



RAFFLES

BALI

RETREAT BY RAFFLES
with KIMSTROTHER



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.

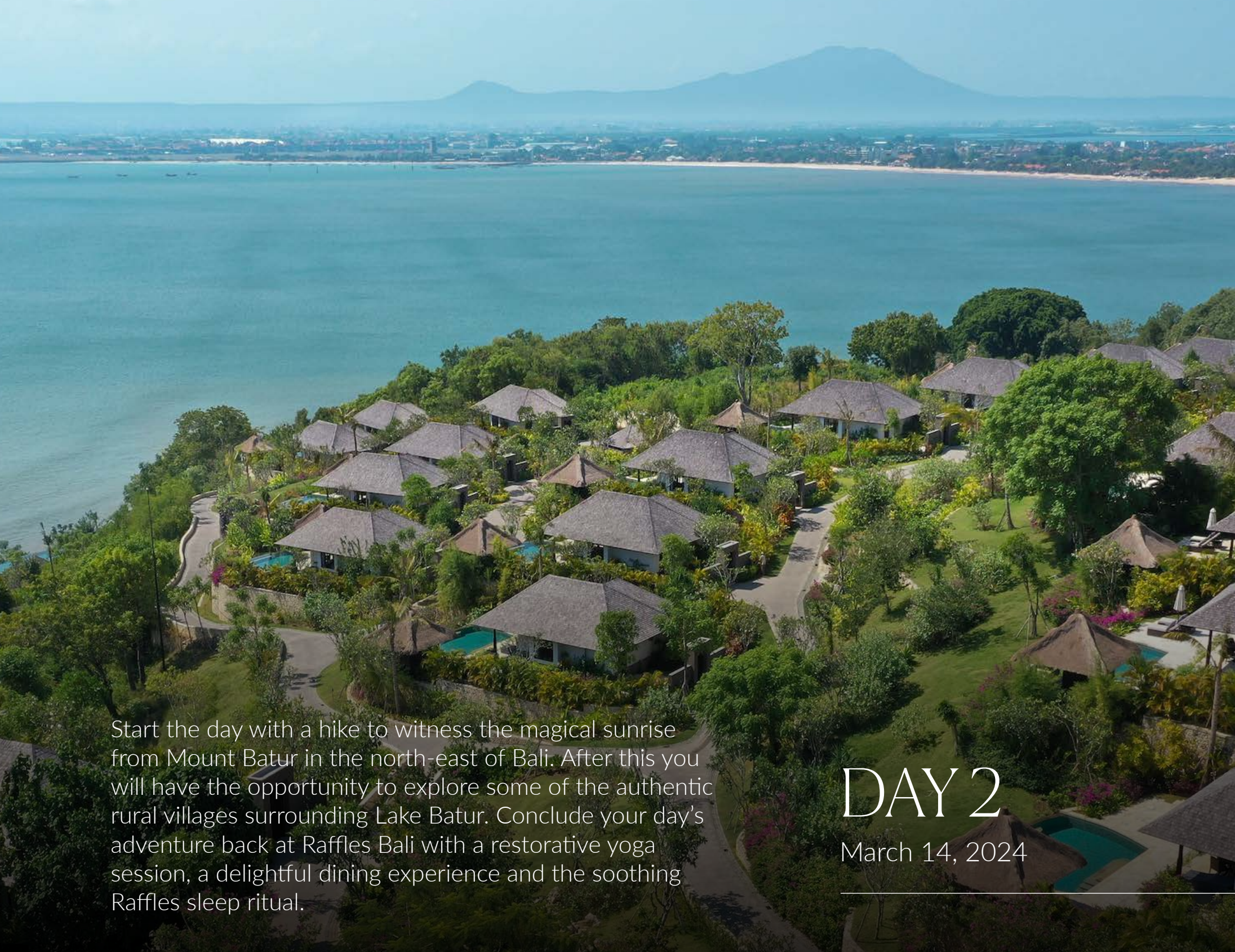
DAY 1
March 13, 2024

2:00 pm
Arrival

4:30 - 5:30 pm
Soul Blessing Ceremony

6:30 pm
Dinner at Rumari

8:30 - 9:00 pm
Sleep Ritual



Start the day with a hike to witness the magical sunrise from Mount Batur in the north-east of Bali. After this you will have the opportunity to explore some of the authentic rural villages surrounding Lake Batur. Conclude your day's adventure back at Raffles Bali with a restorative yoga session, a delightful dining experience and the soothing Raffles sleep ritual.

DAY 2

March 14, 2024

2:00 am

Hike to Mount Batur

12:30 pm

Lunch at Loloan Beach Bar and Grill

4:00 pm

Meditation and yoga class

6:00 pm

Dinner at Rumari

8:00 pm

Sleep ritual



Wake up to a serene meditation and enjoy a day of exercise routines led by Kim Strother, designed to shape and tone the lower body. Take time to yourself in the afternoon. Delicious, nutritious lunch and dinner are at Loloan Beach Bar & Grill.

DAY 3

March 15, 2024

7:00 - 8:00 am

Breakfast at Rumari

9:00 am

Meditation at the beach lawn

9:30 - 10:30 am

Yoga Sculpt at the beach lawn

12:30 - 2:00 pm

Lunch at Loloan Beach Bar and Grill

2:00 - 4:00 pm

Leisure activity

4:30 - 5:30 pm

Fire cleansing ceremony

6:00 pm

Dinner at Loloan Beach Bar and Grill

8:00 pm

Sleep ritual



DAY 4

March 16, 2024

Maximize calorie burn while enhancing strength, endurance, and overall fitness through high-intensity interval training in an outdoor setting overlooking the ocean.

7:00 - 8:00 am

Breakfast at Rumari

9:00 - 9:30 am

Full Body HIIT at the beach lawn

9:30 - 10.30 am

Meditation at the beach lawn

12:30 - 2:00 pm

Lunch at Loloan Beach Bar and Grill

2:00 - 4:00 pm

Leisure activity

6:00 pm

Dinner at Loloan Beach Bar and Grill

8:00 pm

Sleep ritual



An enchanting picnic breakfast will be served by the beach, followed by meditation and aqua yoga at the pool. The journey continues with an afternoon fire cleansing ritual, an ancient ceremony for self-transformation, involving reflective exercises to release negative patterns and anxieties.

DAY 5

March 17, 2024

7:00 - 8:00 am

Picnic breakfast by the beach

9:00 - 9.30 am

Booty sculpt

9:30 - 10:30 am

Meditation at the beach lawn

12:30 - 2:00 pm

Lunch at Loloan Beach Bar and Grill

2:00 - 4:00 pm

Leisure activity

4:30 pm

Kecak dance at Uluwatu temple

6:30 pm

Dinner in your villa

8:30 pm

Sleep ritual



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

DAY 6

March 18, 2024

7:00 - 8:00 am

Breakfast at Rumari

9:30 - 10:00 am

Full body HIIT

10:00 - 11:00 am

Full body HIIT

12:00 pm

Departure experience

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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 USD 6,000 ++

Double occupancy USD 8,200 ++

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

For more information, please contact us

WA +62 811 382 095 59

Email bali@raffles.com

www.raffles.com/bali

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

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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.





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