

Goddess Retreats 

# PROGRAM OVERVIEW & PACKAGE RATES



Goddess Retreats offers a range of 7-day, all-inclusive wellness retreats in Bali, each carefully designed to support women in relaxation, renewal, and transformation. Below is an overview of each retreat program, including starting prices for shared and private rooms.



# BALI GODDESS RETREATS

📍 Ubud & Seminyak Bali

A holistic wellness retreat designed to restore balance through yoga, meditation, spa treatments, and immersive cultural experiences.

# HIGHLIGHTS

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- 7 Day / 6 Night All-Inclusive Package
- Daily Healthy Menu & Unlimited Snacks
- Complimentary Airport & Hotel Transfers
- Daily Yoga, Meditation & Breathwork
- Daily Spa Treatments
- Daily Ice Bath & Infrared Sauna
- Cacao Ceremony & Cultural Workshops
- 3 x 'Follow Your Bliss' Experiences to Customize Your Retreat
- And more...



## Shared Rooms

from

**\$2,285 USD** ~~\$3,085~~

per person

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## Private Rooms

from

**\$2,585 USD** ~~\$3,385~~

per person

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# WELLNESS GODDESS RETREATS

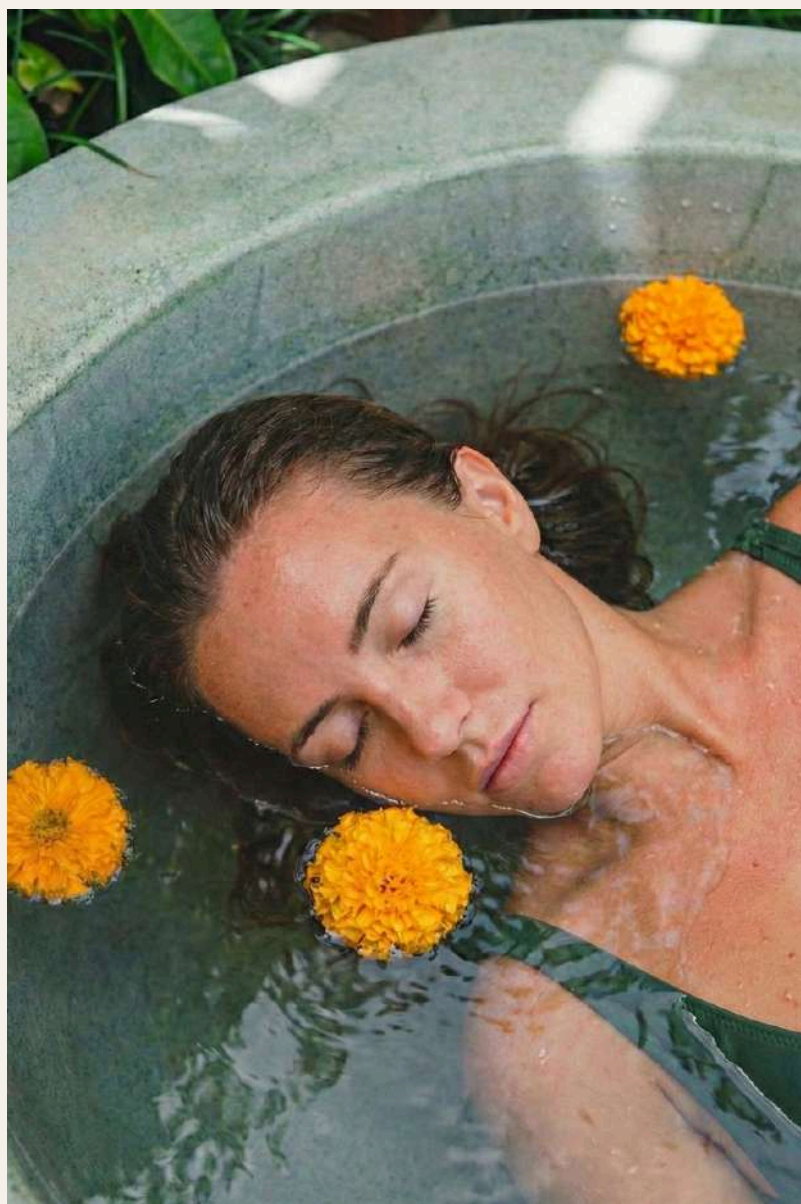
📍 Ubud & Seminyak Bali

Refresh your body and mind with a retreat designed for cleansing, renewal, and total well-being. Experience gentle detox therapies, holistic healing, and rejuvenating self-care spa indulgence. Feel lighter, restored, and rebalanced from the inside out.

