

THE RHYTHM — *of crutch* —



THE EXPERIENCE 2024

THE RHYTHM OF TRUTH RETREAT BALI
2 - 6 MARCH 2024 | 5 DAYS WITH LOA



5 DAYS LIVING WITH LOA.

5 DAYS TO RECONNECT
WITH YOUR UNIQUE
RHYTHM OF TRUTH.

5 DAYS OF DEEP
EXPLORATION.

5 DAYS IN COMMUNITY,
RITUAL AND NATURE.

FIVE DAYS FULL OF...

- » BREATHWORK JOURNEYS
- » CACAO AND TEA CEREMONIES
- » DEEP EMBODIMENT PRACTICES
- » ART SESSION
- » DEEP EXPLORATION IN AUTHENTIC
RELATING EXERCISES
- » DEEP INSIGHTS ABOUT LOA'S WAY
OF LIVING AND HOW SHE
MAINTAINS A HEALTHY LIFESTYLE
WHILST LIVING HER PURPOSE



THE RHYTHM OF TRUTH RETREATS
WITH LOA ARE HELD IN VERY
SMALL GROUP SETTINGS TO
PROVIDE A SAFE AND INTIMATE
CONTAINER.

A SPACE THAT ALLOWS DEEP
HEALING AND INTIMACY WITH LOA
AND THE GROUP.

LIMITED SPOTS - 12 PEOPLE.

An aerial photograph of a tropical retreat. The scene is dominated by a dense forest of palm trees and lush greenery. In the center, a long, narrow swimming pool with a curved end is visible, surrounded by a green lawn. Above the pool, there are two large, rectangular buildings with thatched roofs. Below the pool, a long row of smaller, rectangular buildings with thatched roofs is visible, interspersed with palm trees. The entire retreat is situated on a hillside, with a body of water visible in the background.

THE RETREAT LOCATION



THIS IS ONE OF LOAS FAVOURITE
PLACES IN BALI TO RECONNECT TO
HERSELF, TO NATURE AND TO
CREATE MEANINGFUL, HEART-
CENTERED PROJECTS.

THE LOCATION IS IN BALIAN -
SURROUNDED BY NATURE,
THE BEACH AND THE HOLY
BALIAN RIVER. A PRIVATE
PLACE FOR THE RHYTHM OF
TRUTH RETREAT.



YOUR ROOM OPTIONS IN THE RETREAT

SINGLE ROOM

2999,- € PER PERSON

SHARED ROOM (2 PERSONS)

2555,- € PER PERSON



WHAT IS ALSO INCLUDED..

IT IS OUR HEARTS DESIRE TO MAKE YOU FEEL AT HOME AND TAKEN CARE OF. YOU WILL RECEIVE A HEALTHY AND DELICIOUS MENU MINDFULLY CREATED BY LOA.

THE DAILY MENUS WILL BE VEGAN. IN CASE YOU NEED SOMETHING SPECIFIC FOR YOUR DIET, WE ASK YOU TO INFORM US AND BRING EVERYTHING YOU NEED.

OTHER THAN THAT, ALLOW US TO SURPRISE YOU.



THE RHYTHM *of truth*

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ANY QUESTIONS?

MESSAGE LOA ON INSTAGRAM:
[@LOA.HELSE](#)

READY TO JOIN?

TO SAVE YOUR SPOT, 50% DOWNPAYMENT IS REQUIRED.
ARRIVAL AND DEPARTURE IS TO BE ORGANIZED
INDIVIDUALLY - BOTH LIKELY AROUND NOON.
YOU WILL RECEIVE MORE DETAILS SHORTLY
BEFORE THE RETREAT.



THE RHYTHM OF
TRUTH RETREAT:

A SPACE TO UNLEARN
AND REMEMBER.

A SPACE FOR
SELF-EXPLORATION
ON ALL LEVELS.

A SPACE TO DANCE
BETWEEN EASE
AND DEPTH.