












FULLY ALIVE PRIVATE IMMERSION

With Andrea Peebles

MAY/JUNE/JULY SEPTEMBER/OCTOBER 2027



Fully Alive

A PRIVATE IMMERSION
WITH ANDREA PEEBLES

9 DAYS

ANOTHER HOLIDAY?

Most people don't need another holiday, they actually need a wake-up call and not the BS kind that comes with a motivational quote on a Instagram reel that riles you up for 30 seconds.

The kind that has you standing halfway up a mountain, convinced you can't take another step... and discovering the only thing that ever needed changing was the story you kept telling yourself.

The kind that leaves you beneath a roaring waterfall, finally putting down a story you've carried for years because you've realised you don't have to drag your past into your future.

The kind that has you sitting on the dirt floor of a tiny Balinese home, sharing fruit with strangers who feel like family, suddenly questioning everything you've believed about happiness, connection and what really matters.

The kind that has you laughing, dancing and living so freely, you stop worrying about what anyone thinks... and realise you never needed to in the first place.

That's the kind of wake-up call I want for you.







HI I'M ANDREA



I've spent almost twenty years asking:

What happens in my life if I stop living like everyone else?

That question has taken me solo cycling across multiple countries, adventuring as a semi-professional athlete, wild camping beneath stars and roaming wild horses, sleeping in deserted ancient buildings, learning from wise strangers and sage Guru's with no YouTube accounts, getting wonderfully lost and finding places no guidebook has never ever mentioned (including fearless courage , deep confidence and embodied trust in oneself and the World.)

I've built a life that looks completely unconventional from the outside.....yet feels deeply aligned from the inside.

And along the way I became something else too.

Not just an adventurer.
A detox and low tox specialist.
A mindset coach.
A yoga teacher.
A personal trainer.
A Breath Play facilitator.
A student of human behaviour and psychology, who unlearnt her Health Science degree

But someone so deeply fascinated by why we know exactly what to do.....yet so often don't do it.

For over 20 years I've watched people transform their health, reclaim their confidence, reconnect with their bodies and finally start doing the things they spent years telling themselves they'd do it "one day."

I've helped hundreds of people reconnect with themselves through movement, detoxification, nervous system regulation, breath, life transformation, mindset coaching and identity work and finally become the person they'd been promising themselves they'd become

Now, for the first time...I'm opening my world to just one or two people.

Not so you can copy my life, I'm inviting you into it so you can discover what's possible in yours.

Because here's what I know.

Confidence sure isn't learnt in a workbook and freedom isn't downloaded from a podcast. And courage sure isn't found in another online course.

They're built with one decision, one conversation, one adventure and one uncomfortable moment at a time.

Fo 9 days you'll step out of the life that's become familiar.....and into one that feels vividly, unapologetically alive.

Not because a country like Bali or Vietnam changes people, because when you strip away routine...
Noise...Obligation...Expectation...

Something extraordinary starts to emerge.

You.

Not the version trying to keep everyone happy.

But the version that truly backs themselves.

The one that laughs louder, moves freely and trusts their instincts.

The one that Says a full f*ck yes! to life instead of waiting for permission.

This isn't about becoming somebody new.

It's about remembering the person you were before the world convinced you to play small & programmed you to simply run the script

Welcome to Fully Alive - let's find out what you're really capable of!





No training proves no problem for Andrea

om Boswell

EOPLE train for over 12 months to pre-
are their bodies for gruelling New
ealand adventure race GODZone but
ndrea Peebles took it on without a
ngle day of preparation.
The 33-year-old Springwood resi-
nt, accepted an invitation to join a
am which needed a member for one
the world's premier adventure races
n February 25, just 12 days before it
egan.
"People usually train for a year to do
is and I didn't even have the equip-
ent to begin with," Peebles said.
"I was scrambling to get every-
ing but I just embraced it and
how that my body will go
here my mind wants it."
The owner of fitness and
ealth club Re-Ignite Life
id the thrill of pushing
er body to new heights
as the motivation behind
er decision to compete.
"The business is all
bout getting people to
hieve big goals and do
ings that scare them,"
e said.
Participants competed
om March 7-15 and travelled
er 500km by walking, moun-
in bike riding, kayaking and
noeing.