# HIGHLIGHTS

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- 7 Day / 6 Night All-Inclusive Package
- Daily Healthy Menu & Unlimited Snacks
- Complimentary Airport & Hotel Transfers
- Daily Yoga, Meditation & Breathwork
- Daily Premium Spa Upgrade
- Daily Ice Bath & Infrared Sauna
- Cacao Ceremony & Cultural Workshops
- 4 x Wellness Experiences to Customize Your Retreat
- And more...



## Shared Rooms

from

**\$2,665 USD** ~~\$3,465~~

per person

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## Private Rooms

from

**\$2,965 USD** ~~\$3,765~~

per person

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# HEALING GODDESS RETREATS

📍 Ubud & Seminyak Bali

Release the past and reconnect with your truest self in a sacred space for deep emotional healing. Emerge empowered, energized, and ready to step into your next chapter with clarity.

# HIGHLIGHTS

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- 7 Day / 6 Night All-Inclusive Package
- Daily Healthy Menu & Unlimited Snacks
- Complimentary Airport & Hotel Transfers
- Daily Yoga, Meditation & Breathwork
- Daily Premium Spa Upgrade
- Daily Ice Bath & Infrared Sauna
- Cacao Ceremony & Cultural Workshops
- 4 x Healing Experiences to Customize Your Retreat
- And more...



## Shared Rooms

from

**\$2,825 USD** ~~\$3,625~~

per person

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## Private Rooms

from

**\$3,125 USD** ~~\$3,925~~

per person

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# LONGEVITY GODDESS RETREATS

📍 Seminyak Bali

Designed for women navigating burnout or hormonal shifts, this retreat merges biohacking with traditional therapies for a deep nervous system reset. Restore your metabolic vitality and optimize your health to meet the years ahead with clarity, energy, and radiant power.

# HIGHLIGHTS

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- 7 Day / 6 Night All-Inclusive Package
- Daily Healthy Menu & Unlimited Snacks
- Complimentary Airport & Hotel Transfers
- Daily Yoga, Meditation & Breathwork
- Daily Premium Spa Upgrade
- Daily Ice Bath & Infrared Sauna
- Cacao Ceremony & Cultural Workshops
- 4 x Longevity Experiences to Customize Your Retreat
- And more...



## Shared Rooms

from

**\$2,825 USD** ~~\$3,625~~

per person

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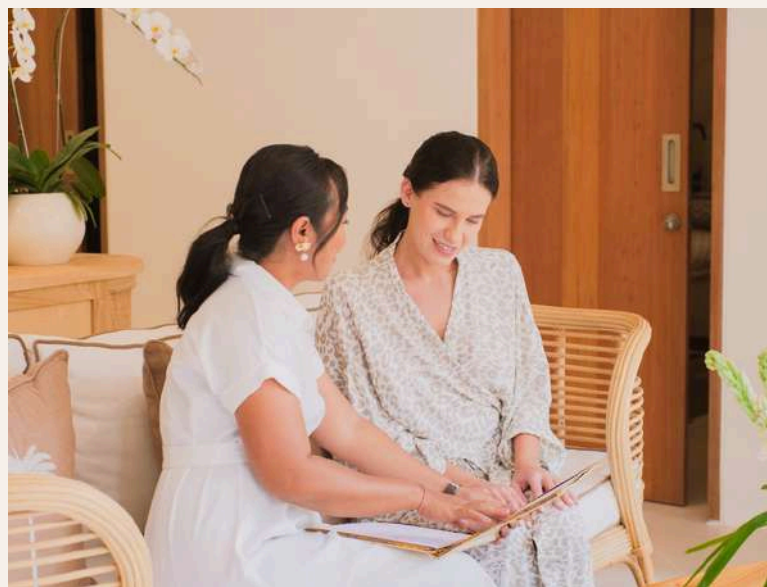
## Private Rooms

from

**\$2,925 USD** ~~\$3,925~~

per person

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# SURF GODDESS RETREATS

📍 Seminyak Bali

Something wonderful happens when women surf. We grow more confident, we reconnect with joy, and we remember how powerful it feels to flow with life. Our Bali surf retreat for women combines the excitement of surfing with luxury spa treatments, yoga practice, and meditation sessions.

