



Inner Work, Outer Joy  
*Retreat*

PHILIPPINES | FEBRUARY 27 - MARCH 5, 2024

[womensluxuryretreats.com](http://womensluxuryretreats.com)



# Welcome

Inner Work, Outer Joy is a transformative retreat designed for you to create a life you truly love, and embrace the extraordinary purpose within you.

If you find yourself dissatisfied about the direction of your life, yearning for more joy and more uplifting moments, you've landed in the right place.

Over the course of a week, you'll embark on designing a life you really love. With the support of Carol who has transformed her own life, you'll create a life that brings you more joy and happiness, and a roadmap to get there.

You'll also have the benefit of an experienced therapist for the duration of the retreat. Bev will be supporting us all, holding space for the group and providing 1:1 support for participants. (More about both Bev and I in the following pages).

You'll do this in the tropical paradise of Salaya Beach Houses, a luxury beachfront property in the Philippines. Expect to be pampered along the way with luxe spa treatments, beautiful food, and invigorating bucket-list experiences. Your mind, body, and soul will be nourished and awakened.

We can't wait to meet you :)

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THE  
*Venue*





Get ready for a unique and delightful accommodation experience! Salaya Beach Houses is a luxury boutique beachfront property located in the small coastal village of Dauin, about 20 km south of Dumaguete City in the province of Negros Oriental, Philippines.

If you choose the 2-bedroom Penthouse, you'll have the chance to connect and create great memories with fellow retreat participants who will be occupying the other bedroom. Imagine sharing stories, laughter, and inspiring conversations in the spacious living area and on the balcony.

If you prefer more private space without any shared areas, we recommend choosing the One Bedroom Ocean View Suite. It's a haven of tranquillity where you can immerse yourself in complete solitude when needed.

Salaya is the only resort on Negros Island to have been awarded the Tripadvisor Travelers' Choice award in 2019, 2020, 2022, and 2023. (Think barefoot beachfront luxury!)

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 [Salaya Beach Houses](#)

 [SalayaBeachHouses](#)

# RETREAT PROGRAM

You can do as much or as little of the organised activities as you wish - this isn't a boot camp. If you'd prefer to sit out some of the excursions, the cocktail cruise, yoga, meditation, etc., we understand that sometimes alone time is just what you might need.

But we also want you to get the most out of the guided workshops (1-5), so that you achieve what you set out to do, by coming on this retreat.

*Tuesday February 27*

10.00	Arrival and check-in
12.00 - 1.30	Lunch at Dahon Restaurant
1.30 - 5.00	Relax around the resort, enjoy a massage or facial, paddle board, snorkel, swim, etc.
5.00 - 6.00	Aperitivo & live music at the pool bar - mixer event, get to know everyone
6.30 - 8.30	Welcome dinner, poolside - tropical feast buffet

# Wednesday February 28

6.00 - 6.30	Guided sunrise meditation, beachfront
7.00 - 8.30	Breakfast at Dahon Restaurant
9.00 - 12.00	Retreat session 1: Design, Create & Live Your Best Life
12.00 - 1.00	Lunch at Dahon Restaurant
1.00 - 5.00	Discover Scuba Diving (group 1) marine sanctuary
	For those not doing Discover Scuba, this is personal retreat time to expand on your work from the morning session, enjoy spa time, swim, exercise, sleep, relax, or join the yoga class.
3.00 - 4.00	Hatha yoga class - suitable for all levels
4.30 - 6.00	Sunset cocktail cruise
6.00 - 8.30	À la carte group dinner

# Thursday February 29

6.00 - 6.30	Guided sunrise meditation, beachfront
7.00 - 8.30	Breakfast at Dahon Restaurant
9.00 - 12.00	Retreat session 2: Design, Create & Live Your Best Life
12.00 - 1.00	Lunch at Dahon Restaurant
1.00 - 5.00	Discover Scuba Diving (group 2) marine sanctuary
	For those not doing Discover Scuba, this is personal retreat time to expand on your work from the morning session, enjoy spa time, swim, exercise, sleep, relax, or join the yoga class.  1:1 coaching sessions
3.00 - 4.00	Hatha yoga class - suitable for all levels
5.00 - 6.00	Happy hour at the pool bar
6.00 - 8.30	À la carte group dinner



