

PRIVATE LUXURY RETREATS



A TRANSFORMATIONAL PROGRAM FOR ROBUST HEALTH, MENTAL WELLBEING & RECREATING YOUR LIFE

ALIVE IS ONE OF THE WORLD'S MOST EXCLUSIVE AND LIFE
CHANGING PRIVATE RETREAT EXPERIENCES, DELIVERING
EXCELLENCE IN FULLY PERSONALISED, 360 DEGREE CARE WITH
COMPLETE DISCRETION

UNIQUELY CREATED FOR THOSE WHO REQUIRE ABSOLUTE PRIVACY,
FULL ACCESS TO A WORLD CLASS TEAM, AND A PROGRAM
DESIGNED ENTIRELY AROUND THEM

A POWERFUL, PROVEN SYSTEM DESIGNED TO TRANSFORM YOU AT
YOUR CORE. RESTORING ENERGY, CLARITY, BALANCE AND
DIRECTION, WHILE REMOVING WHAT STANDS IN THE WAY OF
EXPERIENCING TRUE HEALTH, INNER HARMONY, FULFILMENT AND
LASTING SUCCESS

Reconnect. Rediscover. Realign. Recreate.

ABOUT ALIVE



HOLISTIC

360 HEALING



PRIVATE

EXCLUSIVE &
CONFIDENTIAL



SKILL

PROVEN RESULTS
SINCE 2009



EXPERT

PROFESSIONAL
DEDICATED TEAM



5 STAR

THE ULTIMATE IN
LUXURY

A deeply personalised, all inclusive luxury private retreat experience, designed exclusively around you and delivered with complete discretion in a five star beachfront villa or private residence.

You are the only guest. Supported by a highly experienced international team across **health, mental wellbeing, performance, and holistic therapies**, all working together through the proven Alive Process to create meaningful and lasting results.

Every program is uniquely tailored to you. Focused on exactly what you want to address across your health, stress, mental wellbeing, lifestyle, relationships, performance, and direction, through a fully integrated approach that treats the whole person.

Your days are designed entirely around you. **Private therapies, coaching sessions, healing work, and personalised health treatments are delivered one on one**, alongside fully private yoga, meditation, fitness, and recovery experiences, allowing you to go as deep as needed within a space of complete ease and confidentiality.

You are supported at every step by a **dedicated team who understands the importance of privacy, precision, and excellence**. Delivering a level of care that is seamless, discreet, and fully aligned to your needs.

Created for those who require more. More privacy, more access, more depth, and more control over their experience. A **level of personalised support and holistic treatment that is rarely available** anywhere in the world.

Since 2009, the Alive Process has delivered **powerful results by going beyond surface level wellness** and addressing the root of what is driving imbalance across your health, mind, life, and direction.

This is not simply a retreat.

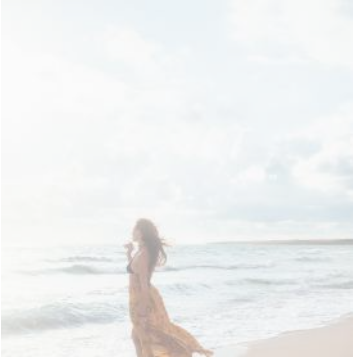
It is a fully private, life changing experience designed to transform you at the highest level.

The Alive Team



YOUR PRIVATE RETREAT

PROGRAM CHOICES



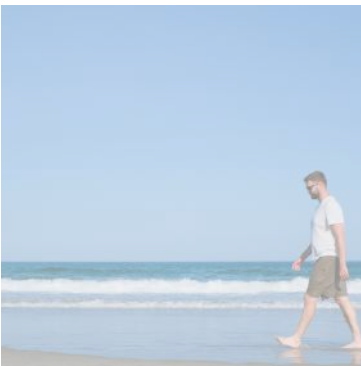
Holistic 360 Wellness

This program focuses on deep relaxation, inner peace, health optimisation, cleansing, movement, spa, and longevity, bringing your body and mind back into balance so you feel clear, energised, and fully restored.



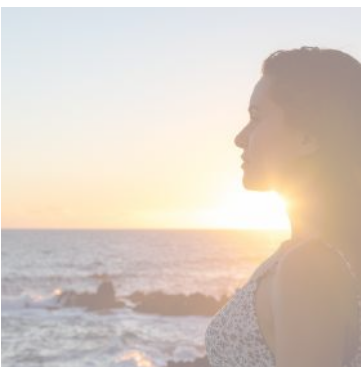
Detox & Longevity

This program focuses on advanced detox, biohacking, habit and lifestyle change, combined with all elements of 360 Wellness, allowing your body to cleanse, reset, and restore so you feel lighter, clearer, and fully renewed.



DeStress & Burnout

This program combines all elements of 360 Wellness and advanced detox, with deeper coaching, healing, and a full life reset, designed to restore your energy, clear your mind, and bring you back to feeling strong, steady, and fully yourself again.



Mental Health

This program builds on the full foundation of wellness and detox, with deeper one on one therapy, trauma and past work, and emotional healing, allowing you to stabilise, release what has been held, and return to a place of clarity, strength, and inner balance.

AREAS YOU CAN FOCUS ON



BIO MEDICAL DETOX

Combining powerful natural methods to speed detox with the ultimate in integrative medical care for rapid results to ease discomfort and heal the body.



NUTRITIONAL CLEANSE

Regain true power from the inside out with a uniquely designed nutritional cleanse provided by your Executive Chef & Nutritionist.



