



Join us on a two-week Wellness for your Body, Mind & Soul
on an Adventure in

Bali

14th – 29st November 2011

ShangriLa Oceanside Resort & Spa *on the North Shore of Bali*

www.bali-shangrila.com

with



Ilona Selke & Don Paris Ph.D

www.ilonaselke.com www.se-5.com

Don and Ilona have led these highly successful seminars for the last 22 years.

Experience the Island of the Gods and take time to experience Inner Peace, Transformation & Inspiration. Come on an exotic trip filled with treasures for your Soul!

We will practice Wellness Habits in three areas:

- **Physical Strengthening:**
 - Daily YOGA, Yogic Breath, Chakra Meditations,
 - Vegetarian food
 - Exhilarating excursions for our bodies to rejoice in water, air and land.
 - Nearly daily massages
- **QUATNUM HEALING TECHNIQUES:**
 - Two-point Holographic Imaging
 - Long Distance Healing
 - ESP training
 - Soul Star Activation and Healing from the Divine Blueprint
 - Holographic Imaging,
 - Past Lives Journeys,

- **EXCURSIONS:**

- **Go on 5 early morning boat rides** to see the dolphins, (as the dolphins are not that accustomed to human contact, these rides will be on small fisher boats)
- A day-excursion to a world class reef Mengangan
- Enjoy our culinary exquisite food by the ocean side
- Watch exquisite Balinese dances
- Go on a trip to a natural Hot Spring
- Hike to a large, breathtaking waterfall
- Visit an authentic Balinese Fishermen Village
- Visit Bali and Buddhist temples
- Visit a Bali Seer “DUKUN” and get a personal reading
- Join in our famous singing of Bajans and Mantras with Bruce BecVar and dancing
- Explore Ubud on a two-night, three-day excursion, and the city of Artists.



*This is truly a holiday for your Soul,
where we will experience higher frequencies, creative self discovery,
and where we will take time
to enter into realms of higher consciousness,
that are waiting for you to be explored.
Come with us on a trip into the land of Heaven on Earth!*

In these two weeks in Bali, at the beautiful *ShangriLa Oceanside Resort & SPA*, we will create a unique atmosphere which allows our souls to rise to higher plateaus, go deeper into our purpose and make space for our soul to realize itself in the next phase of our lives.

Our days will be filled with a rhythm of exploring the inner and outer beauty. In the early mornings we will go out to meet the Dolphins on outrigger-fisherman boats, and enjoy the famous beauty of Bali's North Shore at sunrise.

You may get to swim in the warm waters with dolphins or dive and snorkel, and enjoy the rich coral and fish life in the ocean in front of *ShangriLa*.

After the boat rides we will start our mornings with gentle Yoga, followed by meditation. Daily after breakfast will gather for two hours to be guided into Soul-Journeys in order to experience the heights of our consciousness.



During lunch and dinner you will be able to gaze onto the gentle waves of the ocean while you will enjoy the culinary delicacies of Bali, or sipping your delicious fruit juices. We will make sure we have enough time to just BE, and will take time in the afternoons to sunbathe, experience deep relaxation and be pampered by daily massages.



Nine daily massages are included in your package price so each day you can receive a massage of your choice or enjoy a pedicure or manicure, or you may want to try our Fullbody Reflexology Treatments.

If there is time you can order a flower petal bath in candle light, just for you.

In the later afternoon we will meet again for two hours to explore our inner psyche and to transform blockages that are currently holding us back from our visions, under the guidance of Ilona.

In the evenings we can gather to sing Bajans and Mantras together by a beach fire, or dance in the Meditation Temple.

We will meet as an order of higher Beings and hold the space of inner quiet, as we enter states of expanded states of reverence, awe and higher consciousness together. In all of our senses we will experience Heaven on Earth.

Alternating with our inner journeys and transformational work we will take day-trips to explore the culture of Bali.