# Friday March 1

6.00 - 7.00	Sunrise yoga - beachfront
7.00 - 8.30	Breakfast at Dahon Restaurant
9.00 - 2.30	Apo Island trip - snorkeling with turtles, paddle boarding, swimming, and gourmet lunch on board while anchored in a lovely bay at this world-famous location.  Stunning underwater coral gardens!
3.00 - 5.00	Personal retreat time to do whatever you like, & the opportunity for 1:1 coaching sessions
5.00 - 6.00	Happy hour at the pool bar
6.00 - 8.30	À la carte group dinner



# Saturday March 2

6.00 - 7.00	Sunrise meditation - beachfront
7.00 - 8.30	Breakfast at Dahon Restaurant
9.00 - 12.00	Retreat session 3: Design, Create & Live Your Best Life
12.00 - 1.00	Lunch at Dahon Restaurant
1.00 - 5.00	Discover Scuba Diving (group 3) at pool & marine sanctuary
3.00 - 5.00	Personal retreat time to do whatever you like, & the opportunity for 1:1 coaching sessions
5.00 - 6.00	Happy hour at the pool bar
6.00 - 8.30	À la carte group dinner



# Sunday March 3

6.00 - 7.00	Sunrise meditation - beachfront
7.00 - 8.30	Breakfast at Dahon Restaurant
9.00 - 12.00	Retreat session 4: Design, Create & Live Your Best Life
12.00 - 1.00	Lunch at Dahon Restaurant
1.00 - 5.00	Waterfalls & hot springs trip
5.00 - 6.00	Happy hour at the pool bar
6.00 - 8.30	À la carte group dinner



## Monday March 4

4.30 am	Depart for whale shark experience (packed breakfast to enjoy on the way)  Snorkel with whale sharks, enjoy a sumptuous brunch afterwards, before returning to Salaya
1.00 pm	Arrive back at Salaya - time to relax, sleep, create, be pampered
3.00 - 5.00	Retreat session 5: Design, Create & Live Your Best Life
5.00 - 6.00	Happy hour at the pool bar
6.00 - 8.30	Farewell dinner - carvery buffet by the pool

## Tuesday March 5

7.00 - 10.00	Slow breakfast at Dahon Restaurant
12.00 noon	Farewell and check-out

# *This retreat is for you if...*



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- You feel uncertain about the direction your life is going.
- You want to infuse more joy and zest into your life.
- You believe there's an extraordinary purpose waiting for you, urging you to spread your wings.
- You deserve a delightful escape from the daily hustle, where support and rejuvenation take center stage.
- You're craving some well-deserved pampering to revitalize your body, mind, and spirit.
- You're standing at the crossroads, unsure of where to start but open to embracing transformative change.
- You know that there is more joy and fulfillment to be had in this life, but you need a roadmap to get there.



## YOUR *Facilitator*

In 2013 and at the peak of a successful corporate career, I decided that the life I had worked so hard to achieve, wasn't ticking all my boxes.

I embarked on a goal setting workshop that was supposed to launch me and the business I was running, to greater heights. What it did was enable me to peel back the layers and identify what my dream life really looked like.

You guessed it - that dream life was not the one I was living, but it IS the one I live today.

Based on a tropical island in the Philippines with my soul-mate Marc (pictured above), and surrounded by the things I love to do, I'm a living example of how to identify, create and live your best life.

*Carol van der Poel*



## SESSIONS WITH *Bev*

Bev Blakemore has a degree in psychology (honours), is a counsellor and hypnotherapist, and has been working as an energetic therapist for 17 years with clients to heal their mind, body and spirit. Bev has also had her own recovery journey through grief, trauma and PTSD.