Springwood's
Peebles will be tak
in a gruelling New
adventure race w
see her walk, bik
and canoe over 50

Picture: R











WHO THIS IS FOR

This is for the person who knows, deep down, they're capable of more than the life they're currently living.

The one who isn't looking for another holiday, they're looking to feel something again.
The one who has achieved things, ticked boxes, been responsible, done what was expected and maybe achieved some epic things in life... yet still feels like something is missing.

The one who craves adventure, freedom and aliveness, but keeps putting life on hold until the timing is better.

The one who wants to live more courageously, more intentionally and more authentically... but isn't quite sure what that looks like anymore.

The one who's tired of rushing, tired of consuming, tired of performing and tired of living by default.

The one who's curious about the world, but even more curious about themselves.

The one who doesn't want someone else to fix them - they want someone to challenge them, to stretch them and to ask them the deep questions.
To show them what's possible.

This is for the person who doesn't just want to see Bali (or Vietnam), they want to experience a different way of living.

One that's healthier.
More connected.
More adventurous.
More playful.
More aligned.
More fully alive.



So if something inside you has been whispering, "There has to be more than this,"... I think you've just found it.


FULLY ALIVE!

WHAT YOU'RE REALLY SAYING YES TO

Let's get one thing straight, you're not paying me to show you Bali/Vietnam.

If that's what you want, there are thousands of incredible tour guides who'll happily tick waterfalls off a list and make sure you're back in time for dinner.

That's most definitely not me.

If you want another perfectly curated itinerary... Please close this document now.

What you're potentially saying yes to is stepping inside a completely different and freeing way of living.

You won't simply be travelling through Bali - you'll be travelling through parts of yourself you've probably been too busy to notice.

For nine days, you'll have front-row seats to how I move through the world.
Not because I think my way is the right way, but because I've spent nearly two decades asking questions most people never ask.

What happens if I choose my freedom instead of familiarity?

What happens if I trust my curiosity more than certainty?

What happens if I stop waiting for permission and start freaken doing all the things I deeply want to do?

That's what you'll experience.
Not just travel tips or another motivational workshop or a fasting retreat.
But a completely different operating system.

Because most people don't need another holiday.
They need a different identity.

One morning I might be helping you understand why your body has been holding onto stress for years.

That afternoon we'll be riding through rustic villages looking for the sweetest mangoes in Bali.

An hour later we could be sitting on the floor of someone's home because they invited us in for tea.

That evening we might spend three hours in Breath Play, watching years of stored emotion finally leave your body.

One day I might be your personal trainer, helping you discover your body is capable of far more than you've believed.

The next day we could be lifting weights.
Or fasting lying out in the sun.
Or dancing barefoot to the boombox up a Mountain as the sun rises.
Or boxing until frustration leaves your body instead of living inside it.

Other days we'll stay exactly where we are because the conversation we're having is more important than anything waiting outside.

That's the beauty of this experience.
Life doesn't happen in neat little categories and neither does transformation.

You won't just see how I travel.
You'll experience how I think.

How I make decisions, trust my intuition and stay open.

How I navigate uncertainty when life doesn't go to plan and everything turns to shit.

How I can stay true to my values and live low tox in a world that isn't.

How I nourish my body while still embracing adventure and can travel for months at a time without abandoning the things that matter most to me.

How I participate in modern life without letting modern life dictate how I live and create a life that feels deeply aligned, even when the world around me often isn't

How I build genuine relationships with people whose language I don't even speak.

How I choose curiosity time and time again, courage over comfort and freedom over familiarity.

You'll notice the little things too.

Why I'll disappear down a dirt track simply because something about it feels interesting.

Why I stop to talk to locals and still get ridiculously excited when someone says, *"Come... I'll show you something."*

Why I'll happily pull over for ripe fruit I've never tasted and feel like I've just won the lottery.

Why I'd rather buy cucumbers from a grandmother sitting under an umbrella than shop in a market.

Why I'd rather sit on a dirt floor sharing coconuts than spend the afternoon beside an infinity pool.

Because when curiosity becomes stronger than fear...life opens in ways you can't plan.