# HIGHLIGHTS

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- 7 Day / 6 Night All-Inclusive Package
- Daily Healthy Menu & Unlimited Snacks
- Complimentary Airport & Hotel Transfers
- Daily Yoga, Meditation & Breathwork
- Daily Spa Treatments
- Daily Ice Bath & Infrared Sauna
- Cacao Ceremony & Cultural Workshops
- 1 x 'Follow Your Bliss' Experience to Customize Your Retreat
- 5 x Private Group Surf Lessons at your Level
- And more...



## Shared Rooms

from

**\$2,285 USD** ~~\$3,085~~

per person

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## Private Rooms

from

**\$2,585 USD** ~~\$3,385~~

per person

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# FITNESS GODDESS RETREATS

📍 Seminyak Oasis

At Fitness Goddess, we make movement something you look forward to. Whether refining your form or finding new ways to train, you'll leave with the motivation and tools to make fitness an inspiring part of your everyday life.

# HIGHLIGHTS

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- 7 Day / 6 Night All-Inclusive Package
- Daily Healthy Menu & Unlimited Snacks
- Complimentary Airport & Hotel Transfers
- Daily Yoga, Meditation & Breathwork
- Daily Spa Treatments
- Daily Ice Bath & Infrared Sauna
- Cacao Ceremony & Cultural Workshops
- 1 x 'Follow Your Bliss' Experience to Customize Your Retreat
- 5 x Tailored PT & Lifestyle Coaching Sessions
- And more...



## Shared Rooms

from

**\$2,485 USD** ~~\$3,285~~

per person

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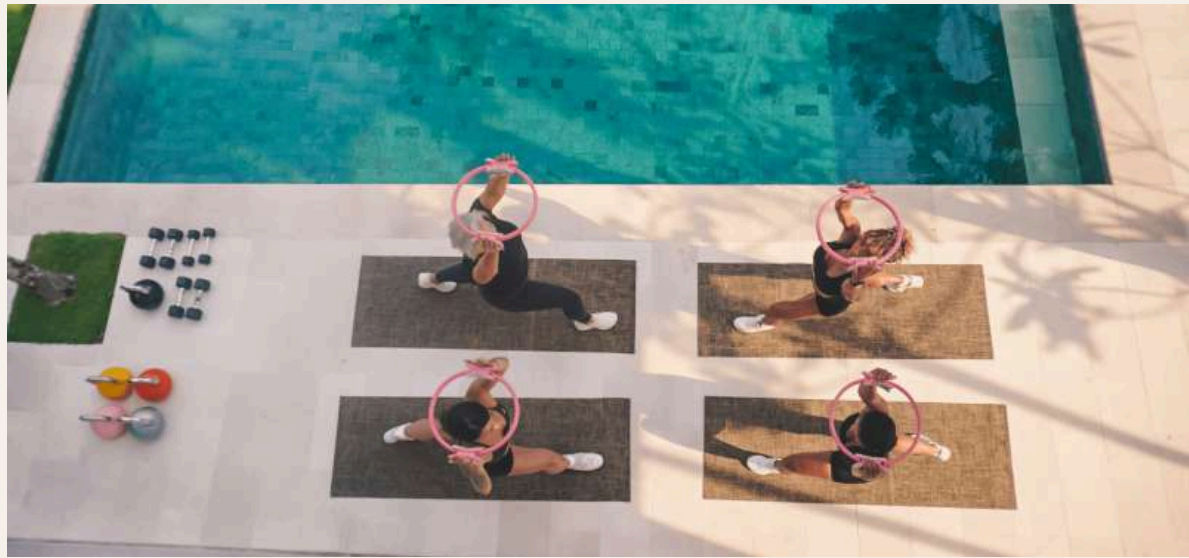
## Private Rooms

from

**\$2,785 USD** ~~\$3,585~~

per person

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# PILATES GODDESS RETREATS

📍 Seminyak Bali

Experience daily reformer sessions designed to leave you feeling strong, aligned, and energized. Set against Bali's tropical beauty, our all-inclusive retreat combines Pilates with authentic culture and unlimited spa treatments for total rejuvenation.

