



# MumsGoneWise

Come and bask in the beauty of Bali, while we explore why mothers today are struggling and how you can change this for yourself, through Nicole's enlightening program. Each morning after yoga & a delicious breakfast, you will work with Nicole to break through the stories and barriers that are holding you back and learn how to create shifts so you can to become the mother you want to be.

Then spend the afternoon reflecting, rejuvenating and relaxing with your choice of complimentary one on one consultations with Nicole, in-home spa & massage treatments, meditation, swim & sunbathe with cocktails or head out to explore Bali.

Every detail of your Bali experience has been crafted to provide you with nurturing & support....the stunning surrounds, the relaxing massages, the full nights of sleep, the delicious food, the energising yoga, the reflective meditation & the insightful program, so that you can return to being the woman you want to be (remember her!?).

It is more than a holiday or break from your day to day grind. It is a unique time to shift, that you may never get again. In this way we encourage you to embrace everything the trip has to offer.

Return to your children relaxed, rejuvenated and resilient. Ready to create calm in your home like never before!

# Bali 2018 and 2019

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Bali 2018 and 2019 proved to be life changing for all who attended. Not only were life long friendships formed, mums were relaxed like never before, I remember seeing them on the fifth day, relaxing in the pool together, chatting, sipping on cocktails, laughing...so calm and grounded. Having fun and being "them". I remember thinking "THIS is the woman their child wants". Not the woman who cooks, cleans, drives, washes, wipes bottoms, wipes noses and keeps the household ticking over. Not the stressed, overworked, perfectionist, controlling, rigid woman. THIS woman...the real woman inside.

I saw her in Bali and the mums reconnected with her and then took her home to their family.

That is who YOUR children want. The real you, the fun, loving, confident, spontaneous, who gives a crap woman. The woman who knows who she is and what she wants. The woman who glows with joy, is peaceful and loves her life.

If you want your children to have her too,  
**come with us in 2021.**





# Bali gave me...

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"Freedom to be me"

"The much needed space to reconnect with and get to know myself a lot better. It gave me perspective, strength, very practical tools and a personal commitment to make the most of the wonderful life I do have. Connecting with a wonderful group of supportive (and hilarious) ladies was icing on the cake. You always worry about baggage allowances when travelling overseas, but this trip I came back with a lot less baggage than I left with!"

"The much needed head space to rediscover myself, who I want to be as a mother and as a person. Lots of laughs with a wonderful group of women, in a perfect setting. So good for the soul."

"A chance to realise that I can do anything if I make the effort and that fear does not control me. It gave me a chance to be me and focus on what I need instead of putting myself last, that I matter too and that I am important."

"New friends and lots of laughs. It was a trip I will never forget and I miss every day. It is an experience of a life time and I would do it over and over again."



# MumsGoneWise Program

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When we become mothers we not only give birth to our baby, we also give birth to a new identity, this transformation is called matrescence. But much of the attention is focused on our baby and slowly we lose ourselves, unable to recognise who we are anymore. Our new identity is unfamiliar to us, we feel almost alien to ourselves, and so we too begin to focus all our attention on our babies.

In order for our new identity to blend with our old and find a comfortable space, we as mothers need nurturing. In this era, we, as mothers, do not receive nurturing. Instead, we are criticised, judged, isolated, and bombarded with information. We are rushed, not listened to and misunderstood. We are told not to cry, that every other mother has gone through the same thing and we just need to cope. But every other woman has gone through this with a loving, accepting village around her, nurturing her and her new identity as a mother.

Because we are not nurtured, our wisdom, (our intuition) is not triggered and so we begin to mother from our thinking. We seek information, we read everything we can and google late at night, hoping to find an answer. But we never find one. Because our brain is so active, it begins overthinking and overthinking creates worry, problems and ultimately anxiety.

The overthinking then creates a need for control and perfection, and it strips our resilience to our children's unhappiness or struggle. We become chronically exhausted, stuck in a ground-hog day existence, not enjoying our new identity as a mother. The overthinking can make us feel angry, resentful, trapped and even suffocated.

# MumsGoneWise Program

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We find ourselves in a constant struggle, wanting closeness to our baby but also needing space. We can not find a balance, a space of calm where both needs are met.

Moreover, parenting from our thinking prevents our children from developing crucial skills they need to develop with a healthy mind and heart. It also creates a barrier to experiencing a truly deep connection to our children as we are constantly tired and confused about the direction we should take.



Nicole's [MumsGoneWise](#) program is designed to shift our mothering from thinking to wisdom. From depletion to energy. From surviving to cherishing. From questioning yourself to trusting yourself implicitly.



