregister Info: beingmesingapore@gmail.com



Retreat

In this digital age, our **smartphone** has become an extension of our hands and **social media** is taking away a large part of our day. Beyond affecting our sleep, our focus, and our creativity, our devices have long term **impacts** on our personalities and **well-being**.

> How can we know our **true selves**, develop **self love** and feel supported to make our own choices if we are being constantly conditioned by such **addictive technology**?

Join our digital detox retreat and discover the **digital detox program**: "Log out, Tune in, Reset", created by Leslie Coutterand. Every morning, the program will help you **disconnect** from your devices and social media, and **reconnect** to your **true self** and **values**. In the afternoon, you will deepen your breakthroughs with ancient **wisdom** and **Yoga Sutras of Patanjali**, taught by Subba, founder of the mindfulness program "Being". The rest of the retreat will be filled with **nature bathing**, **ceremonies**, **breathing exercises**, **paddy walks**, **meditation**... to reconnect with **Love**, to others and nature.

We believe **inner peace** and **Love** are the key ingredients for a **happy** life, and it starts right here: Behind our screens...

THIS IS A DIGITAL DETOX RETREAT. WE INVITE ALL PARTICIPANTS TO DISCONNECT AND LEAVE THEIR ELECTRONIC DEVICES IN A SEALED BAG DURING THE RETREAT*. *Bags provided.

LOG OUT TUNE IN beingsattvaa



	Day 1	Day 2	Day 3
5:45 AM		Sunrise Tea	Sunrise T
6:30 AM		Move. Breathe. Meditate	Reconnect to Nature
8:30 AM		Silence Hour: Sound of Rain Forest	Silence Hour: Sound
9:30 AM		Brunch	Brunch
10:30 AM		Tune In: Find your inner voice	Reset: Turn your Valu
12:00 PM		Reconnect to Nature: Purification Ceremony	Move. Breathe.
2:00 PM	Arrival	Detox Juice break	Detox Juice I
4:00 PM	Retreat Introduction	Ancient Wisdom & Yoga Sutras:	Ancient Wisdom &
	Welcome circle	Intentions for a balanced life	Discovering t
4:30 PM	Log out: Learn to Disconnect	Break, enjoy the resort!	Break, enjoy th
6:00 PM	Welcome Dinner	Dinner	Dinner
7:30 PM	Phone Ceremony	Sharing circle / Journaling	Sharing circle / J
	Meditation	Meditative Dance	Manifestation M

LOG OUT TUNE IN beingsattvaa

;	Day 4	
Tea	Sunrise Tea	
e: Paddy Walk	Move. Breathe. Meditate	
l of Rain Forest	Reconnect to Nature: Forest Bathing	
h	Brunch	
lues into Action	Retreat in a Box / Phone Ceremony	
Meditate	Enjoy the resort!	
Break		
v Yoga Sutras:		
the self		
he resort!		
r		
Journaling		
Meditation		



BeingSattvaa

Located a 15-minute drive from central Ubud, in the luxurious BeingSattvaa Vegetarian Retreat Villa is a wellness resort committed to maximizing your enjoyment while minimizing its impact on the environment.

Blending Eastern philosophies with modern expectations, BeingSattvaa transforms the experience of wellness, creating something both contemporary and timeless.

A feast for your senses, the menus feature nutritionally balanced Asian and Western vegetarian and vegan cuisine delicately flavored with fresh produce from the garden.

LOG OUT TUNE IN beingsattvaa

Included in the price. Room Brunch / Dinner Daily Healthy Juice 60 mins massage Airport pick up/ drop off Shuttle to/from Ubud at designated time Purification ceremony Nature bathing, Paddy walk Retreat classes, Meditation Meditative Dance

*Price does not include air fare/flights

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PRICING

Single Occupancy:\$1155Double Occupancy*:\$870Triple Occupancy*:\$800

Locals (Classes, activities & lunch only): **\$200**

*Limited number of rooms ALL TAXES INCLUDED

RETREAT LEADERS



Subba

Former CEO and Banker, Subba, is the co-founder of BeingSattvaa and its mindfulness programs, Being. An experienced mindfulness practitioner and teacher, he left his executive life to enable and inspire individuals and organizations to be at their authentic best, powered by purpose. Subba graduated from top schools in India as an engineer and then as a postgraduate in business. He has trained in the ancient Indian texts of Vedas and Upanishads from when he was just ten years old. He has been extensively researching the Yoga Sutras of Patanjali and its application to contemporary life for over a decade.

Subba brings fifteen years of experience in mindfulness practice, his annual practice of silence in solitude, and his thirty years in the corporate world together into all his sessions. Allowing for his participants to understand how they can integrate this into their real life, just as he has. Apart from running programs at BeingSattvaa in Bali, Subba also runs sessions in South East Asia, India, and Europe.



Leslie Coutterand

Former actress, Leslie is a speaker, director and activist. Having become a oneness and ethics advocate, at 32 Leslie quit her international modeling career and television acting work to focus on a career in directing, speaking, and working on projects that have a positive impact on our society and the environment. She has given three TEDx Talks in France and the United States. Drawing from her personal journey as a former TV actress in France and in Hollywood, prioritizing success over meaning, Leslie speaks regularly at summits and events about the impact of social and digital conditioning on our life choices and our ambitions.

Her radical life changes and mindfulness practices provide wisdom on our vision of success, social media addiction, and our need to belong, connect and Love. She is the founder of *logoutandtuneine.com* dedicated to help us find meaning and balance beyond the screen.

LOGOUT TUNE IN beingsattvaa

RESERVATIONS

PRICES*: ALL TAXES INCLUDED Payements by Bank Transfer or Paypal.

Reserve your spot today: http://bit.ly/lotiregister

*Price does not include air fare/flights.

More info: beingsattvaa.com.sg logoutandtunein.com beingmesingapore@gmail.com