We will go on the following excursion:

- a Buddhist Temple
- the luxurious warm water baths
- admire the beauty of Balinese Hindu temples,
- go snorkeling at the breathtaking dive spot off the Island of Menjangan,
- go hiking along a small brook amidst large rocks and lush jungle and drink juice

from a freshly cut coconut,

- we will conclude our hike by bathing under the exhilarating refreshing waterfall and birthing our natural strength again.
- visit the Artist's town UBUD for 2 days
- optional: we will visits a renowned Acupuncturist Dr. Akuh in Ubud

In the middle of our two-week Bali vacation we will spend two nights in the renowned Artist's town UBUD, where we will explore and enjoy the cultural riches of Bali. We will watch exquisite Balinese dances, such as the Ketcak Fire Trance Dance and the Barong or Legong Dance and eat in artistic and very quaint restaurants.

During the days in Ubud you will have time to explore the many little shops on your own, that Ubud offers along Monkey Forest Road, and visit the local vibrant Bazaar with its many fruits and clothing, in order to bring back home some genuine handcrafted art from Bali.

While in Ubud we will also visit a Balinese Seer, a "DUKUN" whom we have known for a number of years, which will surely be a very magical experience, and time permitting, we will see a typical Balinese family living in an extended family compound. Experience Bali as Balinese people experience it!

Ubud offers some of the most beautiful restaurants where you can enjoy delightful international food, great ambiance and most creative environments. Experience your own version of *Eat, Pray, Love* in Bali

Everything is offered in an all inclusive
two week-package, for 1995 € plus flight
A vacation that will serve as an activation of your Soul.

Come and let us experience higher frequencies together and take time to experience the wonders and beauty of this world
.... on a trip to the Island of the Gods.....

Stay at the magical ShangriLa Oceans Side Retreat & Spa



www.bali-shangrila.com

What you should know:

- 1) We will enjoy two weeks of vegetarian gourmet dishes, with fish options, and healthy smoothies and juices, **but no alcohol.**
- 2) In preparation for the vacation we highly recommend the following reading: **“Wisdom of the Dolphins” and “Dolphin, Love & Destiny”** by Ilona Selke www.ilonaselke.com
- 3) Please also read cultural information and BASIC GREETINGS and short PHRASES <http://se-5.com/balivilla/blog/?p=34#more-34>
- 4) Please look at our Blog for further cultural information: www.shangrilablog.com
- 5) The first night of seminar we will meet at the KUMALA PANTAI Hotel at 5:30 pm in the lobby.

MEETING HOTEL



www.kumalapantai.com

Hotel Kumala Pantai

Jl. Werkudara, Legian Kaja, Kuta 80361

Tel.: +62 361755500,

Fax: +62 361755700

Email:

<mailto:kumalapt@indosat.net.id>

Webseite : www.kumalapantai.com

- 6) We will go to dinner as a group on the first evening, spend the first night at the KUMALA PANTAI Hotel and leave for Shangrila Oceanside Retreat the following day. If you wish to come earlier please arrange extra nights at the Kumala Pantai by writing them an email. We will also stay the last night at the Kumala Pantai.
- 7) Your passport **has to be valid for at least 6 months when you enter Bali.** As a tourist you will receive a VISA on arrival for 30 days for US 25.- which you have to bring in USD Cash! You will also need approx. 18 USD to leave Bali at the airport.
- 8) After your registration you will receive more details as to where to go & what to bring.

We are looking forward to our adventure in BALI, the island of the Gods!

Yours, Ilona Selke & Don Paris
www.ilonaselke.com & . www.se-5.com
www.livingfromvision.com and www.baliseminars.com

Place: **SHANGRI LA**
Oceanside Retreat & SPA
www.bali-shangrila.com

Take a photo tour on the internet.

Course Facilitator: Ilona Selke & Don Paris

Dates: 14th - 29th Nov. 2011

Price: 1995€
plus flight



with Ilona Selke & Don Paris

BOOKING & PAYMENT INFO: Payment may be made via VIASA or MASTER CARD, or via

50% Deposit required

Total: \$ 2600 USD

Bank transfer

Living From Vision

P.O. Box 1530
Stanwood, WA 98292
USA

Tel: +1-360 -387- 5713
FAX: +1-480 -247 -4214

Booking per E-mail:
info@ilonaselke.com

Full payment or 2nd half
of payment due End of
September 2011

Bank Wire Information:

In the USA:

Account Name: Living From Vision

Business Account number: 35637 00

Bank Routing Number: 125 0000 24

Bank Name: Bank of America

Bank Address:

Bank of America

P.O. 669

26929 102nd Ave N.W.