MOVEMENT & NATURE

Regain your strength and will in the outdoors to breathe life into every cell of the body whilst reconnecting with nature exploring our tropical hideaway.



MIND TRANSFORMATION

Transform your mind, stories and beliefs into presence, calm and clarity whilst creating a deep sense of respect and connection to self.



HABIT HACKING

Rebuild your life as the greatest version of yourself integrating new tools into daily life with passion and accountability for long term change.



DE STRESS & HEALING

We create long lasting calm & authentic happiness by healing issues at the core releasing stress mentally, physically, emotionally and energetically.



RAPID TRANSFORMATIONAL THERAPY

Working with top mental health therapists you uncover all that holds you back and step into your power. We work intensively for the best results.



LIFE & EXECUTIVE COACHING

The unique Alive Process is designed to powerfully inspired and educate our clients on using a system built to live a life they love.



RELATIONSHIP HEALING

Repair, reconnect and rebuild fractured relationships to create the connection, trust and acceptance you all seek.



PURPOSE, CAREER & WEALTH

Live a life on purpose, scale your career or business with ease & live into a powerful vision for your life managing wealth without stress or sabotage.



REFLECT, REST & RECONNECT

Master the art of reflection in order to become the most present calm and unstoppable version of yourself.



LONG TERM AFTERCARE

Have the full support of your own private wellness and life transformation team for long term accountability in the real world to ensure changes stick.

WHAT'S THE PROBLEM?

There are common issues that our clients face that are unique that standard therapy or other programs do not understand:



PRESSURE & RESPONSIBILITY

Whether the pressure is real or perceived many of our clients are struggling to deal with the pressure they impose on themselves or that comes from the life they live.



TRUST ISSUES

Being deeply connected to self and others with strong boundaries eliminates trust issues. We teach you how to trust yourself implicitly no matter what comes your way.



RELATIONSHIP PROBLEMS

The top reason for our programs is usually relationship breakdown and the hurt and pain our clients hide or are unable to cope with.



UNFORSEEN LIFE EVENTS

Many of our clients are struggling to move past issues that they have never been able to fully cope with on their own that is affecting their sense of self and joy.



LACK OF BOUNDARIES

Alot of our clients live in fear - so they over give and have poor boundaries with others. We teach you the art of setting clear boundaries from the inside out where self first isn't selfish.



OVERWORKED & EXHAUSTED

What will happen if you stop? Who will be affected? If the wheels fall off the fall out is crippling. So our clients just keep going until they are forced to stop & recreate life on their terms.



PHYSICAL HEALTH ISSUES

Pretending you don't live in a human body? Lost respect for the body? Health issues? Body & mind showing signs of breakdown? If so it's time to nurture the physical body in order to live the life you want.



LACK OF RESILIENCE TOOLS

No one handed you a rule book to live life and deal with what you think and feel. Using a carefully created process we ensure you have all you need to succeed from the inside out.



BORED & LACKING TRUE PURPOSE

What are you really here to do? If you had it your way what would be the masterful vision for your life? We help you align and recreate.



WEARING MASKS

The identity you have created in order to survive is not who you are. We remind you who you are at your core and build a relationship with your true self.



OUTSIDE SCRUTINY

We help you shape the identity you want to share with the world and protect yourself with clear boundaries from others.



LACK OF SUPPORT TO MANAGE LIFE

As an external team here only to support YOU we have your back at all times confidentially to ensure you have the life you want and deserve.

THE ULTIMATE PROGRAM



TRANSFORM EVERY AREA OF YOUR LIFE



Re create Life On Your Terms

We don't just support you to heal - we focus on a full life transformation including health, habits, becoming the greatest self, re-creation of your life, relationships, purpose, life direction, career and business, and a whole lot more.

Every guest leaves our retreat forever changed ready to step into a new way of being with our ongoing support using our process and team for years to come to reach their human potential with our full support.

Your bespoke program is designed to release your struggles and unlock your human potential in record time.

We offer a genuinely life-changing experience that offers 'outside the box results' for those who live & think 'outside the box' in life.

Not only is our program empowering, it is genuinely fun and full of warm, effective, unconditional support, integrity, and honesty in your treatment and transformation.

