

# Florabunda Plus 2023



A CREATIVE LIVING  
ART+YOGA RETREAT WITH

*Esté MacLeod*

**Esté MacLeod is an internationally acclaimed artist and designer whose art courses inspire thousands!**

Now you can join us by the sea in beautiful East Bali for a deeply enriching experience of gentle days beginning with mindfulness meditation, flowing into an abundance of art tuition taught with patience and expertise using professional materials, with the genuine desire to see your own creativity thrive.

Your Bali retreat experience includes:

- Airport pickup taking you to your choice of **3 seaside accommodations** (with breakfast)
- 35 hours of dedicated art-making with Esté + specialist materials, paints, quality canvases etc.
- Held at the luxurious beachside **Villa Nilaya**
- Daily mindfulness meditation with **Anna** - who curates **Creative Living Retreats**
- 90-minute yoga classes on alternate days on our beautiful sea-facing teak floor yoga deck
- A full-day tour with art-making + Balinese gourmet lunch in the stunning, less-visited far east of Bali
- A **half-day boat trip** and beach picnic
- **Cooking'n'Cockails Bali-style** - take Bali's zesty flavours + know-how home
- Most meals - healthy lunches, dinners, morning and afternoon tea
- and 3 fabulous evenings of great food and cultural events - including our 'Floaty Dress Night' Exhibition, BBQ + concert (no! our retreat is not just for women)

July 3-11,  
2023  
9 days / 8 nights

only 12 places

from \$2669 pp  
with your own room!

Anna  
Kawecinska  
.COM



CREATIVE LIVING  
RETREATS

**ENQUIRE or BOOK  
ASAP!**



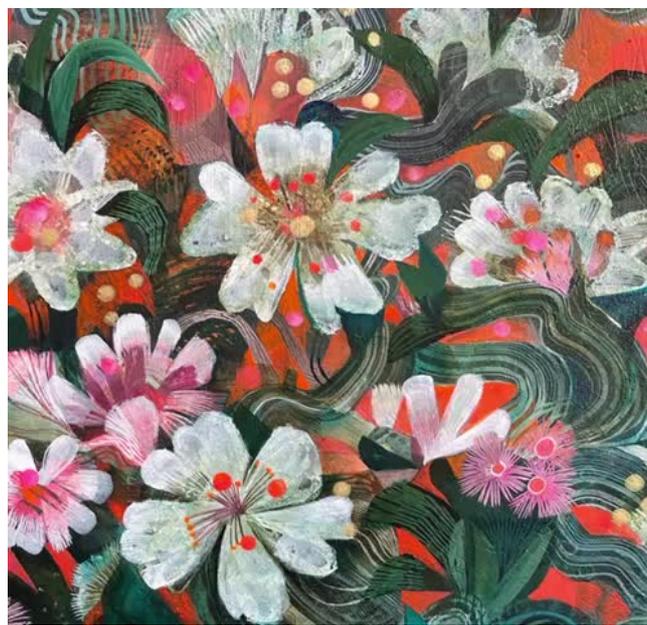
## 9 indulgent days all about you

This 9-day/8-night retreat offers you an expansive week to focus on making four multi-layered canvases using the same professional materials that Esté uses in her studio.

A luxurious week where all you need do is turn up each day after breakfast (and perhaps an early-morning dip? ... the snorkeling is fabulous), having taken the short walk in our pretty village to Villa Nilaya. Lets' start with some calming breathwork - pranayama - to focus our minds before art?

Flowers are integral to Balinese spiritual life; colours signify cosmic directions and the gods residing there. The many-layered spiritual world of the Balinese people - Hindu, Buddhist and animist traditions all combined into a distinctive form of island Hinduism. This week, you too will embrace these beautiful blooms to create abundant and multi-layered visions of tropical flora - flora abunda!

And at the end of the day? Alternate days offer you a deeply restorative, full, luxuriant yoga class on our beautiful teak-floored yoga space. Stretch, breathe and relax deeply ... drift off to sleep, perhaps, to the sound of the lapping sea at the end of the garden .... before padding downstairs as evening gathers, for a healthy, delicious buffet dinner prepared by our own Villa Nilaya chefs. Alternate evenings are all yours to spend discovering the seaside dining venues in our village of Mendira near Candi Dasa. enjoy our cooking 'n' cocktail class, a jazzy night out - or a quiet night in. No pressure.



