

PACE OF NATURE, Yoga Retreat with Icy Lin & Alanna Emmerton

Date: Sept 26 (Friday) to Oct 1st (Wednesday), 2025, 6 days 5 nights

Venue: GDAS Health and Wellness Resort, Ubud, Bali, Indonesia (<https://gdasbali.com/>)

About the Retreat:

Escape the stress of everyday life and embark on a joyful and relaxing journey in beautiful Bali. Our exclusive yoga retreat offers a unique opportunity to embrace nature's tranquillity.

About Gdas Resort: Located in the heart of Ubud, Bali's cultural and spiritual hub, Gdas is a 5-star health and wellness resort for those who wish to experience the finest of Bali. You will be amazed by the area's healing energies for your mind, body, and spirit!



Jalan Cempaka, Banjar Kumbuh,
Mas-Ubud

- **Central Ubud** – 2 KM (5 minutes)
- **Ngurah Rai International airport** – 34 KM (1 hour – 8 minutes)
- **Benoa Harbour** – 26 KM (45 minutes)
- **Padangbay Harbour** – 40 KM (45 minutes)
- **Nusa Dua** – 40 KM (1 hour – 20 minutes)

What to Expect:

- Beautiful Scenery / Curated Vegetarian Meals / Yoga Classes / Relaxing Massages / Wellness Facilities
- Fun Activities: herb drinks making, Balinese dancing, mountain hiking, water rafting, temple & waterfall visiting, coffee tasting, etc.

Why Join Us?

This retreat is not just about yoga; it's about embracing a lifestyle of wellness and peace. Join us on this incredible journey and experience the magic of Bali!

About the Teachers:

Icy: with a decade of experience in the finance world at J.P. Morgan, Icy transitioned to yoga teaching at Pure Yoga after becoming a mother, prioritizing her clients' health over wealth. Following her own struggles with chronic back and shoulder pain, she sought treatment at the Hong Kong Sports Clinic, which inspired her to become a movement therapist. Icy combines her corporate insights with her passion for wellness, creating a holistic approach to fitness. She specializes in mobility, yoga, Pilates, and fitness training, helping others become pain-free, move better, recover effectively, and achieve their goals.



Alanna: first discovered yoga as a means to manage back pain and enhance her mental health while studying at the University of Edinburgh. Upon returning to Hong Kong, she ventured into the digital marketing field within the beauty and wellness industry. Alongside her professional career, she taught yoga to share its healing and transformative benefits. Alanna's holistic approach integrates yoga, Pilates, mobility, meditation, mindfulness, breathwork, and art therapy, empowering individuals to move and feel better. Her goal is to help others live life with greater ease, peace, and joy.

Icy and Alanna are good friends and colleagues. They have hosted a yoga retreat together in Vietnam Alba Wellness Resort in 2024 taking care of 20 happy guests.



Retreat Program Schedule

Sept 26th Day 1 Friday

10am: Cathay Pacific CX785 flight to Bali Denpasar Airport, estimated to arrive @3pm

~5pm: arrive in GDAS Resort

(Airport pick-up service included)

5-7pm: Free time

7pm Welcome Dinner



Sept 27th Day 2 Saturday

7:30-9am Morning Yoga (1) – Partner Yoga included

9am-10:30am Breakfast

10:30am-1pm Free time

1pm-2pm Lunch

2pm-3:30pm Free time

3:30-5pm Visit Herb Garden & Making Loloh

5-6pm pm Afternoon Yoga (2) – Relaxing Stretch

6:30pm-8pm Dinner

8:30pm-9:30pm Evening Yoga (3) – Restorative Yoga



Sept 28th Day 3 Sunday

7-8am Breakfast

8:15am half day tour to Tegala Waja for white water rafting, lunch with meat option included

3pm Back to resort

6pm-7:30pm Dinner

8pm-9pm Evening Yoga (4) – Yin Yoga



Sept 29th Day 4 Monday

7:30-8:30am Morning Yogalates (5) (Yoga combined with Pilates)

8:30am-10:00am Breakfast



Sept 29th Day 4 Monday Continued

10:00am-1pm Free time

1pm-2pm Lunch

2pm-5pm Free time

5-6pm Afternoon Yoga (6) – Inversion Basics

6:30pm-8pm Dinner + **Balinese Dancing Performance**

8:45pm-9:30pm Evening Yoga (7) – Meditation, Breadthwork & Yoga Nidra



Sept 30th Day 5 Tuesday

7am departure with hotel packed breakfast box

Full day tour 8-9 hours, expect to be drop to Ubud town before 4pm

- **Kintamani area to enjoy the breathtaking view on Mt. Batur**
- **Gunung Kawa Rock Temple to understand local culture**
- **Segara Windu Coffee Plantation to enjoy a cup of relaxation with rice paddy view**
- **Manuaba Waterfall to immerse yourself into the nature**
- **Lunch included**

