



Lightness Of Being Bliss Wellness Journey

January 29 - February 6, 2009

a 9-day journey offered by Aziza Healing Adventures

Inspire your self-discovery on the emerald island of Bali. Experience a balance of creative expression, psychotherapy, journal writing, body work, relaxation and cultural events. Hidden Sacred sites, weaving villages, refreshing yoga and Spa treatments heighten body awareness and awaken the senses into balance.

This healing journey unfolds at two extraordinary locations: We begin in a quiet corner of Ubud, amidst rice fields and artisan wonders. Cultural activities include Balinese dance performances, eclectic shopping, local tours, and Hindu ceremony. Gaia Oasis Resort in North Bali follows for the last 5 nights with daily yoga, spa treatments and more personal insight and explorations of North Bali treasures.

Retreat facilitator, Laila Ghattas is an artist, Gestalt therapist, and Reiki practitioner. She is founder of Aziza Healing Adventures (AHA) and leads personal growth retreats worldwide, and annually each winter at Gaia Oasis. Laila expertly draws on the healing properties of Gestalt therapy, Expressive Art, body work and nature to create enduring restorative healing experiences.

Please visit www.aziza.ca/bali.htm for more information