Her own experiences and professional expertise culminate in Bev being an extraordinary support for women who are seeking transformational change.

As you start designing and creating your best life, you may find yourself questioning your own beliefs, evaluating blocks that are preventing you from moving forward, or needing extra care and support.

This is where you'll have the opportunity to do individual work with Bev. And no, you won't be going back to traumatic events. Instead, Bev will work with you to invite and embrace your younger selves, that may have gotten stuck in a moment, and gently bring them back to join you at the retreat as a new version of wisdom and strength.

If there is grief, with a departed loved one, there will be an opportunity to share time with them and replace the pain with the divine love they are wanting to share with you.



*I'm thrilled to support you and help you fully embrace Carol's life changing retreat - Bev*

# INCLUSIONS

- 7 nights accommodation in an award-winning boutique resort
- Roundtrip transfers between Dumaguete airport & the resort
- All meals, snacks & non-alcoholic drinks
- 5 guided workshops with 2 life transformation experts to create your best life
- 1:1 coaching session with Carol
- 1:1 hypnotherapy energy healing session with Bev
- Your Best Life journal to use throughout the retreat & take home
- Guided sunrise meditation & yoga sessions
- Algotherm facial or a full body massage at Reflections
- A luxe manicure, including exfoliation, cuticle treatment, filing, hand massage, and nail polish
- Happy hour daily 5-6 pm with complimentary bar snack (alcoholic beverages are not included in the package and can be billed to your personal account at the resort)
- Half-day waterfall & geothermal hot springs tour
- Half-day introduction to scuba diving (in the safety of the resort pool, with a qualified scuba instructor)
- Full-day trip to the world-famous Apo Island, including snorkeling with turtles, paddle boarding, swimming & lunch on board
- Day trip to Oslob for snorkeling with whale sharks, followed by brunch
- Complimentary tea, French press coffee & water in your room
- High-speed internet throughout the resort
- Free use of The Studio gym at Salaya





THE  
*Accommodation*



# One Bedroom SUITE

Step out from these ground floor suites into lush tropical gardens with spectacular views of the ocean and surrounding islands.

On one level, walk through from your private balcony into your spacious living area and kitchen, then on to the bedroom and out to your private garden and shower.

Ideal for single travellers or couples, these apartments provide space and tranquility. The bedding configuration can be either California King or Twin Singles, so the room is also perfect for a couple of dive buddies to share.

**Floor space:** 91sq/m (980sq/ft)

**Number of Suites:** 5

## **Amenities:**

- One spacious bedroom, California king-size bed or twin beds
- Ensuite bathroom with vanity, spacious walk-in closet
- Private patio garden with outdoor shower
- Ground floor balcony, complete with outdoor dining table and large day bed
- Welcome fruit basket
- Air conditioning and ceiling fans
- Minibar



# Two Bedroom PENTHOUSE

These second floor penthouses have commanding views over the ocean and lush tropical gardens.

Split over two levels, look out through the full-length windows and bring the outside in. Perfect to share with families and friends, these penthouses offer stunning views and the utmost privacy.

The loft bedroom and private bathroom provide privacy on the second floor, while downstairs on the main level is a light and airy living and dining space, as well as a second bedroom and ensuite bathroom.

**Floor space:** 136 sq/m (1464 sq/ft)

**Number of Two Bedroom Luxury Penthouses: 3**

## **Amenities:**

- 2 spacious bedrooms, California King or Twin beds
- Elevated balcony, outdoor dining table, and large day bed
- Welcome fruit basket
- Air conditioning and ceiling fans
- 40" LCD/plasma television
- Minibar



# Two Bedroom

## DELUXE PENTHOUSE

The jewel in the crown at Salaya, this second floor Deluxe Penthouse has the prime position overlooking the ocean and tropical gardens.

All on one level, this penthouse has an expansive balcony that runs the full length of the building, offering a stunning space to relax, entertain, or simply watch the world go by.

