



JOURNEYS TO WELLBEING

In harmony with nature



Bawah
RESERVE



A harmonious blend of lush forests and soothing turquoise waters that are miles away from the rest of the world, Bawah Reserve is a perfect place for guests seeking a Journey to Wellbeing. With an earth-focused philosophy, Bawah perfectly aligns its visitors with the natural world. Here, life has a rhythm not determined by deadlines, meetings or paperwork, but by the movement of the sun across the sky.

Each journey is a chance to reconnect – to you, to Mother Nature and to what matters most in your life. Each journey is a three (or more) day break from the stresses of modern living – a reminder of life itself.

Let a *Journey to Wellbeing* at Bawah Reserve help settle your mind, challenge your body and replenish your spirit.



JOURNEYS TO WELLBEING

Bawah Reserve is a sanctuary to the senses and the soul. Our Journeys to Wellbeing are designed to realign your path, replenish your energy, and reconnect you to nature.

All who step foot upon Bawah Reserve are changed by it. The remote stillness, the untouched nature, the chance to simply be. Some come seeking a deeper level of consciousness.

For those, we present our *Journeys to Wellbeing* – paths that touch upon our six pillars of wellbeing: physical, emotional, intellectual, spiritual, social and environmental. Each Journey features daily activities designed to progress your goals using the Reserve's natural healing elements of air, sun, water, rest, diet and sleep.

Journeys are flexible – dip your toe in or fully immerse yourself in a retreat-style stay. All are designed to light the way to self-discovery and a renewed connection to the world.

Start a journey to...

Calm

A time to disconnect from daily life and rebalance your spirit

Vitality

An upbeat exploration of movement, physicality and holistic health



JOURNEY TO CALM

A time to slow down and be still – to de-stress your life, detach from technology and tune in to your inner voice.

De-stress	Inner Calm	Reconnection	Better Sleep
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Our Journey to Calm is an oasis of light for the overwhelmed soul. You'll be encouraged to stop, listen and just be one with the stillness. By addressing the needs of your body and mind, you can identify sources of true happiness and focus on life's priorities.

A Journey to Calm includes

- One-hour coaching conversation to co-create an action plan
- One-to-one tailored movement session that focuses on breathing and mindfulness
- Outdoor art session using nature as your inspiration
- Garden-to-glass health tonic class with hand-picked fruit and herbs from our organic gardens
- Sunrise/sunset (phone or camera) photography sessions to capture the world in a new light
- Floating meditation session using weightlessness to release mental blocks
- Secluded beach picnic for quiet contemplation and journal writing
- Lucid writing session to unmask inner truths
- Spa Explorer experience to allow nature and touch to free physical and emotional knots
- Nature bath for inner healing through the islands' natural resources

Journey to Calm is a USD \$500 supplement for a three-night stay.
It can be booked at the time of your reservation.



JOURNEY TO VITALITY

An energetic exploration of how movement affects us, body and soul – from the thrill of achieving physical goals to newfound clarity, confidence and personal conviction.

Energise	Challenge	Strength	Balance
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Our Journey to Vitality is a reboot for those seeking to elevate their physical health and wellbeing. Through awareness, this journey focuses on you, your goals and any potential roadblocks – both physical and mental – that may be standing in your way. The focus is on health, not outward appearances or weight loss, as well as the spiritual uplifting that comes from treating your body well.

A Journey to Vitality includes

- One-hour coaching conversation to co-create an action plan
- One-to-one training session tailored to your energy levels and physical goals using the island as your gym
- Postural analysis to investigate and assess movement patterns
- Gait analysis to improve posture
- Stand-up paddleboard yoga for a mix of balance work and fun
- Explorer experience with a hike or kayak and private movement class in a hidden balé
- Treasure hunt that taps your exploring, thinking and physical skills to find the reward
- Private cooking class prepared with pick-your-own ingredients from our permaculture gardens
- Private picnic with a catch – you kayak, hike or paddleboard to your destination
- Spa Explorer experience to use nature and touch to free physical and emotional knots

Journey to Vitality is a USD \$650 supplement for a three-night stay.
It can be booked at the time of your reservation.

Good Mood Food

Bawah's cuisine is nutritious and healthy. It consists of fresh and sustainably-caught local fish, fresh fruit and vegetables, 30% of which come from our own organic gardens. Our vibrant menus provide flavour to suit all taste buds.

On your Journey, there is no need to follow a strict diet unless you opt to. We have an extensive vegetarian menu and are happy to cater for gluten-free, vegan and other dietary requirements.

Our kitchen practices sustainable cooking, reduces waste and uses locally-sourced produce. Our chefs excel at extracting maximum flavour in the healthiest way.

Our organic garden-to-glass smoothies and juices as well as gut-healthy kombucha and medicinal Jamu provide liquid hydration, nutrition and happiness from the inside out.



A seaplane with a yellow and white livery is landing on a calm body of water. The plane is viewed from a low angle, creating a sense of depth. In the background, a steep, forested hill rises from the water's edge. The sky is clear and blue. The overall scene is peaceful and scenic.

JOURNEY DETAILS

We are committed to ensure that your Journey to Wellbeing has purpose and meaning that extends beyond your time on Bawah.

Journey Duration

Journeys start from three or more nights. There will be a pre-arrival conversation to discuss your needs before your Journey begins. After leaving Bawah, you will have two follow-up conversations to check on your progress and help advance your goals.

Journeys also include

- Daily check-in conversations
- Twice daily group movement classes
- Meditation and mindfulness classes
- Daily spa treatments
- Snorkelling and water sport activities
- Guided forest trail hikes
- In-room herbal brewed teas, juices and healthy snacks
- Personalised bedtime gifts
- Creativity journal
- Aromatherapy essential oils to use in your suite and to take home

Making a Reservation

Wellbeing Journeys are a supplement to your stay at Bawah Reserve and can be booked when you make your room reservation.

Please contact our reservations team today via email or telephone to make your Journey booking.

We look forward to welcoming you on your Journey at Bawah Reserve.



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www.bawahreserve.com