



FlowSkate

MOVEMENT AND CONNECTION RETREAT - UBUD BALI

Imagine a week in the cultural heart of Bali, fully devoted to you, your skating journey, and connecting with inspiring people from around the globe who share the same passion. Your body feels lighter, your mind opens up, and you belong to a real community.



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WELCOME

Hi! Sofi and Heidi here, welcoming you into the beginning of what we know will become one of the most memorable weeks of our lives.

We all love skating. We love feeling strong, creative, expressive and free... but sometimes life gets in the way. Our Flow Skate Retreat was born from that very feeling, the desire to reconnect in a wholesome, grounded and joyful way with ourselves, our goals, our skating journey, and with others who understand the soul of this movement.



Throughout the week you'll experience a beautiful mix of skating classes, yoga, nourishing meals, creative workshops, cooking moments, cultural immersion and connection activities designed to bring us together and help you reconnect with parts of yourself that sometimes we forget to celebrate in everyday life.

We chose Ubud, because it holds a kind of magic that supports this journey. In Balinese culture, the philosophy of Tri Hita Karana, the harmony between people, nature and spirit, beautifully mirrors the intention of this retreat, where movement, connection and wellbeing come together as one. By the end of the retreat, our hope is that our group become a little family, supporting each other, celebrating progress, and sharing the kind of joy that only wheels, nature and community can create!



We can't wait to spend this time with you. 🌸辊





CONNECTIONS

TO NATURE



In Bali, nature isn't just a backdrop, it's going to be our guide. The warmth, the jungle sounds and the slower rhythm of the island help your body settle, breathe and become more present. That presence translates directly into our skating and movement, making balance, flow and awareness feel more natural. It's like a dream on wheels!

TO PEOPLE



The real magic of this retreat is the people beside you, who love skating, movement and good vibes just as much as you do. It's easy to feel at home when everyone speaks the same 'skater language'. As the week goes by we look for the time shared to turn us into a mini family. It's the kind of connection that makes everything feel lighter, happier and extra special.





YOUR RETREAT

At Flow Skate, we've designed a week that supports your mind, body, and creativity. Every detail is taken care of so you can focus on growth, connection and joy.

WHAT'S INCLUDED

Accommodation: 6 nights in a private Balinese villa with pool, beautiful shared spaces for group activities and relaxation and daily housekeeping. Access to an Ubud Sport Club for gym, spa, sauna, skate park



Meals: 3 nourishing meals per day prepared by our private chef - fresh, wholefood breakfasts, balanced lunches and delicious group dinners. Dietary requirements can be catered for (notify us in advance).



Activities: A curated blend of movement, learning and exploration with daily yoga sessions, roller dance workshops, flow technique + skills sessions, with open practice hours. We will also include mindfulness, breathwork or meditation (depending on schedule).



Excursions & Cultural Experiences: You will be welcomed with a Balinese cultural ceremony or blessing. We will explore our surrounds with local excursions (beach, markets, waterfalls or temple visits depending on program) - including transport.





YOUR RETREAT

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WHAT'S INCLUDED CONTINUED

Support & Coaching: Daily connection with your Flow Skate Retreat leaders, 1:1 technique guidance opportunities, Community circles and check-ins and pre-retreat group chat access.



Airport Transfers: Return airport transfers between Denpasar Airport and our villa in Ubud, within designated arrival/departure windows.



Bonus Inclusions:

- Welcome gift pack
- Retreat workbook/journal
- Professional photos/video highlights where available

WHAT'S NOT INCLUDED

- International or domestic flights
- Travel Insurance (strongly recommended)
- Additional excursions or personal spending
- Indonesian visa approval and cost





CODE OF CONDUCT

Flow Skate Retreats are created to be a safe, supportive, transformative experience for everyone. By joining us, you agree to uphold the following values:

1. Respect for the Community

- Treat all participants, staff and locals with kindness and respect.
- Allow others space to learn and express themselves.
- Celebrate diversity - all backgrounds, identities and abilities are welcome.

