

SheruNZ

Bali 2026

Retreat

DATES

20th - 26th July 2026

INVESTMENT

\$3,400.00 NZD

info@sherunz.org

www.sherunz.org/retreats



Join us for a life-changing week in Bali, where balance, adventure, culture and inspiration meet.

Immerse yourself in the islands rich heritage, from ancient temples to sacred sanctuaries, run / hike through breathtaking landscapes.

A perfect balance of physical experiences, cultural exploration, personal inspiration, cultural emersion, cullinary delights and shopping heaven.

This retreat offers an unforgettable opportunity to escape winter and reconnect with yourself and friends in one of the worlds most enchanting destinations.

INCLUSIONS

7 nights accommodation

all breakfasts / group lunches or dinners*

* some meals own cost

airport & activity transfers

guided runs / hikes, including, Mt Batur, beaches,
waterfalls, jungles, rice fields, villages, forests

yoga / massage

monkey forest

river tubing

cooking class

bali cultural activities

day spa

markets / shopping

6 weeks preparation support

retreat Insurance (optional add on)



EXCLUSIONS

flights to and from Bali / personal travel insurance / visas entry
requirements * approx nzd \$70 / additional meals not included / personal
spending money.

FAQ's

WHO IS THIS FOR?

This retreat is designed for women who are looking for connection, adventure, and a deeper sense of self through movement and travel. Whether you're an avid runner, passionate hiker, or simply someone craving time away to recharge and reconnect, this is for you. Expect a supportive, inclusive space where friendships are formed, confidence is boosted, and wellness is prioritised.

WHAT DO I NEED TO JOIN?

A can-do attitude – open to challenge, growth, and good laughs.

A willingness to step into a new culture, embrace Bali's beauty, and try new things.

A desire to connect with likeminded women who value community, movement, and joy.

We're here to support you every step of the way – including free fitness plans if you'd like one.

HOW FIT DO I NEED TO BE?

You don't need to be an elite athlete!

A base level of fitness – if you can jog, fast hike or power walk for an hour or more, you're ready (and we can help you prepare!).

WHAT HAPPENS IF I GET SICK OR INJURED BEFORE OR DURING THE RETREAT?

We understand that life happens. If you become unwell or injured before the retreat and can no longer attend, please note that SheRunz does not offer refunds or transfers. However, we do offer an optional Retreat Insurance add-on at the time of booking, provided by a third-party insurer. It's your responsibility to read and understand the policy terms to ensure you're covered.

If you get sick or injured while in Bali, our team will support you and help arrange local medical care — but all associated costs are your responsibility, so comprehensive travel insurance (including medical and trip cancellation cover for Indonesia) is mandatory.

By registering, you agree to all SheruNZ Terms & Conditions, Privacy Policy, and Indemnity as outlined at www.sherunz.org.

ARE ALL ACTIVITIES COMPULSORY?

No – all activities are completely optional. This is your retreat, and we encourage you to listen to your body and do what feels right for you.

You are welcome to opt in or out of any scheduled activity. If you feel like you need a rest day or quiet time to yourself, we fully support that. However, please note that no refunds or partial credits are offered for any activities you choose not to participate in.

ABOUT US



Meet Kerryn & Gus – Founders of SheruNZ Women's Retreats.

From nervous first hellos to building a powerful friendship through shared miles, motherhood, and menopausal madness—Kerryn and Gus know firsthand the strength found in community.

Their experiences as endurance athletes (Kerryn representing NZ on the world stage, and Gus bringing unstoppable energy as a running grandma) inspired them to create SheruNZ: a space just for women to connect, move, rest, and be themselves.

Through SheruNZ Women's Retreats, we offer a chance to reset—combining movement, mindfulness, nature, and pampering with real conversations and laughter. Whether it's trail running, hiking, yoga, cold dips, shared meals, or wine by the fire, every retreat is designed to empower women, at every age and stage.

Because it's not about how far or fast you go—it's about feeling safe, seen, and supported. And having a damn good time along the way.