BOOK A CALL

RECONNECT TO WHO YOU TRULY ARE



Bring Back The Meaning & Fulfilment

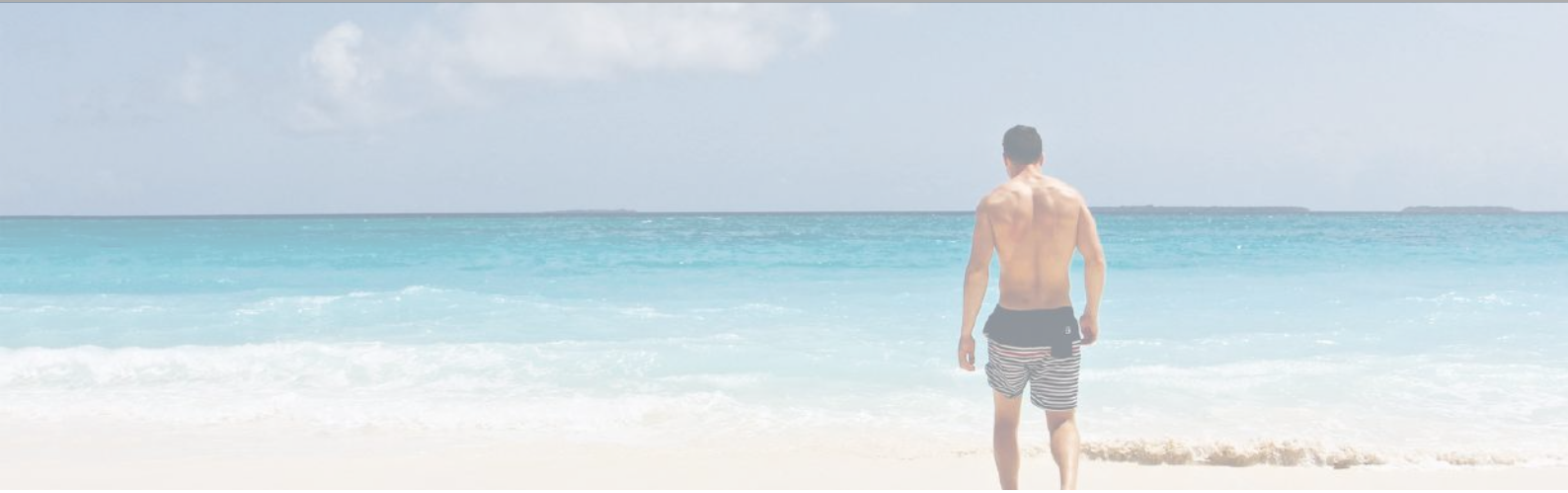
As you relinquish all responsibilities & gain time to reflect on who you truly are, what truly matters to you - the presence, meaning & fulfillment return and so does your thirst for living a life you love.

The true magic at retreat happens inside the small moments of care, self-reflection, immersion in nature & feeling fully supported to be who you truly are without restriction or judgment.

Regardless of the issues you are facing our approach is to empower (not punish or restrict) our clients and it is for this reason our clients experience transformation and results that last a lifetime.

BOOK A CALL

PHYSICAL TRANSFORMATION



Rejuvenate & Cleanse The Physical Body

Create inner power, focus & an abundance of vitality.

Transform the physical body through detox, cleansing, nutrition, complementary medicine, and a unique treatment plan to rejuvenate provided by your team of health experts.

Create an abundance of healthy habits & regain your personal power through reconnecting with the body, nature & yourself.

Our clients drop unhealthy ways of eating and being with ease and without restriction, judgment, or going without.

Instead, we offer a world's first biochemical treatment protocol with experts to ignite your passion for loving your body & creating a passion for healthy living that will serve you for the rest of your life.

BOOK A CALL

MENTAL & EMOTIONAL HEALING



Regain Your Inner Calm & Power

Release what holds you back & be fully supported on your journey to radically transform mentally & emotionally... and to be uniquely you.

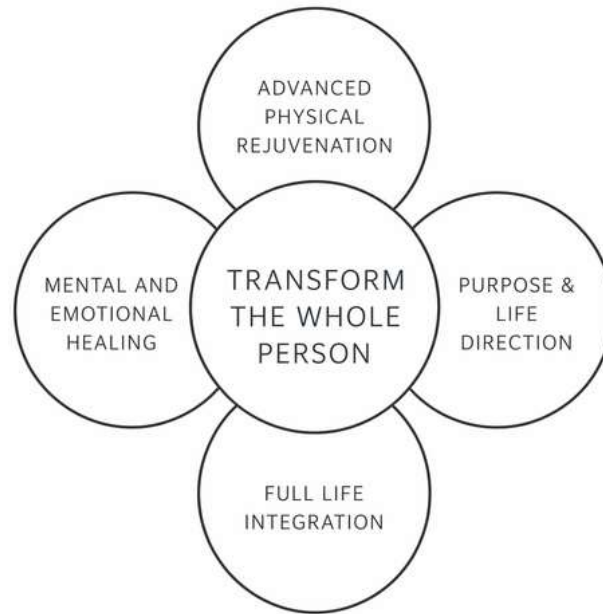
Become fully empowered & resilient to face challenges, from the past & the present with our fast-track personal transformation therapy & coaching for becoming the best version of yourself.

Our clients learn to master their minds and emotions, heal the past, and say goodbye to burnout, anxiety, depression, and more for good. We understand the level you play at and the fear and overwhelm that comes with it. Our team of Psychotherapists, High-Performance Coaches and more help you create radical healing and support you to become unstoppable with ease.

As you regain a true sense of calm with an empowered approach to reworking your mind and emotions you reconnect with your true self and rebirth an authentic sense of confidence and calm.

BOOK A CALL

THE POWER OF A 360 DEGREE HOLISTIC PROGRAM



Use A Proven Process & Expert Team

Feel & see the powerful difference with a holistic healing protocol to balance the body, mind & spirit with a collective team of wellness professionals supporting & transforming every aspect of you for the most optimum and rapid results.

Get results in weeks not months as your whole team transforms you and your life together in record time.

We use a proven holistic approach designed uniquely for you including a range of complimentary healing therapies and a full team to empower and transform you.

Our process is proven and we support you before, during, and after your stay as your A team is ready to ensure you live your best life free of struggles, surrounded by unconditional support.

