



Fivelements Retreat Bali introduces an array of Group and Executive Performance Retreats
Foster new skills with the Ubud sanctuary's transformative programs for individuals and teams.



Reset and rejuvenate with the series of Group and Executive Retreats recently introduced to Ubud's Fivelements Retreat. The Balinese wellness sanctuary, nestled in the jungle alongside the flowing Ayung River, has long been lauded for its transformative programs and ample amenities, so much so that it was recently named by the 2020 Haute Grandeur Global Excellence Awards as Best Romantic Hotel on a Global level, Best Boutique Hotel in Indonesia, Best Culinary Experience in Indonesia, and Best Eco Friendly Hotel in Indonesia.

Now Fivelements' reputation is only set to grow courtesy of the arrival of its latest transformative programs, available for both individuals and groups. Thanks to the recent expansion of the resort space and the introduction of Hillside Pool suites, the Ubud local is now able to welcome an increased number of guests to its regular gatherings, which promise a place to unwind and escape the daily grind.

The focus of each Group Retreat will rotate monthly, commencing the first Monday of every month and running the week through. Entwined in traditional Balinese holistic philosophies, there are three signature retreats to choose from, ranging from a physical to a spiritual awakening. Guests can choose to focus on their physical prowess with the Health and Fitness Retreat, integrating morning yoga and strength exercises aplenty. Or the purification of the soul offered by the Spiritual Healing program, a retreat integrating meditation, mindfulness, daily yoga and a visit to the Holy Spring water in an effort to refresh body and mind. Not forgetting the chance to learn to prepare specialty plant-based cuisine with the Culinary Detox Retreat, among more.

Group Retreats will launch in early 2021, joining the already welcomed Executive Performance Retreats, a transformative program born specifically to cater to corporate entities. Attendees to the Executive Retreats are given an opportunity to learn new skills to use in both the boardroom and beyond as a part of a 3-day program. Sharpen your skills when it comes to focus, resilience and awareness, as well as strengthening existing bonds of teamwork among your colleagues.

The Executive Performance Retreats interweave the core values of Fivelements with the local traditions of Bali across its program. Attendees will be able to enjoy the famed Mount Batur sunrise hike, a Pranayama breathwork

session, a sound bath session, two tension and trauma release sessions, and a Balinese Agni Hotra Fire Ceremony among other equally health-focused elements.

Fivelements Retreat Bali General Manager John T G Nielsen says of both the Group and Executive Retreats; “With the recent opening of the Hillside pool suites that feature super-King and twin-beds options, a natural evolution was to expand the original bespoke private retreats and offer new boutique group-focused retreats that utilise the new event space Mandala Ayung, but still maintain the private feel of the retreat. We are able to offer to the corporate market Executive Performance retreats and monthly themed boutique retreats.

“These retreats continue to build on the bespoke private retreats that we have always been so well known for but offers now an opportunity for guests to experience a retreat with their friends or business colleagues and continue their journey of life transformation.”

High-resolution images of Fivelements can be downloaded here:

www.fivelements.photoshelter.com/archive **Password:** sakti001

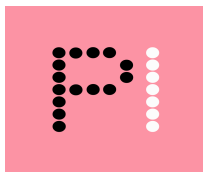
ABOUT FIVELEMENTS

Fivelements was conceived as an integrated wellness lifestyle company whose authentic destinations offer an opportunity for inspiration, awareness, and progress in the 21st century. Its focus is on designing high impact wellness strategies aimed at supporting individuals, couples and organisations through enduring life transitions and transformation and bringing about greater health and wellbeing. Fivelements Retreat Bali opened in late 2010 as the first of a new genre of wellness destinations bridging the wisdom of traditional healing cultures with innovative wellness concepts, while Fivelements Habitats, launched in Hong Kong mid-July 2019, is the company's first roll-out of their urban wellness sanctuary model focused on bringing yoga, sacred arts and plant-based cuisine to key cities. For more information, please visit www.fivelements.com.

ABOUT EVOLUTION WELLNESS

Evolution Wellness was established in 2017 by Navis Capital Partners and Oaktree Capital Management by bringing together two leading fitness brands in Southeast Asia – Celebrity Fitness and Fitness First – to form one of the largest, wholly-owned fitness club networks in the fast-growing Asian region. As our name suggests, we're on a journey from 'fitness to wellness'; today, Evolution Wellness operates a diversified portfolio of brands – five highly complementary fitness brands and one wellness brand – each bearing its own identity and appeal. With a presence in six Southeast Asian countries, more than 170 properties and over 375,000 members, our vision is to build a comprehensive wellness ecosystem, and supporting our members and customers to become the best version of themselves. We're committed to growing our business through continuous innovation, expansion, and diversification, with robust strategic governance. For more information about Evolution Wellness and our portfolio brands, please visit www.evolutionwellness.com

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