

# Spa VILLAGE RESORT

TEMBOK BALI

**BALANCED LIVING: JANUARY – MARCH 2013**



## A NOTE FROM WATI SHARRON HOPLEY, RESIDENT MANAGER: BECOMING THE CREATOR

Warm greetings from Spa Village Resort Tembok, Bali!

Many people come to our spa resort not having ever consciously taken the time out to create something. It continues to be so rewarding to watch them participate in our daily creative activities and see their faces light up, as little do they know they are actually quieting their busy minds and meditating with their eyes open! There is an inner shift that takes place in those experiences and it's called being in the moment: helping them to take a break from their daily worries, struggles and stressful lives!



Having such time to focus on the things that make YOU feel better will help you find your well-being, and your spirit is lifted and ready to create the good stuff! The right people will come your way, opportunities will appear from nowhere, laughter and love will be more evident in your daily life which in turn creates a happier lifestyle.

There is a wonderful Balinese Healer here who taught me the following:

"Be Healthy, really look after your body, mind and soul and with this you are able to work and enjoy it. With work you are able to earn money, with money you are able to have choices and with choices you have a life!" Wise words indeed.

So I leave you with this for the New Year: ask yourself, what would you like to see more of in 2013? What do you think about life, what would you like to know about life? Be adventurous, be bold, be specific and go for it. If you're still in that place of trying to balance more, know that you'll get there and why not get a head start at Spa Village Resort Tembok, Bali!

January Illustrator Tiziano Columbo returns to offer his massage with colour and one to one creative art classes. If you are looking for support and guidance, Spa Village Resort Tembok, Bali will be hosting its fifth Oracle Retreat led by Diana Manilova, three facilitators and a Guest Chef, who will all help you find happiness in your body, mind and spirit.

Until next time, a very Happy New Year to you!

With love,

Wati Sharron Hopley and the Tembok Team

## INTERNATIONAL GUEST ARTIST: JANUARY 2013



### **TIZIANO COLUMBO, Hyperrealist Illustrator**

Spa Village Resort Tembok,  
Bali is delighted to welcome  
Tiziano Columbo back.

Born in Legnano, Italy in 1962, Tiziano has been a hyperrealist illustrator since 1985. He has devoted himself to developing a range of artistic dimensions including stage background decorating and body painting. He has been involved in the realisation of many advertising campaigns as well as creating different themed paintings for public and private events. Using different techniques, Tiziano is able to bring something to life with paint from the smallest spaces to the largest walls with remarkable confidence. The surfaces where his colours are painted are numerous: from paper to canvas, from walls to skin – which he likes to refer to as “Massage with Colour”.

Tiziano will be offering private complimentary art classes and body painting for those who wish to have a “Massage with Colour”. An easygoing, fun, art class that will unleash the artistic and creative side of you, be prepared to get your hands dirty!

Alternatively, if you would like to view examples of Tiziano’s latest productions and artwork, they will be located in the gym. He also has a passion for trekking and has journeyed to some of the most remote places of the world. Feel free to ask him about his travels and he’ll be happy to share his experiences with you.

## HAPPENINGS: BALI ORACLE RETREAT



**Body, Mind & Soul Retreat**  
**led by Diana Manilova**  
*Knowing the 5 elements through the 5 senses*

**Full Retreat**  
16 to 26 March 2013

**Mini Retreats**  
16 to 21 March 2013  
20 to 26 March 2013

### **The Retreat**

Oracle provides a supportive space for you to look within, rediscover and realise your true potential and ultimately, life purpose without life's everyday distractions. It teaches you how to integrate balance and harmony within the spiritual and practical world through laughter and love. Here, you are reacquainted with what nourishes and inspires you, allowing you to step back into your life renewed and replenished. These are all the keys to happiness.

### **Daily Programmes**

Each day, Soul Workshops are led by Diana Manilova who will share her experiences about truth, love and wisdom, life, death and breaking through the illusions of the ego mind. These workshops are a chance for people to drop their barriers and express their emotions in a loving and non-judgmental environment. At the same time, these sessions also encourage healing through laughter.



# TOPICS, PRACTICES AND WORKSHOPS: BALI ORACLE RETREAT

## **Discussion Topics:**

- What are you/we doing here?
- What is your purpose?
- What is success?
- What are you willing to pay for what you want?
- Why do things sometimes go all wrong in your life?
- How to find balance between your mind, body and soul
- How to restore your energy and how to keep it
- How to prepare yourself for meeting your soul mate

## **Meditation and Healing Practices:**

- Group sharing
- Expressing feelings
- Visual meditation techniques
- Positive feedback practices
- One-to-one sessions with facilitators
- Tools to maintain harmony and balance in the world

## **Knowing your soul through *mandalas* (sacred artworks):**

- Release negative emotions
- Bring back energy from negative experiences
- Analyse new energy
- Open and share your own creative energy

Learn how to connect to wisdom through the beautiful power of nature. Touch and feel its elements with your senses. Express your connection with nature through the creation of *mandalas* for the five elements.