BOOK A CALL

THE ALIVE PROCESS



INSIDE YOUR TRANSFORMATION

18 Powerful Areas Covering Our Proven System For Health, Happiness & Life Change

- Full Access To Hand Picked Coaches, Wellness Experts & Consultants
- 1:1 Sessions With The Alive Therapists On Each Key Learning AT MASTERY LEVEL
- Unique Treatment Plan - A Unique Plan Just For You



GET TO THE CORE OF THE ISSUES

Self Awareness | Start With The End In Mind | What's the Problem? | Close The Gaps | Define Your Greatness | Attitude

We explore the art of self-awareness & how to pinpoint your own gaps in life, self, relationships & business. You learn how to explore from the outside looking at where you are, where you want to be, and how to close the gaps.



STRESS ELIMINATION

Everything Is Touching Everything | Stages Of Stress | Defusing & Removing Stress Holistically

You will nail your key stresses and remove them - hint - they are never what you think. Our fast tools for stress reduction involve cleaning up what's in the way of greatness & stepping into clarity and calm.



HEALTH TRANSFORMATION

Unlimited Health Holistically | Energy & Focus | Daily Habits For Greatness | Sleep & Rest Hacks | Biohacking

You will revamp your health on every level. At Alive our health model transforms the health of the whole person naturally, effectively & fast. You will then still have the habits to power up your energy to fulfill your potential healing mental health issues from the inside out.

OUR PROVEN SYSTEM



REGAIN ENERGY, HEALTH & VITALITY

Detoxification | Cleansing | Health Plan | Unlimited Power & Energy | Physical Movement | Exercise

You remove toxicity in your life on every level including physically. Our purification process mastered over 15 years of research includes protocols using food for mood & energizing your body on every level with exercise for life force.



CREATING PERMANENT PEACE

Presence | Connection | Inner Calm | Creating Peace

You dive deeply into connection with who you are at your core and the world around you. With the Alive system for inner peace you bridge the gap between your identity and your true self and build permanent internal peace & belonging unshakable by your external world.



MASTER YOUR MIND

ACT | CBT | Psychotherapy | Master Your Mindset | Transform Your Relationship To Your Internal World | Release Internal Struggle

You transform your relationship to the thoughts, stories & beliefs that are holding you back. The Alive mind system leverages your potential by increasing your EQ. Armed with emotional intelligence you become unstoppable.



FROM FEAR TO FLOW

Overcoming Fears | Transforming Limiting Beliefs | Self Worth | Cleaning Up

You unveil the deepest invisible aspects of you that are holding you back in every area of life. We clean up what's in the way of reaching your absolute potential.

OUR PROVEN SYSTEM



CLEAN HOUSE

Emotional Baggage Release | Emotional Transformation | Pain Drains
| Living & Creating From Present Not Past

You clean house internally releasing your emotional baggage weight and stepping into full expression of yourself without resentment or regret. Unleash the past, release what holds you back, and move forward with full force into the present where creation lives.



CREATING TRUE FULFILMENT

Your Value System | Crafting Fulfillment | Live With Meaning

You get clear on what matters most to you from the inside out. You design a life of true meaning & absolute fulfillment and live from an inner compass directed by values in both life, relationships, and business. Your boundaries & direction take a powerful shift through this process.



DRIVE YOUR LIFE WITH PURPOSE

What's Your Genius | Stay In Your Own Lane | Serving Vs Doing | Live On Purpose | Be Yourself

You clarify how you serve in the world. Our purpose changes over time so now is the time to show up as your unique self & powerfully serve the world in your own lane operating only from your genius.



THE ULTIMATE LIFE VISION

Vision | Creation | Life Mapping | Laws of Abundance | Trust

You become the wizard of your world crafting your own unique vision for every aspect of your life and business bringing it to life in record time. Operating from fearless faith we set your vision on fire.

OUR PROVEN SYSTEM



WEALTH

Money Mindset | Sustainable Wealth Creation & Management

We dive deep into your beliefs and mindset around money, prosperity, legacy, and sustainable wealth creation without wastage, scarcity, lack & being clear on your drivers for wealth creation with integrity. With a healthy respect for all you create, you will forge a relationship with long-term financial gain through mindset shifts.



LEAD A LIFE YOU LOVE

Lead As The Greatest Self

You master your natural leadership skills and become the visionary driving force behind all that you do with the full support of your team clear on their roles of support. You now step fully into your own power without apology.



RELATIONSHIP SUCCESS

Manage Your Relationships | Communication | Listening | Understanding | Close Personal Relationship Success | Intimacy | Relationship Standards & Agreements

You forge deeply connected relationships with those closest to you and create the relationships you want with those around you with ease & clarity.



MAP FOR SUCCESS & AFTERCARE

Life Map | Goals | Time Management | Integration Of Vision

Now your vision becomes your reality with a clear pathway and the Alive life management & mapping system in place to launch the next chapter of your life with inspiration, excitement, and joy. Your Alive team stays by your side to integrate all changes into real life.

MEET THE TEAM



ABOUT US

They say it takes a village to raise a child.

We believe it takes a team to heal rapidly - we get you results in weeks not years. Our team is here to focus on you only and together we support you in a way you cannot imagine only working with 1 guest at a time.

With unconditional love & understanding, zero judgment, absolute skill, and a program that is proven to work over and over together we work on transforming each part of you in record time.

It is an honor to be a part of your journey and to share in your transformation and it is with much gratitude that our entire team welcomes you to 'retreat' and congratulates you on choosing to give yourself this gift.

The Alive Program and Journey is unique to each individual as each person has had a unique life path that has brought them to this very moment.

Our program is 100% holistic and designed to not only heal the issues for good but to ensure you become skilled with lifelong tools to be the greatest and most empowered version of yourself.