4-6pm souvenir shopping and sightseeing in Ubud town

6-8pm farewell dinner with meat options included at Ubud town

9pm back to resort



Last Day

Oct 1st Day 6 Wednesday

7-8am Morning Yoga (8) –Total Body Mobility

8am-9am Breakfast

9-11am Free time

11-12 noon early lunch

12pm depart for airport (flight at 4pm)

4pm Cathay Pacific CX784 departure, estimated to arrive in HK @9:15pm



Program highlight and Pricing: inclusive of below

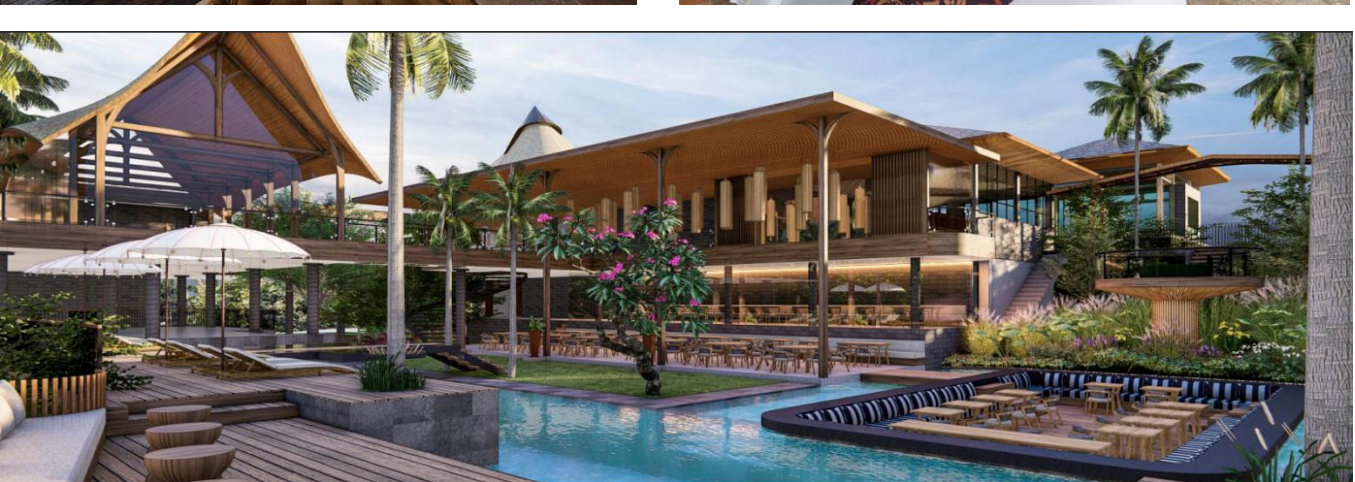
- 5 nights of luxury accommodation at a 5-star resort, taxes and service charges included
- All 15 meals of breakfast, lunch and dinner during the entire retreat period
- 1 session of 60-minute Indonesia style massage during the stay
- 20% off to extra massage sessions from the spa menu
- Free use of the facilities such as gym, swimming pool, hot & cold plunge pool, steam & infrared sauna room (wow!!!)
- Wi-Fi internet in room and resort area
- 8 yoga classes with Icy and Alanna
- All activities for half day and full day tour in Bali
- Balinese Dance Performance
- Round-trip airport-resort transfer from Bali Denpasar Airport
- Discounted room rate for extended stay, IDR 3,600,000 per room per night

All prices below are per person for 6 days, 5 nights, excluding airfare

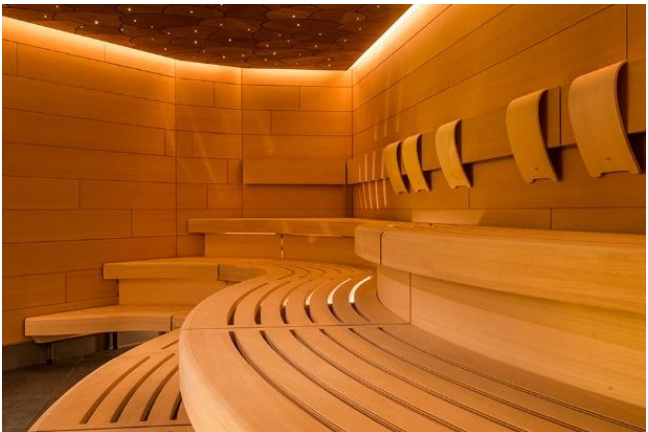
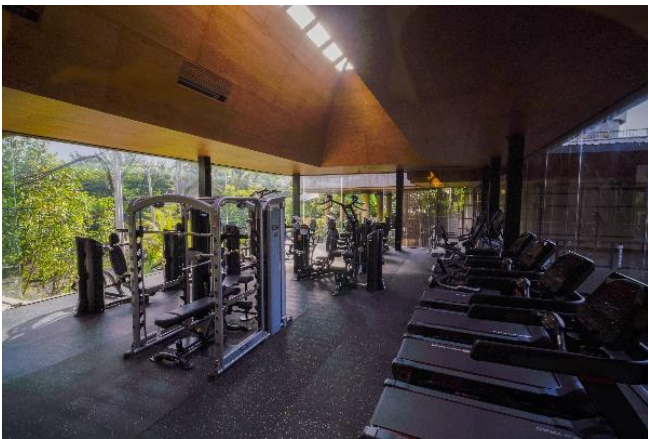
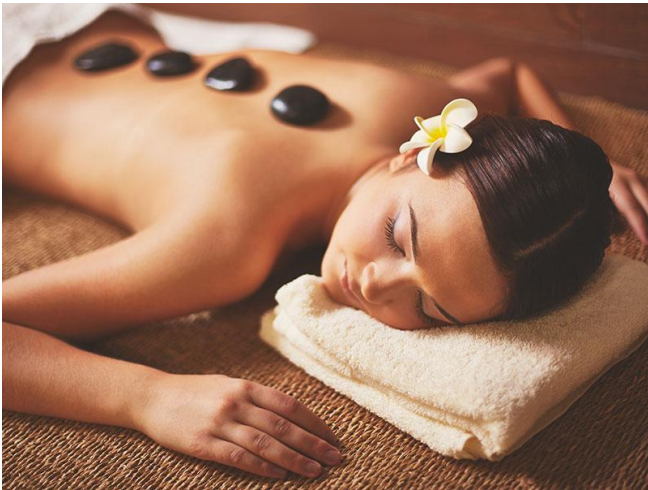
Room Types	Early Bird Price (Ends on Feb 28, 2025)	Regular Price
Grand Deluxe Single Occupancy	18,500	21,500
Grand Deluxe Double Occupancy	15,500	18,500



