

# BEAUTIFUL BALI

## Creative Play



A CREATIVE LIVING  
ART+YOGA RETREAT WITH

*Liz Murphy*

Join us for an enriching, restorative, inspiring 'Creative Play' retreat amidst the breathtaking setting by the beach in beautiful East Bali.

Liz Murphy is a British artist and interior designer living and working in New Jersey, USA.



July 15-23  
2023

9 days 8 nights

only 12 places

Your Bali retreat experience includes:

Airport pickup taking you to your choice of **3 seaside accommodations** (with breakfast)

40 hours of dedicated art-making with Liz + 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'Cocktails Bali-style** - take Bali's zesty flavours + know-how home

- Most meals - healthy lunches, dinners, morning and afternoon tea **with your own room!**

and 3 fabulous evenings of great food and cultural events - including our

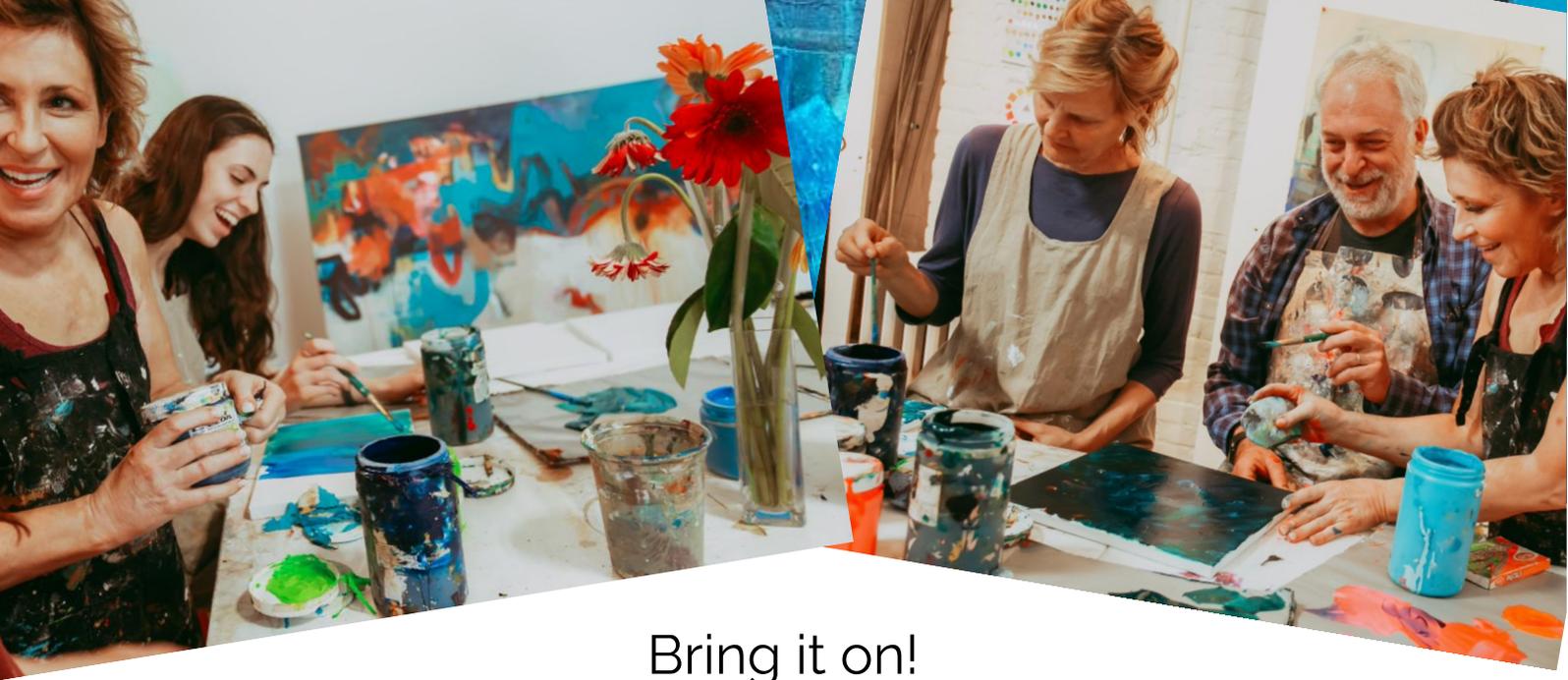
'Floaty Dress Night' Exhibition, BBQ + concert (no! our retreat is not just for women)

**from \$2669 pp**  
with your own room!



CREATIVE  
LIVING RETREATS

**ENQUIRE or BOOK  
ASAP!**



## Bring it on!

Somewhere between childhood and adulthood, we stopped playing. Given that it's a now well-known fact, that play can add joy to life, relieve stress, supercharge learning, and connect us to others and the world around us... I say BRING IT ON and let's get our hands dirty together!

The 'Beautiful Bali Creative Play Retreat' is designed for those who are curious to explore their own unique untapped creativity in a safe, uplifting, and nurturing environment. Whether you're a confident artist, writer, or yogi, or just setting out to discover your innate talents, the hope is the experience is a magical one and you will flourish amongst the nurturing expertise, stunning surroundings, invigorating new friendships and community. There will be fun cultural day excursions booked to fill up your creative well and add some spice to your painting.

The hope is that you'll experience the joy that arises from being truly relaxed in a setting that is immersed in nature and encourages unselfconscious expression. Guided by your own intuition, you'll be encouraged to play like a child while enhancing your own skills and innate artist.



See some of our previous Bali Creative Living Retreats in action >



## About our **LOCATION** seaside venue - VILLA NILAYA

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.

Discover more >



# About Anna

With a background as an art historian and art gallery owner, my 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.

The practice of yoga has under-pinned Creative Living Retreats, 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 journey with our intuitive teachers to Live Creatively.

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,

“ Loved the whole thing. Food was amazing and plenty of variety.  
Staff amazing ... I just thought you did the retreat so well.  
I felt totally satisfied with the way you made it all happen and made us all feel very special.  
You really were the glue. Very professional.  
The exhibition was just so beautifully put together.

Lyn Mowday, Busselton, Australia, 2019

## 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 Liz, a gourmet Balinese lunch and a second art-making session.

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.

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

**Blogs about previous Bali retreats >**

# 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
- 40 Hours of Art Tuition with Liz Murphy over 12 sessions
- Most art materials - paints, quality canvases, and tools Bring your own brushes
- You should bring a sketch pad - more details in pre-retreat information
- Yoga and Meditation – 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. Daily breathwork sessions to begin our days together.
- 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,,,
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# 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



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.

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 15 and ENDS after breakfast on JULY 23 (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 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 \$3149

Deluxe Ocean View Room \$3440

Honeymoon Suite (1 only) \$3729

Wooden Chalet Sea view (2 only) \$3840

Wooden Cottage Garden View (2) \$3320

## 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 \$4649

Deluxe Junior Suite Sea View \$4849

Luxury Ocean View Suite \$5549

Luxury Ocean View Pool Villa \$6849

[Explore your accommodation options >](#)

# BOOKING INFORMATION

- SECURE YOUR SPOT WITH \$500 Deposit, with the balance not due until 30 MAY 2023
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- 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.
- prices and availability for extra nights pre- or post- retreat

## Booking Your Place

READY TO BOOK? *Congratulations!*

**PLEASE GO TO THE BOOKING PAGE > [HERE](#)**

and fill in the details.

Details about Accommodation options : **[HERE](#)**

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

## 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)

Liz and I are so looking forward to sharing this experience with you!