The master bedroom is very generous, with a large walk-in closet and a very large private ensuite. The second bedroom also has an ensuite bathroom, with large built-in closets.

Both bedrooms are suitable for couples or friends to share -bedding can be configured as California King or Twin Singles in both bedrooms.

**Floor space:** 192 sq/m (2067 sq/ft)

**Number of Two Bedroom Deluxe Penthouses:** 1

### **Amenities:**

- 2 bedrooms, king-size beds or twin beds (upon request) + 2 bathrooms
- Large elevated balcony, outdoor dining table and lounge
- Welcome fruit basket
- Air conditioning and ceiling fans
- Mini bar





BUCKET LIST  
*Experiences*

# *Snorkel with* **TURTLES & WHALE SHARKS**

Living your best life includes some of the best experiences nature has to offer, and your retreat includes two big bucket list items!

Apo is famous for its white sand, endless coral gardens, and stunning colors. Here you're almost guaranteed to be able to get up close and personal with either a hawksbill and/or a green turtle.

It's a truly magical experience to swim with one of these large, gentle marine creatures.

You are likely to see the turtles swimming over the reef, resting or eating among the corals. Bring your camera, or book our photographer to capture you throughout the day while you're swimming in paradise!



We've also included another once-in-a-lifetime date to snorkel with whale sharks, the gentle giants of the ocean.

Groups of whale sharks congregate year-round in Oslob's shallow bay. From the shore, you can step into a small boat and watch the whale sharks from the surface or jump in and swim/snorkel with these gentle giants. While you are swimming with the whale sharks, we'll set up a picnic lunch on site, ready for you when you come back to shore.

# *Discover* SCUBA DIVING

This is a half-day experience, starting with a small amount of basic dive theory. Your instructor will fit you out with everything you need to try scuba in the safety of the swimming pool.

You'll be accompanied by an instructor or divemaster at all times, and get to accomplish some beginner skills underwater.

Discover Scuba Diving (DSD) is done in small groups, and we've scheduled these during the retreat. You just need to confirm your participation when you arrive.

If you are already a scuba diver, dives can be scheduled during the week.



# *Sunset* **COCKTAIL CRUISE**

What better way to see the sun go down, than on the water with a cocktail or mocktail in your hand!

We'll take a leisurely cruise along the Dauin coast as the sun goes down. You'll be spoilt with delicious canapés and selected cocktails, beer, and wine during the cruise. (Non-alcoholic options are also provided).

For those who are game, there's also an opportunity to swim from the boat.



*Are you ready  
to start creating a life you love?*

Email us today: [hello@womensluxuryretreats.com](mailto:hello@womensluxuryretreats.com)



# The APO ISLAND

Apo Island is a world-famous marine reserve, known for its spectacular corals, crystal clear water, and an abundance of marine life.

We'll swim and snorkel with turtles and an array of tropical fish, paddle board, and bask in the glory of this beautiful tropical island. A gourmet picnic lunch will be enjoyed onboard the boat.

There's also an opportunity to buy sarongs, beach cover-ups, and T-shirts from local ladies who'll paddle out to our boat during the day.

Relax on the cruise home (with a glass of wine if you like!), before stopping in at the Pool Bar for Happy Hour drinks and bar snacks.

Snorkeling is included in your retreat package - if you are a certified diver and would like to dive at Apo Island, this can easily be arranged, just chat with us before you arrive so that we can give you all the details.



# Reflections SPA

Salaya has a beautiful spa that includes a water wall and koi pond in all the treatment rooms.

We've included a facial or massage AND a manicure in your retreat package. The products used for facial treatments are from the marine-based skincare range by Algotharm.