## **Body and Movement Workshops:**

Through daily body awareness practices (5 elements form, yoga, spontaneous movement, bodywork, water movement), we release emotions and activate our body's voice and its creative stories. Giving yourself over to the moment allows for full sensations, feelings, imaging and flow. You will move through a spectrum of feelings to get inside them and give them expression.

## FACILITATORS: BALI ORACLE RETREAT



### **Diana Manilova – Soul**

Russian-born Diana is a published author and world-renowned clairvoyant, certified psychic healer, life coach and spiritual consultant. Diana is our mother of Oracle, and teaches us about life experiences with truth, love and wisdom. Initiated by Mongolian shamans of Lake Baikal, she has spent the last 20 years traveling the world teaching and working with thousands of individuals.



### **Marc Cofer – Mind**

Marc can help you to release the monkey in your mind by using the latest brain training technology. Learning to train your brain – becoming its master, rather than its victim can jump-start your spiritual practice.



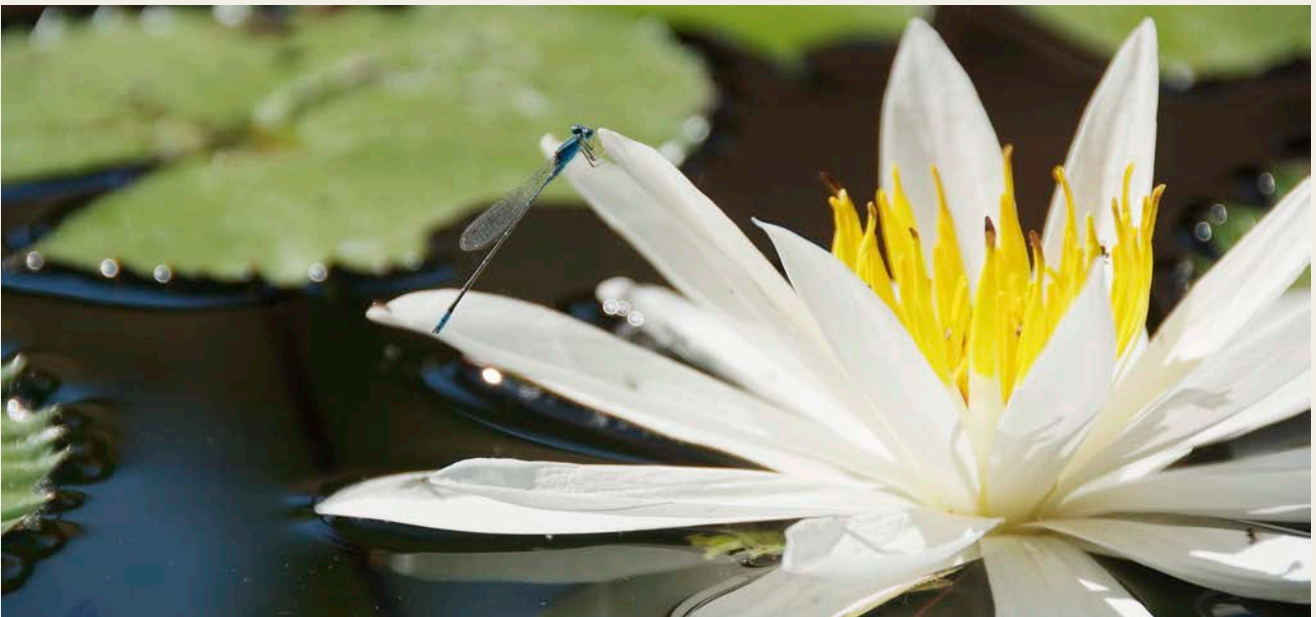
### **Dewi Hopley – Body**

As a clinical and holistic aromatherapist, intuitive massage therapist and neuro-skeletal re-alignment practitioner, she guides us on a tour of our bodies. Dewi's natural good humour and divine inspiration guide us in a discovery of essential oils, the aromatic souls of plants and heavenly forms of massage.



### **Sharron Hopley – Movement**

Sharron creates a nurturing space during her sacred movement practices. She is as much a mother of Oracle as she is a divine host for everyone on retreat, taking us deep within ourselves to improvise a personalised outer reflection of our inner being.