And because I want you to see what's possible when you start making choices that are deeply aligned with who you are, instead of who the world expects you to be.

Because that's what you're really saying yes to.

Not Bali.
Not coaching.
Not detox.
Not adventure.



You're saying yes to discovering what life can feel like when your choices finally match your values.
You're saying yes to spending 9 days inside a rhythm of life that quietly asks...
"What if life could feel like this more often?"

Because that's my real hope for you.
Not that you fall in love with Bali or Vietnam - it's that you fall in love with your own life again.
And when you fly home you won't be asking...
"When can I come back?"

You'll be asking...
"How do I build a life that feels this alive wherever I am?"

Because that's the real adventure.











YOU'LL NEVER TRAVEL OR LIVE THE SAME WAY AGAIN.

There's a funny thing that happens after spending time with me.

You stop accepting "normal."
Not because I tell you to but because you've experienced something different.

You'll never walk through another market the same way again.
Where most people see stalls...
You'll start asking questions.
"What's in season?"
"Where did this come from?"
"What are you eating?"
"Can you show me?

You'll definitely become more curious.
You'll maybe stop seeing locals as people serving your holiday...and start seeing them as people with extraordinary lives to learn from.
You'll most definitely never buy fruit the same way again and know how to find the sweetest fruit, the best roadside stalls and allll the hidden little places that tourists drive straight past.

You'll understand your body differently, because I sure won't be handing you a meal plan.
Because you'll finally feel what it's like when your body is fueled instead of simply fed.
You'll understand why your energy crashes, why you crave what you crave and why your nervous system responds the way it does.

You'll leave with practical tools you can use for the rest of your life.
Not hacks or trends.
But deep understanding.

You'll move differently and not because your body changed in 9 days, but because your relationship with it did.

Exercise becomes fully pleasurable and movement becomes something you genuinely look forward to and fasting something you integrate with ease

You'll start noticing how often you've baeen overriding yourself.

The tiny moments when your intuition whispered.....and you ignored it.

When your body asked for rest.....and you pushed harder.

When something inside you wanted adventure.....and you chose comfort because it felt safer.

Those moments become impossible to ignore once you've experienced living differently.

You may also become wonderfully harder to impress.
Five-star hotels may lose some of their magic and perfectly curated experiences become less interesting.
Because you'll know that some of life's greatest moments happen sitting on a concrete step with a coconut in your hand, dirt on your feet and absolutely no idea what happens next.

You won't leave wanting to recreate Bali.
You'll leave asking...*"How do I create more of this feeling at home?"*

That's the real work.
Not escaping your life but building one that feels just as alive.

Because here's the truth...I don't want Bali/Vietnam to become the highlight of your year.
I want it to become the standard you measure the rest of your life against.

Not because every day needs mountains and waterfalls but because every day can contain the same curiosity, courage, presence and the same willingness to say...

"Stuff it... let's see where this road goes."

That's when you realise...you didn't come to Bali (or Vietnam) to change your life.
You came here to remember how you truly wanted to live it.

LET'S CHALLENGE EVERYTHING!

QUESTIONS THAT MIGHT CHANGE YOUR LIFE

I ask a lot of questions and it's what I'm deeply curious about the most.

I've learnt that one great question can change the direction of an entire life.

Now these aren't the sort of questions you'll hear at a networking event or over polite dinner conversation but they are the ones that may stop you in your tracks.



The ones that make you laugh...
Get defensive...
Go quiet...
Or suddenly realise...

"Holy shit... I've never thought about it like that."

I don't ask these questions to make you uncomfortable, I ask them because comfortable questions create comfortable lives and I have absolutely no interest in helping you build another comfortable life.
I want to help you build one that's deeply, wildly, unapologetically fully alive.

So don't be surprised if somewhere over coconuts, halfway up a mountain or while we're wandering through a tiny village, I ask you something like...

Who would you truly be if nobody else's opinion mattered?
Would you still be living where you live?
Working where you work?
Eating what you eat?
Staying in the relationship you're in?
Building your business the way you are?

And how many years have you already sacrificed because it did?