# HIGHLIGHTS

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- 7 Day / 6 Night All-Inclusive Package
- Daily Healthy Menu & Unlimited Snacks
- Complimentary Airport & Hotel Transfers
- Daily Yoga, Meditation & Breathwork
- Daily Spa Treatments
- Daily Ice Bath & Infrared Sauna
- Cacao Ceremony & Cultural Workshops
- 1 x 'Follow Your Bliss' Experience to Customize Your Retreat
- 5 x Specialized Reformer Pilates Sessions
- And more...



## Shared Rooms

from

**\$2,285 USD** ~~\$3,085~~

per person

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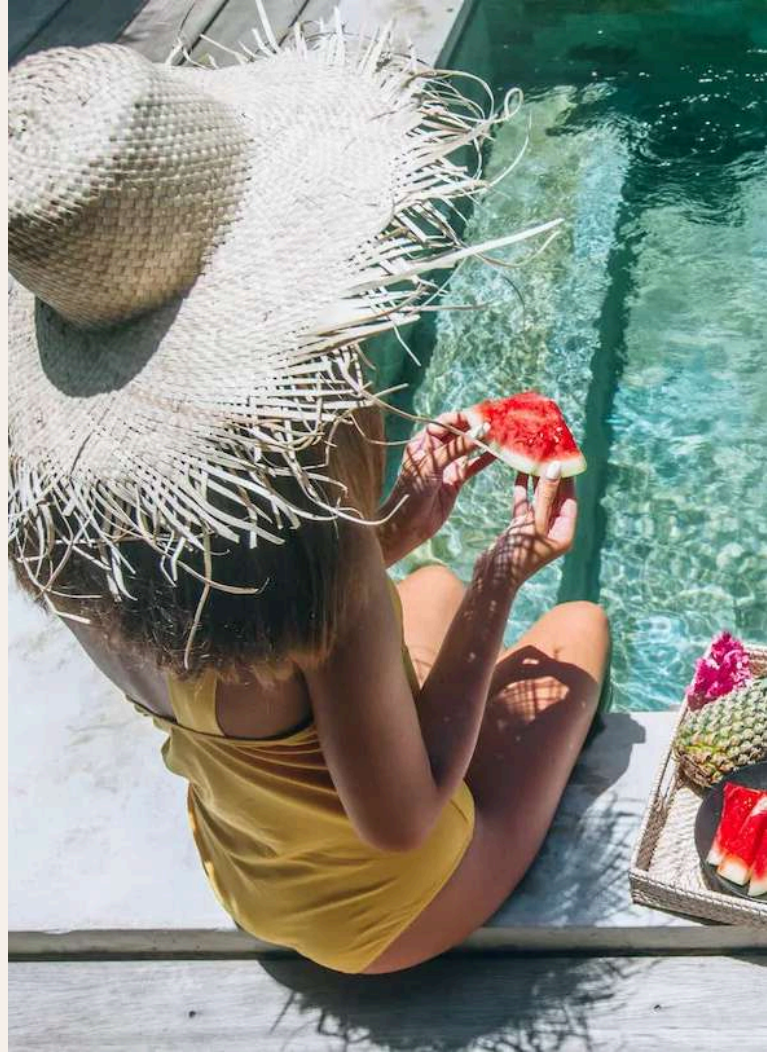
## Private Rooms

from

**\$2,585 USD** ~~\$3,385~~

per person

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# PADEL GODDESS RETREATS

📍 Seminyak, Bali

Experience the joy of padel on a retreat where sport meets wellness and sisterhood. With daily coaching for all levels, you'll build confidence on the court and restore off-court with unlimited spa treatments, yoga, and nourishing meals. This is the ultimate blend of fitness, culture, and deep relaxation.

# HIGHLIGHTS

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- 7 Day / 6 Night All-Inclusive Package
- Daily Healthy Menu & Unlimited Snacks
- Complimentary Airport & Hotel Transfers
- Daily Yoga, Meditation & Breathwork
- Daily Spa Treatments
- Daily Ice Bath & Infrared Sauna
- Cacao Ceremony & Cultural Workshops
- 1 x 'Follow Your Bliss' Experience to Customize Your Retreat
- 5 x Private Padel Coaching Sessions
- And more...



## Shared Rooms

from

**\$2,825 USD** ~~\$3,625~~

per person

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## Private Rooms

from

**\$3,125 USD** ~~\$3,925~~

per person

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