## RETREAT INCLUSIONS: BALI ORACLE RETREAT

### Retreat Inclusions:

- Welcome foot ritual on arrival
- Accommodation for duration of retreat
- Healthy breakfast, lunch and family-style dinner daily
- Group holistic activities and element excursions
- Two daily workshop sessions from our Oracle Facilitators
- One spa pre-treatment and a 50-minute Balinese massage
- Daily guided meditations in the evenings
- Unlimited use of swimming pool and fitness centre
- Three healthy juices per day and unlimited herbal tea
- Traditional Balinese performance
- Celebration farewell dinner



## VENUE: BALI ORACLE RETREAT



### **Spa Village Resort Tembok, Bali**

This award-winning spa resort is nestled between the great Mount Agung and the Bali Sea. Tembok and its people reflect the gentle spirituality and beauty of Bali. The environment here is soft and serene bringing calm, peace and nourishment to the tired soul.

### **Getting There:**

Flights into Denpasar (DPS), Ngurah Rai International Airport, Bali

### **For enquiries and information:**

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Facebook: YTL HOTELS



## TOP TIPS FOR LIFE from International Guest Artist in 2012:

Sarah Astbury, Yoga Teacher



**My top tips for life is to always be present in the moment.**

“Live every day as if it’s your last believing that you will live forever”. This is one of my favorite quotes and believe it is so true.

When I am on my yoga mat, I find I go deep within and notice every single movement within my body, every single sensation which allows me to feel totally alive and in the moment.

Whenever I am in nature, either walking in the forests or hiking by the mountain lakes, I absorb and enjoy the beauty in everything I see, never for one moment taking it for granted.

When I practice massage either on myself or somebody else, I quite often close my eyes. This enables me to feel what is going on within the body through my fingers rather than being influenced by my other senses. It is like my fingers know exactly what to do, without any thought process. I also like to create a relaxed ambience whilst massaging, either through music, aromas, nice textures on the skin and high quality massage oil.

Any opportunity that arises I embrace fully, knowing that it may never happen again.

Any person I meet, I have no pre-judgements, accepting each individual as they are and seeing the qualities in that particular person.

Life is so very precious and I try to live every single moment to its full potential and be mindful of everything I do. This has helped me (sometimes just by a chance meeting) to make many wonderful friends all over the world, and have some amazing experiences, including those recently at Tembok Bali. Being open to everything I feel is the key for a fulfilling, satisfying and enriched life.

[www.yogainbulgaria.com](http://www.yogainbulgaria.com)

## AROMATHERAPY TIP #3



Stuck in a rut? Low energy? Can't wait for the weekend to come? Snap out of it!  
Look around you, there's always something amazing to appreciate!

To help you wake up, try this sharply invigorating blend.

Visit [www.dewihopley.com](http://www.dewihopley.com)

### **For the oil burner:**

4 drops of Sweet Orange  
4 drops of Grapefruit  
2 drops of Lemongrass

### **On a tissue to carry with you all day:**

1 drop of Sweet Orange  
1 drop of Grapefruit  
1 drop of Lemongrass

**TIP:** While breathing in this luscious scent, whack on some happy music and dance yourself silly!



## HEALTHY SPA CUISINE RECIPE FROM CHEF DENNY

### Zucchini rolls with tamarind sauce

#### Ingredients:

8 yellow and green zucchini slices,  
cut lengthwise

#### Filling:

150g carrots, peeled and julienned  
100g red capsicum, julienned  
100g green capsicum, julienned  
100g cucumber, unseeded and julienned  
50g bean sprouts  
Sea salt  
Lemon juice  
Olive oil

#### Garnish:

1 carrot, peeled and julienned  
1 daikon radish, peeled and julienned  
1 red capsicum, julienned  
1 yellow capsicum, julienned  
1 spring onion, green part only, julienned lengthwise  
10 coriander leaves  
Basil leaves  
Green coriander oil  
Tamarind sauce



Put all the garnishing items in a bowl of ice water for 10 minutes or until crunchy.  
Drain on a tray with paper towels and keep covered in the fridge until ready for use.

#### Method:

1. Soak the zucchini slices in salted water for approximately 10 minutes.
2. Toss the filling ingredients with salt, lemon juice and olive oil until well coated.
3. Roll a tablespoon of filling in each slice of zucchini tightly and arrange on a plate.
4. Before serving, mix the garnish and drizzle with olive oil and lemon dressing.
5. Serve the zucchini rolls with the garnish and a dish of tamarind sauce for dipping. Enjoy!

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until we meet again...