It is for this reason - using tools not more talk - and an empowering process that our clients receive extraordinary results that see them transforming all areas of their lives in record time.

Our clients love what we do because it is non-clinical. This means we use clinical processes but our process is non-clinical. We use what is helpful and empowering and for this reason, our clients are inspired by the therapies and therapists, tools, and learning an empowered way of being and living that lasts a lifetime.

360 DEGREE TREATMENT TEAM



Heidi

CEO | Executive Coach |
Team Director | Yoga |
Meditation | Mindfulness |
Hypnotherapy | Nutrition



Jenn

Managing Director
Client, Operations & Team
Manager | Support | Liaison



Skye

Head Client Manager &
Support | Holistic Therapist
| Energy Healer



Marnie

Program Director, Head
Holistic Counsellor



Kat

Psychotherapist, Holistic
Counsellor, Executive Coach, Family
Constellations, Breathwork,
Relationship Therapist



Marc

Executive Coach, NLP,
Hypnotherapy, Naturopath



Dr Rai

Holistic Psychiatrist,
Psychotherapist



Dr Saisnu

Medical Doctor, Head of
Biohacking



Dr Vee

Medical Doctor, Live Blood
Analysis, Nutritionist

360 DEGREE TREATMENT TEAM



Andrez

Senior Yoga, Meditation and Mindfulness Teacher. Guest Facilitator & Support



Chikara

Executive Life Coach



Melanie

Nutrition, Health Coach, Wellness Director, Life Coach



Vanezia

Operations Manager



Witri

Guest Support Host



Jim

Kinesiology



Alina

Executive Coach, Psychologist, Facilitator



Agung

Fitness



Frauke

Senior Yoga and Meditation Teacher

360 DEGREE TREATMENT TEAM



Jono
Executive Chef



Anto
Acupuncture, Acupressure



Padmi
Traditiional Healer

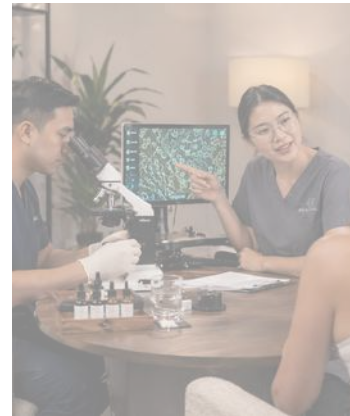
THE THERAPIES



360 HOLISTIC THERAPIES

Health Rejuvenation

- GP, Nurse and Medical Team
- Biochemical and Analysis Team
- Nutritionist
- Naturopath and Herbalist
- Chinese Medicine Therapist
- Private Health Food Chef
- Wellness Coach



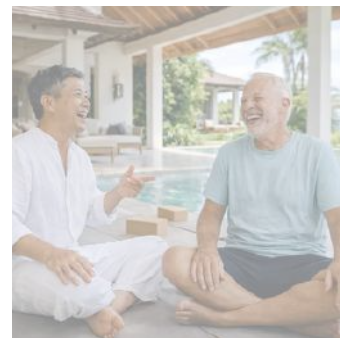
Inner Peace & Healing

- Senior Worldclass Yoga Teachers
- Expert Meditation Teachers
- Mindfulness Teachers
- Breathwork Facilitators
- Energetic Healers
- Kinesiologists
- Hypnotherapists



Life & Habits

- Master Alive Life Coaches
- High Performance Experts
- Relationship Coaches
- Leadership Coaches
- Personal Development Influencers



Culture & Adventure

- Nature Exploration Experiences
- Adventure Experiences on the Island of Bali to Waterfalls, Volcanoes & Lots More
- Balinese Healing Experiences
- Spiritual Tours



360 HOLISTIC THERAPIES



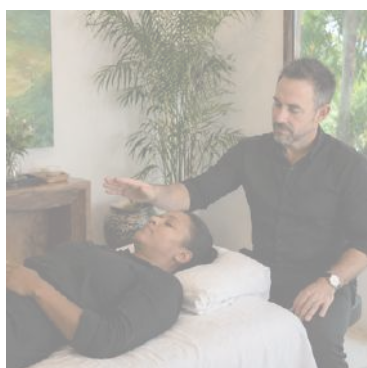
Body Work & Spa

- Acupuncture
- Acupressure & Shiatsu
- Massage - All Techniques
- Osteopath
- Spa & Beauty Team
- IV Therapies
- Oxygen Therapies



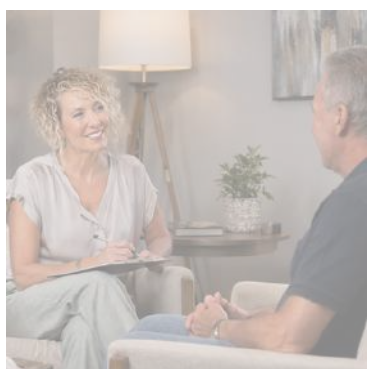
Physical Movement

- Personal Trainers (all types)
- Martial Arts
- Fun Fitness - Outdoor Sports & Adventure Guides
- Hiking Guides
- Pilates



Mental Health

- Psychotherapists
- Holistic Counsellors
- Facilitators & Hosts
- Host Support Team



Business & Career

- Business Coaches & Consultants
- Team & Personell Coaches & Trainers
- Financial Consultants
- Career Guides
- Busienss High Performance Program & Support

BE NURTURED SURROUNDED BY NATURE & LUXURY



LUXURY ACCOMODATION

LUXURY SERVICE AT ITS BEST IN PRIVACY ON THE ISLAND OF THE GODS IN BALI



Your Own Private Discreet Hideaway

Your Private Space

You have two distinct options, both offering complete privacy, discretion, and a fully personalised experience.

