



RAFFLES
BALI

RETREAT BY RAFFLES
with KIM STROTHER

KIM STROTHER

Profile

Kim is a wellness coach, personal trainer and yoga instructor. Renowned as one of LA's top celebrity trainers, she has spent two decades creating individualised health programmes for clients, including her popular 30 Day Transformation Program and In Home Bootcamp. Kim is a featured fitness instructor on the Melissa Wood Health App and has taught for various studios and workshops across the country including Yoga Glo, Barry's Bootcamp, Bandier, SXSW and Summit Series.

Kim's full-circle approach to wellness comes from an underlying belief in bio-individuality. She believes that each and every person has unique needs, that personal differences in anatomy, metabolism and body composition all influence what makes you feel overall your best.

As a nutritional consultant, Kim's obsession with integrative health is a personal one. In 2013, after many months of struggling with extreme fatigue, she was diagnosed with Lyme disease. Kim's personal journey toward recovery ultimately led her to nutritional nourishment and integrative wellness as a means for healing.

Kim wholeheartedly believes that wellness is a deeply individualised journey. Her approach includes an equal dose of fitness, functional nutrition and mindfulness. Her goal is to create accessible wellness plans for anyone seeking to become a healthier version of themselves.

As a former Ford Model, she has appeared on the cover of Runner's World and has been featured in Fitness Magazine, Self, Shape, Women's Health and Health. Kim has also been the face of campaigns for Nike, Reebok, Champion, Vibram, Lady Foot Locker, Adidas and Columbia Sportswear, and was named one of the most in-demand fitness models by [racked.com](#).

Kim is certified through the National Academy of Sports Medicine, Yoga Alliance and The Institute of Integrative Nutrition.





RETREAT *by* RAFFLES

Raffles Bali is delighted to introduce the latest edition of Retreat by Raffles, an immersive wellbeing journey to be guided by Kim Strother, a renowned holistic health coach, personal trainer, yoga instructor and wellness consultant based in New York.

Immerse yourself in a five-day stay filled with meticulously crafted experiences that blend mindfulness practices, personalised training and authentic Balinese rituals. This journey aims to foster emotional reconnection, physical release and balance in serene surroundings, enhanced by panoramic views of the lush Jimbaran hills and breathtaking ocean landscapes.



Your journey begins with a traditional blessing ceremony conducted by a Balinese priest. This beautiful sacred ritual aims to cleanse and purify the body, mind and soul, in a moment of profound serenity. It is followed by a dinner of light gastronomic delights at Rumari, after which you will experience a Raffles sleep ritual, as night falls over the island.

DAY 1

13 March 2024

2.00pm

Arrival

4.30 - 5.30pm

Soul Blessing Ceremony

6.00pm

Dinner at Rumari

8.00pm

Sleep Ritual



Wake up to an energizing exercise routines followed by a serene meditation led by Kim Strother. Take time to yourself in the afternoon. Delicious, nutritious lunch and dinner are at Loloan Beach Bar & Grill.

DAY 2

14 March 2024

7.00 - 8.00am

Breakfast at Rumari

9.00 - 10.00am

Full body HIIT at the beach lawn

10.00 - 10.30am

Meditation at the beach lawn

12.30 - 1.30pm

Lunch at Loloan Beach Bar and Grill

1.30 - 4.00pm

Leisure activity

6.00 - 8.00pm

Dinner at Loloan Beach Bar and Grill

8.00pm

Sleep ritual



Start the day with Vinyasa Yoga and embark on a day adventure to discover two essentials activities in north-east of Bali. Engage in the sacred *Melukat* ritual at the holy spring temple of Tirta Empul, followed by a hike to witness the magical sunset from Mount Batur. You will have the opportunity to discover some of the authentic rural villages and delightful dining experiences.

DAY 3

15 March 2024

7.00 - 8.00am

Breakfast at Rumari

8.15 - 9.00am

Vinyasa yoga

9.30am - 12.00 noon

Melukat ritual at Tirta Empul Temple

12.30 - 2.00pm

Lunch

2.30 - 7.00pm

Hike to Mount Batur

8.00pm

Dinner

9.00pm

Back to Raffles Bali



The journey continues with a morning meditation and yoga sculpt session that combines elements of traditional yoga with strength training and cardiovascular exercise to target specific muscle groups. After a leisurely afternoon for yourself, discover the fire cleansing ritual, an ancient ceremony for self-transformation involving reflective exercises to release negative patterns and anxieties. Flavorful, wholesome lunches and dinners are served at Loloan Beach Bar & Grill.

DAY 4

16 March 2024

7.00 - 8.00am

Breakfast at Rumari

9.00 - 9.30am

Meditation at the beach lawn

9.30 - 10.30am

Yoga Sculpt at the beach lawn

12.30 - 1.30pm

Lunch at Loloan Beach Bar and Grill

1.30 - 4.00pm

Leisure activity

4.30 - 5.30pm

Fire cleansing ceremony

6.30 - 8.30pm

Dinner at Loloan Beach Bar and Grill

9.00pm

Sleep ritual



An enchanting picnic breakfast will be served by the beach, followed by an exercise designed to shape and tone the lower body and tranquil meditation. After a wholesome lunch at Loloan Beach Bar & Grill, you will have leisure activities during the day and a culinary indulgence at Rumari for dinner.

DAY 5

17 March 2024

7.00 - 8.00am

Picnic breakfast by the beach

9.00 - 10.00am

Booty sculpt

10.00 - 10.30am

Meditation at the beach lawn

12.00 noon - 2.00pm

Lunch at Loloan Beach Bar and Grill

2.00 - 6.00pm

Leisure activity

7.00 - 9.00pm

Dinner at Rumari

9.00pm

Sleep ritual



The retreat will conclude with beach meditation and a high-intensity interval training session for a healthier, new you.

DAY 6

18 March 2024

7.00 - 8.00am

Breakfast at Rumari

9.30 - 10.30am

Full body HIIT

10.00 - 11.00am

Meditation at the beach lawn

11.30am

Departure experience

RETREAT BY RAFFLES

with KIM STROTHER

Retreat by Raffles with Kim Strother is an all-inclusive experience:

- Five nights' luxurious accommodation in an Ocean Pool Villa from 13 – 18 March 2024
- Return airport transfers
- Full board (food only) based on the scheduled itinerary
- Retreat activities following the scheduled itinerary

Single occupancy USD6,000 ++

Double occupancy USD8,200 ++

Special villa rates are available for pre and post event dates.
Etc

For more information, please contact us

WA (62) 811 3820 9559

Email bali@raffles.com

www.raffles.com/bali

 [raffles_bali](https://www.instagram.com/raffles_bali)

 [RafflesBali](https://www.facebook.com/RafflesBali)



RAFFLES SPA

Find your oasis of emotional wellbeing at the edge of a pristine Jimbaran hilltop, carefully designed to be enfolded in lush greenery and the calming sounds of nature. Inspired by Balinese architecture and ancestral techniques for relaxation and treatment, we offer a unique space to revitalise body, mind and spirit. Explore our treatments from Raffles Spa Journeys to classic facials, body massages, body treatments and Sanctuary Spa Journeys to enhance your transformative experience during Retreat by Raffles.





RAFFLES

BALI