[See Esté's 2022 Bali retreats in action >](#)



## About our seaside venue - VILLA NILAYA [Check our LOCATION](#)

Because Bali's unique synthesis of Hinduism with the island's indigenous beliefs are dominated by a volcanic landscape of hot springs, mountains and lakes - all of which exist mainly in the eastern part of the island - East Bali offers you an unparalleled array of adventures in cuisine, nature, culture and heritage. Add to this the artisan crafts of a devoutly devotional culture, and you have many, many experiences to discover when you visit the Island of the Gods. On this retreat you'll get to experience many authentic aspects!

Tucked away in our quiet sea-side village of Mendira, every aspect of Villa Nilaya's design has been carefully considered to inspire relaxation and tranquility at the end of a forest cul de sac, facing onto absolute beachfront with sweeping views directly across to the islands of Nusa Penida and Nusa Lembongan, with the sun rising over Lombok to the left and setting behind Padang Bai to the West on the right side.

Traditional Balinese architecture meets imaginative detailing, and contemporary comforts will ensure your working environment is a pleasure, with safe sea swimming and awesome snorkeling at the bottom of the garden.

# Esté and Anna

Esté Macleod is an acclaimed British artist and designer whose way of teaching will show you ways to turn the things you notice into expressive, sophisticated artworks on paper using new dynamic painting and mixed media techniques.

Her way of teaching will spark your imagination, get you in a creative flow and show ways to broaden your art practice as anyone who's experienced Este's popular on-line courses will know. [More Info? >](#) With a background as an art historian and art gallery owner, Anna's collaboration with artists continues to be a fascinating career which evolved into specialist art retreats designed to combine seriously good art tuition with authentic cultural experiences.

Yoga under-pins art as a source of focus for creative inspiration - so whether you join us as a novice or a yogi, each day presents a new yoga and art journey with our intuitive teachers to Live Creatively.

[More info>](#)

“

Many thanks for a magnificent experience!

Glenda W. Melbourne Australia, Florabunda 2022

## The Retreat works pretty much like this

BREAKFAST	At your hotel. Walk to the retreat hub, Villa Nilaya - about an 8 -10 minute walk away.
MORNING	9.00 - 9.30 am on all mornings other than day tour and boat trip days
BREATHWORK	Yoga 'pranayama' to calm, meditation to focus, 'sound bathing' to inspire
ART SESSION 1	9.30 -12.30 with morning tea
LUNCH BREAK	12.30 - 2.00 - time to swim, snooze, relax on the deck or take a village walk
ART SESSION 2	2 - 5 with afternoon tea
YOGA	5 - 6.30 (yoga takes place every alternate evening when there are no other activities planned)
DINNER	6.45 When at Villa Nilaya, dinner follows yoga; a buffet of zesty Balinese dishes

- The full day tour includes a plein air drawing session with Esté, a gourmet Balinese 'megibung' banquet lunch and a second art-making session in the less-visited far east of Bali.
- The boat trip includes a morning picnic.
- You'll also have three free evenings with several dining options within just a few minutes' walk of the villa and your hotel.
- Mid-week is a half-day to yourself, or join us at the villa for art, and in the afternoon your Balinese massage awaits, followed by a deeply restorative 'yoga nidra' - that's a fancy name for a big sleep after a lying-down guided meditation

**Above all, this is YOUR RETREAT, so please be free to take or leave any sessions as you need or feel**

## What's Included?

- A/C Airport Taxi collection with name board on arrival at the International Airport
- Accommodation with Breakfast for 8 nights in your choice of beachside hotels and bungalows
- 35 Hours of Art Tuition with Esté MacLeod over 11 sessions
- Art Materials (value approx. USD 140 ) these are the same professional materials that Esté any level uses in her professional work. Golden Paints, quality canvases and other materials.
- You should bring a sketch pad - more details on materials in the pre-retreat information
- Yoga Classes all materials provided – gentle stretchy, restorative and deep relaxation yoga suitable for experienced yogis as well as those looking forward to trying yoga for the first time, and more advanced for those wishing to extend their practice.
- Breakfasts 8
- Lunches 5 - buffet, provided at Villa Nilaya during the retreat. We serve really fresh food, with an emphasis on vegetarian, tofu and seafood protein, and not too starchy (quinoa and red rice often replaces white rice).
- Morning and afternoon teas each day
- Bottled Water available throughout the retreat
- Dinners 5 including:
  - 'Welcome Dinner BBQ' at Villa Nilaya (dietary restrictions catered for - please advise)
  - Exhibition Night Dinner and concert performance
  - Cooking and Cocktails with our executive chef Pak Dewa Ardika
  - A fine dining and jazz dining experience in town
  - Balinese Massage or reflexology treatment in house at Villa Nilaya
  - a Sound-Bathing event (some call it 'sound healing or sound therapy ... we just call it divine!)
  - and surprises along the way,,,,,

## What's Not Included?

- airfare
- travel insurance
- personal expenses
- return taxi (you can pre-pay this when you book )
- 3 dinners and 2 lunches - our village of Mendira has several excellent 'warungs' - local restaurants

“ You made Florabunda a multisensory success. The program was beyond special. I thank you Esté for your professionalism, your generosity in sharing all of your secrets and of course, your amazing talent.

