

THE RHYTHM  
*of truth*



THE EXPERIENCE

THE RHYTHM OF TRUTH RETREAT BALI  
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 resort. A row of approximately ten buildings with thatched roofs is arranged vertically in the center. To the left of the buildings is a swimming pool with a curved, organic shape. The entire resort is surrounded by dense, lush green tropical vegetation, including many palm trees. At the top of the image, a river or stream flows through a rocky bed, surrounded by more trees.

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

SHARED ROOM (2 PERSONS)



## 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  
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**THE RHYTHM OF TRUTH  
RETREAT BALI**

5 DAYS WITH LOA

**ANY QUESTIONS?**

MESSAGE LOA ON INSTAGRAM [@LOA.HELSE](#)  
OR REACH OUT VIA E-MAIL [SUPPORT@LOAHELSE.COM](mailto:SUPPORT@LOAHELSE.COM)

**YOU FEEL CALLED TO JOIN A RETREAT  
WITH LOA IN THE FUTURE?**

JOIN THE WAITINGLIST [HERE](#) AND WE WILL COME BACK TO YOU  
AS SOON AS WE HAVE DATES FOR OUR NEXT RETREATS  
IN BALI AND OTHER COUNTRIES.





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.