At The Resort

Stay within a five star beachfront resort perfectly chosen as the home of Alive in your own private luxury pool villa. A beautifully designed, secluded space surrounded by nature, offering calm, comfort, and complete privacy.

You will work discreetly with the team while enjoying access to the resort's wellness spaces, including spa, pool, and dining, with all private therapies and personalised sessions delivered seamlessly on site.

Private Confidential Residence

For those requiring the highest level of privacy, your program can be delivered within your own exclusive luxury residence or private villa.

Here, the full team comes to you. Every therapy, session, and experience is delivered one on one in complete confidentiality, with a fully tailored environment designed around your needs. In both settings, every detail is taken care of. Allowing you to fully switch off, go deep into your process, and be supported at every step within a space that feels effortless, secure, and entirely your own.

BOOK A CALL

THE ULTIMATE 5 STAR SERVICE

WE OFFER ATTENTIVE SERVICE SO YOU NEVER LIFT A FINGER



Never Lift A Finger

Well before you arrive you are in good hands. We make booking your retreat a streamlined experience with personalised service from start to finish. You have your own designated booking manager, hosts & facilitators on retreat to ensure your needs are met, private drivers, daily service and house keeping, service & concierge team - all so that you are well taken care of because you deserve it!

Let Us Nurture You

- Daily housekeeping
- Private drivers
- Concierge
- Reception booking team
- Booking managers
- Retreat hosts and facilitators
- Spa team
- Complete 360 Wellness team

BOOK A CALL WITH YOUR WELLNESS CONCIERGE

THE ULTIMATE SUPPORT



Bespoke team and space uniquely created for your needs

We've carefully created the ultimate retreat experience unlike any other retreat to ensure that you feel like royalty during your stay with us as we pamper you & support you on your life-changing journey now and always:

- Your own designated retreat hosts that offers you personal support & guidance during your stay
- Designated retreat Facilitator; your core program facilitator will support you through your retreat process checking in with you throughout to ensure a smooth journey
- Program Director driving and facilitating your retreat and team treatment experience from a senior level
- Travel with our private drivers ensuring you feel comfortable and safe at all times
- As much support, privacy, and space as you require with a team skilled at dealing with the Elite
- A complete wellness & therapy team with a carefully planned program that offers proven results in record time
- No restriction - you are treated as a fully willing adult and we don't restrict your contact with the outside world or freedom to move in and out of the space as long as you remain fully committed to the process and team
- Zero judgment and constant self-empowerment from a team who is there to fully support you in being uniquely you

BOOK A CALL

VIP VILLA - RESORT



YOUR 5 STAR VILLA & SUITES

Our retreats offer you your own private luxury pool villa or suite, set within a five star beachfront resort environment.

Surrounded by nature and designed for complete privacy, each space combines refined comfort with a sense of calm and seclusion, allowing you to fully switch off while being supported at every step.

With exceptional service, world class facilities, and a dedicated wellness and villa team, you experience the perfect balance of luxury living and deeply personalised care throughout your stay.

INCLUSIONS

- 1 bedroom beachfront pool villa
- King bed
- Lush furnishings
- Open spaces with divine views of nature
- Lounge & desk areas
- Ensuite bathrooms with shower and bath
- Balcony and patio areas
- Absolute peace and privacy
- Daily housekeeping

[BOOK A CALL WITH YOUR WELLNESS CONCIERGE](#)





PRIVATE RESIDENCES



5 STAR CONFIDENTIAL PRIVATE RESIDENCE

Our retreats can be delivered within your own private luxury residence or exclusive villa, offering the highest level of privacy and confidentiality.

Each space is carefully selected or curated to your standards, combining refined design, expansive living, and complete seclusion, allowing you to fully switch off in an environment that feels entirely your own.

With a dedicated wellness and support team working exclusively with you, every detail is managed seamlessly. Delivering a level of personalised care, service, and discretion that allows you to go deep into your experience without distraction.

INCLUSIONS

- 3+ bedroom beachfront pool villa
- King beds
- Lush furnishings
- Open spaces with divine views of nature/beachfront
- Lounge & desk areas
- Ensuite bathrooms with shower and bath
- Balcony and patio areas
- Absolute peace and privacy
- Daily housekeeping and full 5 star service team

[BOOK A CALL WITH YOUR WELLNESS CONCIERGE](#)



A photograph of two men practicing yoga outdoors. They are sitting on a light-colored mat on a paved surface, with a swimming pool and a modern building in the background. The man on the left is wearing a white long-sleeved shirt and white pants, and is gesturing with his right hand. The man on the right is wearing a light blue t-shirt and dark shorts, and is smiling. The text "RETREAT STYLES AT THE RESORT OR 1:1 VIP PRIVATE?" is overlaid in white serif font on the top half of the image.

RETREAT STYLES AT THE RESORT OR 1:1 VIP PRIVATE?