So truly, once you stop living everyone else's life, what life do you actually want to create?
Who do you want to become?
What do you deeply want to contribute?

And what are you waiting for?
Like, really?

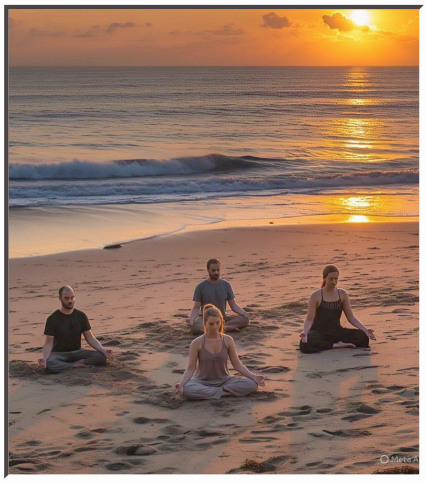
Why do I know exactly what to do....and still not do it?
We'll unpack why your nervous system keeps pulling you back towards what's familiar, even when every part of you is desperate for something different.
Because once you understand that...you stop blaming yourself and everything starts making so much sense.

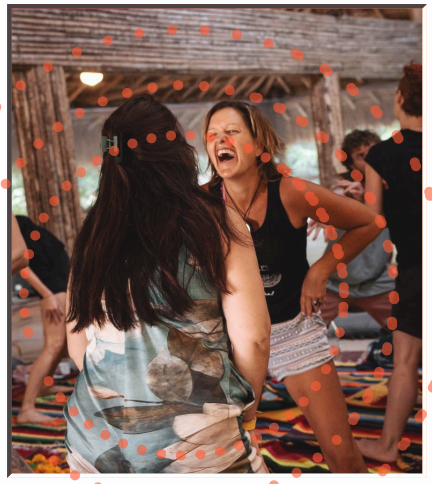
What if your body isn't working against you...but communicating with you?
What if your cravings aren't weakness?
What if your fatigue isn't laziness?
What if your inflammation, brain fog and constant need to "start again on Monday" aren't random at all?

I've spent years helping people understand the language of the body.
Not fearing it or fighting it, but actually listening to it.

Because I deeply believe your body isn't trying to sabotage you but it's trying to get your attention.

And maybe for the first time, you'll hear what it's been saying all along...







What if confidence isn't something you build...but something you remember?

Somewhere along the way, most of us stopped trusting ourselves and we started asking everyone else what they thought.
Collecting opinions, waiting for permission and second-guessing our instincts.
Then wondering where the hell our confidence disappeared to.

We'll explore how to stop outsourcing your decisions....and start backing yourself again.
Quietly, consistently and like someone who finally remembers who TF they are!







Why are you so alive when you travel...and flat when you get home?

This one truly fascinates me.
Most people think it's because they're on holiday.

I don't.

I think it's because, for a little while...
They become present again, curious again, playful again and connected again.

So the real question isn't...
"How do I feel like this in Bali?"

It's...
"How do I build a life where I don't need Bali to feel alive?"

Because that's the life we're really creating.

What if you've spent years making life far harder than it needs to be?

We've been sold a story.
Work harder, earn more, own more, buy more and become more.

Yet some of the happiest moments of my life have cost almost nothing.
A sunrise, ripe mangos, bike rides, a cool river and belly laugh that leaves your stomach sore.

We'll question everything you've been taught about success, freedom and happiness.

Not because I want you to live my life but because I want you to build one that actually feels like yours and lights you TF up!

What if freedom isn't where you live....but how you live?

People often tell me,
"I wish I could live free like you."

Wanna know the the truth?

Freedom didn't begin when I travelled or lived in a truck or cycled across countries or grew my own food.

Freedom began every single time I chose courage over my comfort.

Every time I stopped waiting and every time I trusted myself just a little more than I trusted fear.

That's the freedom I want for you.

The kind nobody can give you and nobody can ever take away.



But my favourite conversation?

The one that happens near the end.

Because you're no longer looking outside yourself for the answers, you're listening to your own.

And for the first time maybe in a very long time...You trust what you hear.

THINGS THAT HAVE ACTUALLY HAPPENED...

One thing you should know about me...