# MumsGoneWise Program

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The program will explore:

- Your new identity
- Why you experience a need for control and perfection
- Why you struggle to accept and cope with your little ones struggle
- The stories your mind tells you which keep you trapped. (These stories prevent you from letting go and mothering from your wisdom rather than your mind.)
- The art of letting go.....the hardest part of being a mother

The program is designed to provide you with insight, energy and the joy filled mothering you always wished for.

Return home free from anxiety, ready to raise your children with compassionate strength.



# After care

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Nicole is committed to continuing your growth after we return from Bali. And as part of the package she runs one refresher for you per year (unlimited) as well as one workshop for you and your partner to help him/her understand the information you have received while on your retreat.

## Flights

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### **Departing**

Departing flights on 24/10/2020 are yet to be confirmed but are included in your package.

We will meet at the Hobart airport and fly as a group to Bali. More information will be provided once the flights are released and available for booking.

### **Return**

Return flights from Bali on the 31/10/2020 are yet to be confirmed but are included in your package.

We will arrive back in Australia that evening and stay at a lovely hotel before flying home to Hobart the next morning on the 01/11/2020. This slow transition back into normal life will allow you to gently re-enter family life with all your new insights and shifts in tact.

Accommodation on the 01/11/2020 is also included in your package with no extra charge to you.

Airport transfers to and from all accommodation are included in your package.



# Location

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Despite its pristine settings in the swaying paddy fields of Kerobokan, our Villa Mannao Estate is only a twenty minute drive to swinging Seminyak and its array of spectacular beaches, shops and cafes.

The lovely Canggu and Batu Belig beaches are also just a ten minute drive from the villa.





# Accommodation

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Positioned amidst the serene settings of Kerobokan's rice fields in picturesque Bali, Villa Mannao Estate is perfect for our MumsGoneWise retreat.

All of the 10 bedrooms are stylishly furnished, air-conditioned for your comfort and comes with it's own ensuite bathroom completely equipped with all the amenities you could need to refresh and recharge your batteries for another glorious day.

With three pools in different sizes dotting the landscape, swimming a few lazy laps or hanging out poolside with a book is something you'll look forward to each day!

Free Wi-Fi is available so you will easily be able to stay in contact with your family and included in your package is a villa manager, chef and housekeepers, making this every mothers dream relaxation holiday.



# Food and Drinks

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No cooking (or cleaning) will be required. For SEVEN whole blissful nights!

Delight your taste buds with a mixture of traditional Balinese and Western favourites for breakfast, lunch and dinner, all prepared by our private chefs. And feel free to continue relaxing as our staff deliver you cocktails or Bintang's by the pool.

Three meals daily and selected alcoholic drinks are included in this amazing package.



## One on One Consultations with Nicole

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One on one consultations with Nicole are included in your package. Here Nicole can help you more personally, addressing any area you wish.

These sessions are guided by you and what you want to gain insight into.





# Spa Treatments and Massage

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When is the last time you managed to take some time to indulge in something just for you? Why not take advantage of our in home spa treatment and massage services that will be available for you to book in each afternoon.

Options include Traditional Balinese Massage, Hot Stone Massage, Herbal Massage, Full Body Scrub, Treat Your Feet, Pedicure or Manicure.

Time to relax mumma's!

## Yoga and Meditation

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Each morning before breakfast you will have the option to participate in our in home Yoga sessions and meditation in the evening.

Our instructor is able to cater to all levels of fitness and ability so whether you are a beginner or advanced, you will be able to join in.



# Private Driver

Our private driver is available for two pre-arranged trips into Seminyak & Legian so you will be able to get out and discover Bali, grab yourself some bargains or sit and have some cocktails by the beach.

## Value

MumsGoneWise Program	\$3500
Return flights	\$1000
Airport transfers	\$50
Accommodation x 7 nights in Bali	\$1815
Accommodation x 1 night in Australia	\$200
Food and Drinks	\$550
Private Chef	\$120
Personal Driver	\$100
One on One Consultations	\$1500
In home Spa and Massage	\$165
Yoga and Meditation	\$100
After care workshops x 2	\$500
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	\$9,600



# What you pay

Join Nicole on her life changing MumsGoneWise retreat

**Single room**  
**with king bed and private ensuite**

## Option 1

Pay in full now and save  
10%

Available till 24/12/19

**\$5500**

[Terms & Conditions](#)

## Option 2

Pay \$2000 now and 2 X  
\$1820 instalments and  
save 6%

**\$5640**

[Terms & Conditions](#)

## Option 3

Pay 12 installments of  
\$500

**\$6000**

[Terms & Conditions](#)



Email [contactnicolesteam@gmail.com](mailto:contactnicolesteam@gmail.com) if you have any questions.