The spa menu at our retreat includes options for:

- Massage - a wide variety including Swedish, Thai, ventosa, sports recovery, just to name a few
- Algotharm facials including ozone steam therapy and collagen boosters
- Body scrubs
- Manicures & pedicures, including gel polish
- Stretching therapy
- Reflexology



*Nourishment*



# All meals ARE INCLUDED

Everything is prepared in-house at Salaya, and the food quality is wonderful. Produce is locally sourced and organic where possible. We offer a wide selection of choices that also appeal to those who follow vegan, vegetarian, gluten-free, and lactose-free lifestyles.

Your full board meal package includes:

**Breakfast** - a continental buffet + a cooked-to-order item each day

**Lunch** - a buffet lunch comprising hot and cold dishes, the menu changes every day and will always include a good selection for guests who have special dietary requirements. You may select one soft drink or freshly squeezed juice with each meal.

**Afternoon Tea** - a cake of the day plus your choice of tea, coffee, smoothie, or shake.

**Dinner** - the first and last nights are a themed buffet dinner, while all other dinners will be a 3 course à la carte meal from the Dahon Restaurant menu.

**Meals are served in the restaurant or poolside venue** - if you need a quiet night, room service is available (service charge applies).

On our first and last night, there are special buffet dinners planned, these will be in the garden.





## *What* **OTHERS SAY...**

Carol is a self-described foodie and lover of kind people. You'll benefit from her experience, her warmth, and her natural coaching style. Her life experiences are expansive, and go to the core of her being a strong and compassionate, feminine soul.

Carol's one goal during the retreat is to help each individual achieve their personal goals.

You'll be challenged in a kind and nurturing way, to grow and create a transformational plan so that you too can live your best life.

Expect to be excited, awakened and reinvigorated at this retreat.

# INVESTMENT

## Shared Rooms

Accommodation Type	Payment Option 1	Payment Option 2
Oceanview Suite Twin Share	\$4330	3 instalments of \$1477
Penthouse Master Bedroom Twin Share	\$3950	3 instalments of \$1350
Deluxe Penthouse Master Bedroom Twin Share	\$4070	3 instalments of \$1390

## Single Rooms

Accommodation Type	Payment Option 1	Payment Option 2
Oceanview Suite Single Occupancy	\$5300	3 instalments of \$1800
Penthouse Bedroom Single Occupancy	\$4690	3 instalments of \$1597
Deluxe Penthouse Bedroom Single Occupancy	\$4970	3 instalments of \$1690

Each bedroom has its own bathroom  
Prices are in USD and are inclusive of taxes

# SMALL DETAILS

## **Payments**

Full payment for your retreat booking needs to be finalized by 27 January 2024.

The payment dates for Payment Option 2 will be calculated as the first payment on the day you book, and the remaining two payments will be scheduled at equal intervals with the final payment on 27 January 2024.

Payments will be made directly to Salaya.

## **Cancellations Due To Travel Restrictions**

For cancellations due to travel restrictions such as lock-downs of islands or airports and as a result of a pandemic, a voucher will be issued with a 3-year re-booking period for the same services, or a credit voucher to use for a general booking (non-retreat) at Salaya Beach Houses. This policy does not apply to General Cancellations.

## **Cancellations & Refunds**

Refunds will be provided in accordance with the following cancellation periods:

### Payment Option 1:

- Within 30 days from the check-in date, no refund will be provided.
- Within 60 days from the check-in date, half of your payment will be refunded, less any bank transfer fees and an administration fee of \$25.
- Cancellations notified more than 60 days prior to the check-in date will receive a refund of 75% of the payment, less any bank transfer fees and an administration fee of \$25. (25% is non-refundable).

### Payment Option 2:

- Within 30 days from the check-in date, no refund will be provided.
- Cancellations notified more than 30 days from check-in date, half of your payment will be refunded, less any bank transfer fees and an administration fee of \$100.

In the unlikely event that a minimum number of participants is not confirmed, the retreat organizers reserve the right to cancel the retreat and provide a full refund.

## **Travel Insurance**

We strongly recommend all participants purchase a comprehensive travel insurance policy to cover themselves for unexpected events, including the need for last-minute cancellations.

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