



SVARGA LOKA  
RESORT

A New Lease On Life

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www.svargalokaresort.com



# SLEEP BEAUTIFULLY

Improve your quality and quantity of sleep



**Stuart Bold**, a professional teacher and practitioner, specialising in evidence-based integrated health and wellbeing

This is for you have challenges with sleep; getting to sleep, quality of sleep, quantity of sleep, uninterrupted sleep. It is also for you if you have challenges during the waking hours with stress, anxiety, worry, high-emotions, poor physical, mental or emotional health and also if you generally wish to improve your quality of life – as all of these, and much more, have a strong relationship to sleep.



*Svarga Loka* sits on the banks of the beautiful Campuhan river in Ubud, Bali. Offering luxury accommodation and a wide range of facilities for spa, wellness, dining, yoga and meditation. Whether you are looking for a wellness getaway, a private retreat venue, or a Balinese cultural experience, the relaxing and friendly atmosphere at Svarga Loka Resort awaits.

Welcome to the Good Kingdom.



**Programme Date**  
**1 - 30 September, 2017**

Programme only	:	5 Days	US\$
		7 Days	US\$

		Single	Double
Physical Therapy Program	5 nights	1,225 US\$	1,675 US\$
PLUS room and breakfast	7 nights	1,755 US\$	2,425 US\$
Physical Therapy Program	5 nights	2,675 US\$	2,225 US\$
PLUS all inclusive retreat	7 nights	3,785 US\$	3,155 US\$

*Please contact us for details and pricing for extra nights and longer program stays.*

**Contact Details**  
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