Stanwood, WA 98292

USA

Bank Phone: (001) 360-629-2131

Registration

Bali Adventure & Soul- Seminar

1995 €for 15 days all inclusive

14- 29. Nov 2011

Please send this portion of the Registration

- per Fax: +1480- 247- 4214
- or per Email to : info@ilonaselke.com

50% deposit due upon registration.

Full payment due 6 weeks prior to Seminar.

Name: _____

Street: _____

City: _____

ZIP : _____

Tel: _____

Email: _____

Credit Card Number: _____

Exp. Date: _____ / _____

Security Code: _____

(the last three digits on the back of the card behind your signature)

Contact information in case of an emergency :

Special food needs or allergies :

Living From Vision

P.O. Box 1530

Stanwood, WA 98292

USA

info@ilonaselke.com

Tel: +1 - 360 -387- 5713

FAX: +1-480-247-4214

TESTIMONIALS:

Ma chere Ilona, Mon cher Don,

I would like to thank you both for an excellent and intense training, in which I fully participated,

And I thank you very much, both of you, for the LOVE you gave to me: discussions, advises

Earset...Time!...Sharing and Caring!

I am Happy, thanks to You! My confidence is back, I love myself again.

I loved every minute of my stay with you both, and I congratulate You for your

Achievement ... The Beauty, Elegance, Charm, and the respect and friendship

With every one working with you; this is a very important part of the Harmony...

The Time You shared with me and us, was fabulous...in French: MAGNIFIQUE!.

You are in my heart, permanent and comfortable and I thank you every day for

Me being reborn in LOVE and PEACE...

BON VOYAGE et a BIENTOT...

Dear Ilona and Don

Well, we are back in the thick of it bumping up against the real world and juggling 3 kids.

... to both of you a very heartfelt thank you for creating such a beautiful space and sharing it with us while facilitating transformation. It was huge for both Brian and I. It was definitely just what we needed and both enjoyed the processes.

...we are looking at life through a different lens. We have made a few small changes. Brian still hasn't touched red meat or had any alcohol! I am more focused to get in my daily meditation and really try and go to a higher place as often as I remember. We snuck in a breakfast together after dropping the kids at school. When conflict arises we are more focused, open and able to deal with it. We are more connected.

Love and thanks too to all the staff for all their energy, love and support. It was beautiful.

Have fun.

Lots of love B&B

Dear Ilona

I have been back for two weeks now and I am still floating in the energy that I was allowed to refuel with in Bali with you.

I am so happy that I was able to experience this seminar with you both. It was truly the BEST that could have happened to me.. YES...the two weeks with you were fantastic!

Sensitive friends and people in my environment are giving me the feedback, how much stronger my aura has gotten. That is a great confirmation for me as well.....

with Love yours T.

Dear Ilona and Don

We are back since two weeks now and it sure has taken me time to adjust, which I have done in a very gentle and beautiful way.

J. and I are much closer and in tune with one-another than we have been for a very long time and I am enjoying this feeling very much.

J. is in bliss about Bali and tells me every day how happy he is about the reconnection with you and Don. I know he truly and deeply loves you and is grateful for his experience with you.

The beauty you and Don have created with your colleagues/employees is so energizing, uplifting and how I feel life is meant to be experienced and shared.

Thank you for showing us this way and I drank all the connecting and heart space I experienced there with full consciousness.

yours C.

(original form T. in German)

Liebe Ilona,

ich bin nun seit 2 Wochen wieder zurück in Österreich und schwelge noch immer in der Energie, die ich bei Euch auf Bali tanken konnte.

Ich bin so froh, dass ich dieses Seminar mit Euch erleben durfte. Das war das beste, was mir „passieren“ konnte.

...Ja, die 2 Wochen bei Euch waren für mich fantastisch! Bei sensitiven Menschen in meinem Umfeld bekomme ich immer wieder die Rückmeldung, wie stark sie meine Aura nun wahrnehmen. Das ist auch eine tolle Bestätigung für mich....