Room Pictures:



Free time activities: *massage, spa, gym, swimming pool, traditional & infrared sauna, cold plunge*



Other PAID activities in resort: <https://gdasbali.com/health-suite/>



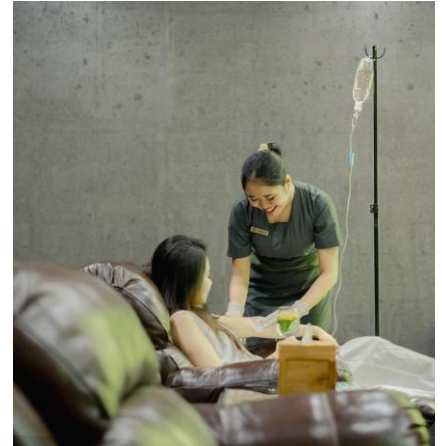
CRYOTHERAPY

Embrace ultra-low temperatures: negative 200–300°F and experience reduced inflammation and enhanced recovery in just 3 minutes.



LIVE O2

Breathe high levels of oxygen for enhanced detoxification and improved cellular function for optimal performance and well-being.



IV Drips

IV Drips enhance immune function, fight oxidative stress, promote anti-aging, rehydrate, and boost energy.



SALT THERAPY

Experience the healing benefits of Salt Therapy in cozy chamber. Cleanse your airways, alleviate respiratory issues, and rejuvenate your skin with every breath.

Terms & Conditions

Photos and videos may be taken, solely for Hong Kong Sports Clinic+ and GDAS BALI HEALTH AND WELLNESS RESORT'S marketing purposes.

Minimum Number of Students:

This programme requires a minimum of 10 students.

We advise participants to only book the flights after the minimum number has been met.

Refunds/Cancellations:

If the program gets cancelled by the teacher, the program fee will be fully refunded to the students. No refund will be issued for cancellations from students' side starting 1 July 2025. Credits can be issued for future 1:1 session bookings with Hong Kong Sports Clinic+.

Visa Entry & Requirements:

- Please comply with all visa and health requirements of Indonesia. Hong Kong Sports Clinic+ is not liable for any illnesses, delays or costs resulting from your failure to meet these requirements.
- Please ensure that your passport is valid for at least 6 months from the day you arrive in Indonesia
- For more information about travel visa, please visit: [The Official eVisa website for Indonesia](#)

Travel Insurance:

- Travel insurance is NOT included in the package; therefore, we highly urge you to arrange your own travel insurance.

Contact & Enquiries:

- For enquiries or more information, please contact Icy Lin, WhatsApp: +852 9740 3927 or Alanna Emmerton, WhatsApp: +852 9511 7577.

Suggested flights:

Flight from Hong Kong to Bali: prices are subject to change

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Hong Kong ↔ Denpasar



Round trip · Economy · 1 passenger


HK\$6,095

Lowest total price

[Track prices](#)

Selected flights

	Fri, Sep 26 · 10:00 AM – 3:00 PM Cathay Pacific	5 hr HKG–DPS	Nonstop	251 kg CO2e -21% emissions ⓘ	▼
	Wed, Oct 1 · 4:00 PM – 9:15 PM Cathay Pacific	5 hr 15 min DPS–HKG	Nonstop	250 kg CO2e -26% emissions ⓘ	▼

 1 free carry-on

Baggage conditions apply to your entire trip. Bag fees may be higher at the airport. [Cathay Pacific bag policy](#)



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