



ONE LIFE LIVE IT



University in Retreat

“Mens sana in corpore sano.”

(Your prayer must be for a sound mind in a sound body.)

- Roman poet Juvenal



Join Dr Simone and the One Life Team for 5 days of corporate and personal wellness education, yoga, meditation and food in relaxing and illuminating Ubud, Bali.

Developed by our US team, the One Life University™ (OLU) is a four day executive program (5 nights) that integrates all elements of health and wellbeing, allowing executives to improve focus and energy on a daily basis.

World renowned physicians, executive coaches and nutritionists work closely with participants to target personal wellness and life goals. Individuals leave with a dynamic plan uniquely tailored to their interests, needs and lifestyles. Innovative and realistic habits to support healthy behaviours are created and key indicators of success are identified.

Graduates from One Life University leave with a personal wellness mission statement and the knowledge and support necessary to achieve desired goals – all whilst embarking on a better working journey.

Featuring:

- 5 NIGHTS AT A 5-STAR LUXURIOUS VILLA
- DAILY YOGA, SOUND HEALING AND OR MEDITATION
- ORGANIC BREAKFAST, LUNCH, FRESH COCONUTS AND SMOOTHIES DAILY
- REAL FOOD AND REAL LIFE EDUCATION
- PERSONAL CONSULTATION WITH NATALIE BALDOCK
- SUPERFOOD SMOOTHIE WORKSHOP
- LEARN HOW TO MAKE ORGANIC FOOD FACIALS
- ON SITE MASSAGE AND PAMPER PACKAGE

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