YOUR LUXURY RETREAT INCLUSIONS



Program Inclusions	VIP Wellness & Detox	VIP Burnout	VIP Mental Health	Elite Private Residence
	Health & Wellness			
Spa & Massage Spa Voucher	✓	✓	✓	Unlimited Massage & Spa
Fitness & Nature Personal Training, Fitness & Adventure Guides	✓	✓	✓	✓
Biohacking IV Therapy, Ozone, Anti-ageing	✓	✓	✓	✓
Health Analysis & Treatment Live Blood Analysis, Naturopathic Treatment Plan, Integrated Medicine, Customised Detox	✓	✓	✓	Advanced Sessions Included All Tests & Supplements Included
Custom Cleanse or Detox Broth, Juice, Herbs, Teas, Fasting, Specific Menu	✓	✓	✓	Customised A La Carte Cleanse Menu With Private Chef
	Self Empowerment			
ALIVE PROCESS COACHING Health, Mind, Life, Purpose, Plan Coaching	✓	✓	✓	✓
Emotional Release & Energy Cleansing Unique energy cleansing sessions including sound and breathwork	✓	✓	✓	✓

Program Inclusions	VIP Wellness & Detox	VIP Burnout	VIP Mental Health	Elite Private Residence
	Accommodation & Dining			
Gourmet Wholefood Menu or Alive Detox - All Meals Included	✓	✓	✓	Customised Menu With Private chef
Luxury Private Pool Villa	✓	✓	✓	Private 5 Star Residence
Luxury Beachfront Retreat Facilities Access	Pool Lounge Areas Gym Spa Restaurant	Pool Lounge Areas Gym Spa Restaurant	Pool Lounge Areas Gym Spa Restaurant	Private Pool Private Residence Gym Spa Comes To You Beachfront
	Booking & Support			
Designated Booking Manager & Pre Arrival Support	✓	✓	✓	VIP Travel & Booking Concierge
Airport Transfers & Travel On Retreat With Driver	✓	✓	✓	✓
5 Star Service	✓	✓	✓	Private Butler, Chef, Driver, Manager
Expert Team Support, Hosting & Guidance	Program Director General Manager Resort Team Private Guides & Support Hosts	Program Director General Manager Resort Team Private Guides & Support Hosts	Program Director General Manager Resort Team Private Guides & Support Hosts	Customised 1:1 Support Hosts, Directors and Guides

PROGRAM INCLUSIONS	VIP WELLNESS & DETOX	VIP BURNOUT	VIP MENTAL HEALTH	ELITE PRIVATE RESIDENCE
	INNER PEACE			
Alive Yoga & Breathwork	✓	✓	✓	✓
Meditation & Mindfulness	✓	✓	✓	✓
Mindfulness Nature , Culture & Adventure Outings	✓	✓	✓	✓
	PRIVATE THERAPY			
Executive Coaching Business, Career, Wealth, Mgt	----	----	✓	✓
Holistic Counselling or Psychotherapy	----	----	----	✓
Deep Healing Therapies Kinesiology, Hypnotherapy, TRE, Shamanic Breathwork, Trauma Therapy	----	----	✓	✓
Bodywork (Acupuncture & Acupressure)	✓	✓	✓	✓

PRIVATE LUXURY RETREAT PRICING



POOL VILLA
Retreat Centre Private Retreat

INCLUSIONS

Private Villa | Retreat Centre

An ultra customised one on one fully private retreat focused on your needs.

- ✓ Private pool villa
- ✓ Complete 360 customised program
- ✓ Full access to retreat and wellness facilities
- ✓ Private team
- ✓ Individual one-on-one therapies
- ✓ Pre and post booking support
- ✓ Airport Transfers

BALI

ALL INCLUSIVE FROM PER NIGHT \$

PROGRAM	USD \$
From	2195

Prices vary depending on your final wellness extras choice and room availability during the season
Couples, friends sharing and groups POA

ELITE PRIVATE RESIDENCE & RETREAT PRICING



ELITE PRIVATE 1:1 EXCLUSIVE
WELLNESS RETREAT | RESIDENCE
Private Retreat

INCLUSIONS

Ultra High End 1:1 Exclusive Private Retreats

Our most exclusive retreat, designed for high net worth individuals who want the very best in luxury, privacy, and transformation with complete confidentiality.

- ✓ Private luxury residence, oceanfront villa
- ✓ Private Alive team focused solely on you
- ✓ Fully personalised program designed around your goals
- ✓ Total discretion, privacy, and 1:1 support
- ✓ Concierge-level service for every aspect of your stay

BALI

ALL INCLUSIVE FROM PER NIGHT \$

PROGRAM	USD \$
From	5395

Prices vary depending on your final wellness extras choice and room availability during the season
Couples, friends sharing and groups POA

BOOK HERE >

WHAT OTHERS SAY



RECENT TESTIMONIALS

BEYOND EXPECTATIONS

I came to Alive to support my wife with long term stress and to deal with some troubling family issues.

I didn't expect to also heal old wounds, learn to meditate and really connect with myself, my life, my wife & create a whole new plan for retirement. Keep doing what you're doing, and as I said to Jim, the world is a lot better place with people like you all in it.

Thanks for you input and help, it is truly invaluable.



Patrick, 60's, Project Mgr
Couples De Stress Retreat



AMAZING EXPERIENCE

Thank you for an amazing experience that is beyond words.

Inspired

Re centred

Energised

Hopeful

What a gift to be able to deal with years of hustling, burn out, parenting and business issues all at once with remarkable results. I'm excited for the changes in health, business, life & relationships & will refer all that I know back to you.