2. Safety First

- Follow safety instructions during yoga, skating and excursions.
- Only participate in activities you feel physically capable of.
- No reckless behaviour on wheels or in shared spaces.

3. Substance Use

- The retreat is alcohol light. We prefer participants choose not to drink at all. If you choose to drink, please do so responsibly and not during the Program.
- Recreational drugs are strictly prohibited.

4. Shared Spaces

- Keep communal areas clean and considerate.
- Respect quiet hours and the personal space of others.

5. Consent & Boundaries

- Always ask before touching another person (including hands on assistance).
- Emotional respect is just as important - no pressure, judgement or unsolicited critique.

6. Confidentiality

- What's shared in circles or group spaces stays within the group.

7. Cultural Respect

- Follow guidance during Balinese ceremonies, temple visits or cultural activities.
- Dress appropriately when required.

Violating the Code of Conduct may result in you being asked to step out of activities or, in serious cases, leave the retreat without refund.





VILLA GUIDELINES

HOUSE RULES

To keep our Villa peaceful, safe and enjoyable for everyone, please follow these guidelines:

Respect the Space

- Treat the villa and all furnishings with care and keep your room and shared areas tidy.
- Report any damage immediately to retreat staff.
- No roller skating inside the villas.

Pool Safety

- No running around the pool area.
- No diving in shallow areas.
- Swim only when sober and feeling well.

Noise & Quiet Hours

- Quiet hours: 10pm-7am
- Please use headphones for late night music or calls.

Visitors

- Outside guests are not permitted without prior approval.

Food & Kitchen Use

- Please clean up after yourselves.

Respect Balinese Culture

- Dress respectfully when visiting temples or cultural sites.
- Be mindful of local customs and etiquette.

Cleanliness

- Sand, dirt and skate wheels stay outside of the villa.
- Dry off before entering indoor areas after swimming.





POLICIES

KEY INFO & POLICIES

Payments:

A deposit is required to secure your spot. Bookings aren't confirmed until payment is received. Final payment deadlines apply.

Cancellations & Changes:

All cancellations must be emailed to us. Fees may apply, and some parts of the retreat may be non-refundable depending on suppliers.

Scope of Service:

We work hard to keep all retreat information accurate, but some details may change as our Bali partners deliver the services, and we'll always do our best to help if any issues arise.

Travel Documents:

Make sure your passport has at least 6 months validity and that your name on flights matches your passport.

Health:

You're responsible for ensuring you meet any travel/vaccination requirements and are fit to participate in retreat activities (roller skating, yoga, excursions).

Travel Insurance:

Highly recommended to cover cancellation, medical costs, lost luggage and more.

Liability:

We're not responsible for events outside our control or the actions of third-party providers.

Your attendance in the retreat is your agreement to all liabilities waived.



YOUR TEAM



Sofia Cherchyk

FOUNDER - THE ROLLER SKATING ACADEMY & ROLLER YOGA

A global roller skating coach and yoga instructor currently living between European countries, she teaches skaters around the world, helping them build confidence, flow and strong technique on and off wheels. She is driven by her passion for community bonds, creativity and movement as a pathway to transforming how we feel in our bodies.

Heidi Owen

PRESIDENT - ROLLER DANCE AUSTRALIA INC

Skating across the world for fun and connection, Heidi is based in QLD and leads RDA Inc., a crew bringing community together through roller dance, skills, and epic roller discos. She also loves creating wild, unforgettable events like the iconic Roller Rave.



Yoga Teacher COMING SOON

We'll be joined by a dedicated yoga teacher to guide our practices throughout Flow Skate. With a grounding approach and a focus on mindful movement, they'll help us unwind, reset, and find balance





www.therollerskatingacademy.com
www.rollerdanceaustralia.com.au