



SheruNZ

RETREATS | EVENTS | COACHING

BALI 2026

Retreat



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, culinary 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, incl 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 (opt. add on)

EXCLUSIONS

flights to & from Bali / personal travel insurance / visa entry
requirements / additional meals / personal spending



DATES:

20th - 26th July, 2026

INVESTMENT:

\$3,400.00*

**terms & conditions apply*



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!).

FAQ's

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.

WHAT IF I GET SICK / 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.

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ABOUT US



Meet Kerry & Gus – Founders of SheruNZ Women’s Retreats.

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

Their experiences as endurance athletes (Kerry 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.

www.sherunz.org