Emma, 50's, Doctor, Burn Out Retreat



RECENT TESTIMONIALS

WOOOOOWWWW

Also wowwww I am a different person. Thank you so much. I cried today of happiness for no reason - how amazing is that? Waves of peace still keep washing over me. Love you all so much and can't wait to work with the team on the business. I think the world of you all.

To think so many years in therapy, so many rehabs and mental health clinics, so many tests, so much time wasted. So many issues and what was needed was the love of your team and TOOLS to take action on today - not tomorrow.

Thank you for what you have created. Thank you for the direct tough love I sometimes needed. Thank you for the wake up call to get back to living and use my 'genius'.

I'm looking forward to the weeks of putting it all into action in the real world with your support.



Rochelle, 30's, Fashion Designer, Emotional
Wellbeing Retreat



WORDS CAN'T EXPLAIN

I wanted to send you this message to THANK YOU from the bottom of my (healing) heart for all you helped me learn and experience on your retreat. What a relief to finally release all the years of 'HOLDING IT ALL IN'.

As I told you I have spent the past 20+ years seeing all kind of psychologists/therapists and not ever felt I got to the root of my troubles or knew what to do to heal - until now.

Your guidance, support, experience and thoughtful words have had a huge and very positive impact on me.

I am feeling very positive about going forward something I have not felt for a long time.

Words are not enough but I am sending you a very grateful and heartfelt Thankyou



Liz, 60's, Retired,
Emotional Wellbeing Retreat



RECENT TESTIMONIALS

AMAZING SUPPORT!

'I can't thank you all enough for the amazing support, wealth of knowledge I and genuine care that I received at the retreat. I have learnt so much and I am inspired to continue learning and putting this all into practice for the long term and for me!!



Meg, Mining Executive , 40's, Burn Out Retreat



5 STARS - LIBERATING!

Liberating, educational, empowering. My heart brought me here and now I trust it again. I am incredibly grateful and have had the most transformative weeks of my life.

I'm leaving with a new approach to life. I will refer to everyone I know.



Maya, 20's, Emotional Wellbeing Retreat



RECENT TESTIMONIALS

LIFE SAVING

My sister found you and thank god she did. Everything from day 1 just made sense. It's hard to describe in words how everything you do works together - it just does. I've never met such inspiring people so deeply committed to what they do and received this level of unconditional love and care - not even from my own family. Months later I have stuck to the routine & my sense of self is strong. I'm proud of my journey and I'm running with the lessons I've learnt free from the guilt. The physical fitness and transformation so fast has been a huge motivator for me to maintain. I've let go of all the toxic people and the career is finally sailing. How do you say thank you in words for all of that? But thank you a million times over.



Hans, 20's, Photographer, Detox & Emotional
Wellbeing Retreat



I HAVE MY LIFE BACK

My manager found you. I was skeptical to say the least. I was a shadow of myself and unable to produce or create at that point. My career was near over.

Years of tours, creation, so many people and moving parts. I was just done.

Heidi you carefully pulled my life & business apart and put it back together seamlessly taking years of stress off my shoulders. The team worked their magic and mentally all the strain lifted and the focus returned like a river of creativity.

Having you all by my side for the last year since has made my job easier, my team happier and my brand profitable. I have my life & sanity back.

I'm not sure what we would do without you. Gratitude for all that you do.



Carlo, 30's, Musician, Burn Out
Private 1:1 Retreat



RECENT TESTIMONIALS

ANXIETY GONE. RELATIONSHIP SAVED. BUSINESS SAILING.

Having made a lot of money young I had no idea how to handle life, relationships or what I had created.

I was so anxious I couldn't attend my own wedding.

From the first conversation you just got me. I couldn't get on the plane fast enough.

The tools you have given me for every area of life are like a gift that just keeps on giving.

I've been free of anxiety for months now, you've helped me heal my relationship and restructure my whole life and business now centred around my health, purpose and love of life.

Thank you team. Couldn't keep doing it all without you.



Jamie, 30's, Crypto Investor & Entrepreneur,
Emotional Wellbeing Retreat



I'VE NEVER EXPERIENCED THIS LEVEL OF SUPPORT

After 20 years of parenting and business and putting myself last - it all caught up.

If I didn't find you I would've fallen over.

I was really starting to drop the ball in areas of life.

Within just a week I simply couldn't believe the change in my thoughts, stress, body, energy and a sense of pure happiness coming back.

I connected to each and every one of you and I have never met such a caring, knowledgeable, skilled group of professionals that can literally turn someone's life around with so much ease.

I've never received this level of support before and didn't even know it existed.

I am so passionate about what you do I'm quickly spreading the word in the middle east.

What you do is needed everywhere.

Thank you team. I have the greatest respect for your work.



Ayman, 50's, Investment Banker,
Stress Retreat



LET'S BEGIN YOUR JOURNEY



CREATE A BESPOKE PROGRAM

Speak To Us

We offer a 100% life changing experience. Our track record is 100% results for every client - we reach their goals no matter what it takes. It is for this reason that we personalise every program to ensure we get you results.

Speak To Us Here !

Go here, select a time that suits you or those closest to you to complete a full overview of what is required to transform your life.

BOOK A CALL OR CALL US TO BOOK OVER THE PHONE OR WHATSAPP:
+62 813 592 5588

2. Complete Our 3 Min Assessment & Confidential Call

3. Your Entire Program & Team Is Ready In Under 48 Hrs



BOOK CALL

SKYE

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