

Ubud Weight Loss Launches 21 Day Weight Loss Retreat in Bali

The 21 Day Weight Loss Retreat is a complete life reset. It is suitable for anyone who wants to lose weight, reduce stress and increase their energy levels in a supportive environment in tropical Bali.



Perth, May 23, 2019 (Issuewire.com) - The [21 Day Weight Loss Retreat](#) launches on the 6th - 26th October 2019 in Ubud, Bali.

This highly successful and effective weight loss program is run by [Katrina Love Senn](#). She is a healer, teacher and author of 2 books, *Losing Weight is a Healing Journey* and *Heal Emotional Eating For Good*.

Katrina knows firsthand just how frustrating and confusing it can be to live with yo-yo dieting, emotional eating and eventual weight gain.

Finally, after years of struggle, Katrina discovered what it takes to lose weight and keep it off for good. With the help of a healing guide, she lost over 60 pounds naturally without diets, drugs or deprivation. At the same time, she also healed her chronic asthma and eczema.

Now she has created this [21 Day Weight Loss Retreat](#) to help other people to lose weight, heal

emotional eating and start living their dreams.

A past retreat participant from Australia says, *"I have lost 10 kilograms since the 21 Day Weight Loss Retreat with Katrina Love Senn and I'm feeling really good about myself. I've even started dating again..."*

This revolutionary weight loss program in Bali is urgently needed. Weight concerns are one of the biggest issues for those living in the western world. Some recent studies indicate that 70% of the world's population are considered overweight and 40% of them are classified as morbidly obese.

The [Ubud Weight Loss](#) retreat centre is set in a luxurious 4* resort on the healing island of Bali in Indonesia. It is conveniently located only about an hour from Denpasar Airport.

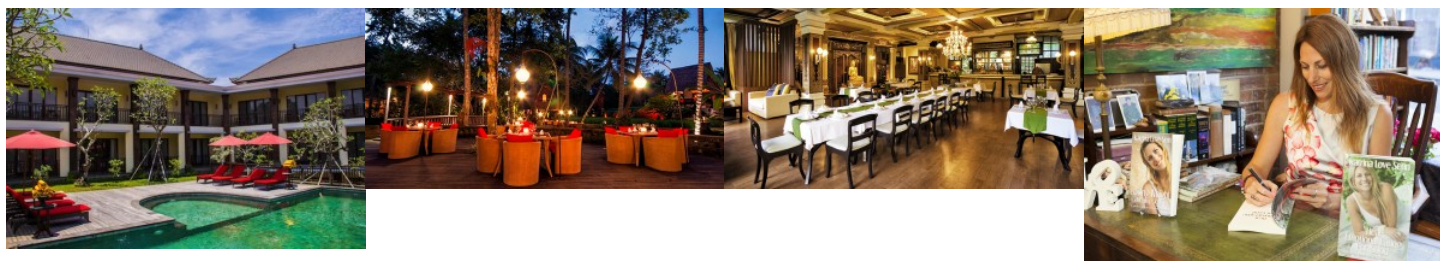
The location is idyllic. Embedded in lush Balinese gardens the retreat centre provides you with an elegant, tranquil and serene environment. It is a genuine healing refuge and is the perfect escape into an idyllic space where stress, pressure and barriers dissolve.

The 21-day healing program is an all-inclusive one, with delicious healthy food, gentle movement classes and fun, relaxing excursion, all in a beautiful location. On this retreat, you will experience the 'real' Bali in a caring and supportive environment.

The detoxification and weight loss [retreat program](#) takes a holistic approach to lose weight. It honours and respects each person on their own healing journey. So they can leave feeling deeply relaxed, lighter and inspired about life!

A past retreat participant from Australia says, *"I lost 8 kilograms on the 21 Day Weight Loss Retreat with Katrina Love Senn and I feel inspired and motivated to carry on with my journey when I return home."*

Want to lose weight in paradise? Come and join the life-changing [21 Day Weight Loss Retreat](#) in Ubud, Bali.



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