Thank you Anna for convening this fabulous experience.

Your style, grace and attention to detail made everyone feel important. Sharing your home for those days of art and food and armchair yoga will be a special memory for me to hold.

You have gathered an amazing staff around you ... thank you again.

I loved Florabunda.

Gloria C., Queensland, Australia, 2022

[Check the Terms and Conditions >](#)

# Retreat Packages

Your 8 nights of the Retreat are included in the retreat package.

Whichever place you choose, you'll be just 8-10 minutes' walk from Villa Nilaya, the retreat hub, where most of the art-making, yoga retreat and meals are taken. All three options offer traditional Balinese hospitality, in absolute sea-front locations, ranging from family-friendly Amarta Bungalows to 5-star resort luxe at the Candi Beach Hotel.

This Retreat accommodation BEGINS on JULY 3 and ENDS after breakfast on JULY 11 (9 days/8 nights). Arrival earlier to recover from travel or staying a little longer to rest after your retreat is highly recommended.

Anna has secured special rates from all 3 venues, so please feel free to contact me for 'extra night' quotes, and see [HERE](#) for add-on trips, workshops and tours which you may like to consider.

JULY IS HIGH SEASON (with a lovely climate) AND THESE SPECIAL RATES ARE GUARANTEED FOR A LIMITED TIME. BOOK SOON to secure the hotel and room of your choice! ALL RATES are in USD.

## AMARTA BEACH BUNGALOWS

3-star seafront, friendly and unpretentious, set amongst garden with swimming pool, restaurant, all sea-facing rooms.

- Superior Rooms (8 only) \$2699
- Suite Rooms (6 only) \$2899

## SEA BREEZE VILLAS

4-star spacious sea front property with 2 swimming pools, and various styles of rooms, restaurants

- Superior Ocean View Room \$3299
- Deluxe Ocean View Room \$3590
- Honeymoon Suite (1 only) \$3779
- Wooden Chalet Sea view (2 only) \$3990
- Wooden Cottage Garden View (2) \$3450

## CANDI BEACH HOTEL

4.5-star expansive sea front property amidst landscaped gardens with 2 swimming pools, safe private white sand sea beach, resort facilities, service and several restaurants

- Deluxe Garden View Room \$3649
- Deluxe Garden View Cottage \$3979
- Deluxe Ocean View Room \$4279
- Deluxe Ocean View Cottage \$4369
- Deluxe Junior Suite Garden \$4799
- Deluxe Junior Suite Sea View \$4999
- Luxury Ocean View Suite \$5699
- Luxury Ocean View Pool Villa \$6999

[Explore your accommodation options >](#)

# Priority Booking is NOW OPEN

- **Priority Booking is available from Now 'til December 15 - it means that those who signed up to the Esté Priority List have preference for the 8 remaining places.**
- SECURE YOUR SPOT WITH \$500 Deposit, with the balance not due until 30 MAY 2023
- These special hotel deals can only be guaranteed until December 31, 2022
- These prices are in USD for single-occupancy A/C rooms with a queen or king bed. Twin beds available in some room types.
- Please contact Anna about -
- Prices for twin-share or double rooms with either another retreat participant or a non-participating partner (please note these retreats are not just for women)
- prices and availability for extra nights pre- or post- retreat

## Booking Your Place

*Congratulations!*

Ready to book?

Thank you for deciding to join Esté and me on retreat in Bali in 2023.

**PLEASE GO TO THE BOOKING PAGE** > and fill in the details.

Anna will contact you to confirm the availability of your room choice, answer your questions and send an invoice with payment details.

If you have any questions or need some assistance with choosing, please don't hesitate to get in touch

## Contact Anna

- whats app +9475 660 7713
- [anna@annakwiecinska.com](mailto:anna@annakwiecinska.com)
- the chat box on [www.annakwiecinska.com](http://www.annakwiecinska.com)

For over a decade, many retreatants have returned for our thoughtfully curated weeks of supported creativity, and I genuinely look forward to welcoming you to experience the depth of wellbeing that Creative Living Retreats have become known for, Esté and I are so looking forward to sharing this experience with you!