I definitely don't go looking for tourist attractions or 'places to go' in Bali.
I go looking for experiences, for stories, for people, for presence, and as always, for fruit

And somehow...they always seem to find me.

One afternoon I ventured down this steep track that had me walking my bike simply because it looked cool. 15 minutes later I was sitting on the floor of a family's home, drinking tea with three generations who spoke almost no English.
We laughed anyway.

I once changed an entire day's plan because an old man waved me over from the side of the road. He wanted to show me all around his organic farm and how he harvested coconuts. Hours later I was watching him with astonishment climbing up a huge coconut tree with a rouge piece of rope exclaiming ...
"I just love how today ended up like this!"

I've spent hours hunting for the perfect ripe fruit in markets ...
Only to have the Universe gleefully laugh at me, and drop ripe fruit for me and leave it for free on village roads. That fruit was better than anything I'd ever tasted.

I've planned beautiful days, researched, planned the most epic route on Google maps and perfectly organised what I was doing.
Then a storm rolled in, the roads flooded, the mountain disappeared into cloud and the temperature plunged.
So we changed direction...and accidentally found somewhere even better - that has happened more times than I can count.

I've carried a speaker to the top of a mountain simply because sunrise (and the Mountain Gods) deserved music and primal dance .

I've cried from gratitude after a powerful emotional breath -play release and I've laughed until my stomach hurt and I've sat in silence so deep it felt louder than words.

I've taken wrong turns that became unforgettable adventures, and I've learnt that asking one curious question and being open to hogw life presents itself can completely change your day.
And sometimes...your life.

I’ve also learnt something else.

The best stories almost never begin with…“Everything went exactly to plan.”

They begin with…

“Well… this wasn’t what I expected!…”

And somehow those become the stories you tell for the next twenty years.

And this is exactly what I want you to experience.

Maybe we’ll spend an afternoon helping someone harvest fruit, end up at ecstatic dance because someone told us about it that morning or we’ll stumble across a ceremony and pay respects to the Gods.

I don’t know and honestly…that’s one of my favourite parts.

Because life has given me far better adventures than I could ever plan myself.

I have a feeling it might do the same for you.












WHY I CHOSE A MAX OF TWO

So why only two people?

I've spent a massive part of my life choosing depth - real conversations, deep connection and truly epic adventure

And with a max of two...

I get to be fully present and notice things.

Like the moment your shoulders soften for the first time or the split second before you talk yourself out of something brave.

I hear the story you keep repeating without even realising it and notice the way your body changes after three days of slowing down.

I notice the difference between your polite smile...and your real one.

It's because after years of coaching, facilitating Breath Play, helping people detox, teaching movement and travelling alongside people...I've learnt to pay attention.

Like really pay attention.

Sometimes what changes a person's life isn't another strategy.

It's finally feeling deeply seen.
Not judged, not analysed, not fixed.
But deeply seen.

With only two people, I can coach in real time.

Not just during scheduled sessions.

When fear appears, when doubt creeps in, or when you're about to override your intuition.

When you're standing halfway up a climb thinking...
"I don't think I can do this."

Or when we're eating juicy mangos and you casually say something you've believed about yourself for twenty years...without ever questioning whether it's true.

Those are the moments I love.

Because the thing is, life doesn't wait until 2:00 pm when coaching starts.

Life happens while you're living.

That's how I love to coach.

Not from a chair or on the phone but beside you.

Sometimes walking, sometimes riding, sometimes over coconuts.
Sometimes whilst on your 6th rep in bench press or sometimes after you've just released years of emotion in a Breath Play journey and everything suddenly looks different.

The coaching isn't separated from life, it becomes part of it.

And something else happens too.
You stop performing.

After a few days...
The masks disappear.
You stop trying to give the "right" answer.
You stop trying to impress me...or anyone else.

You simply become yourself and that's where the real work begins.

That's why I chose max of two; because I want to create intimacy, depth, and honesty.

And I want to create enough space for you to be challenged, supported, celebrated...and gently called forward into the person you already know you're capable of becoming.



If This Has Been Stirring Something Inside You...

You'll probably know by now.

This isn't one of those decisions that needs another twenty opinions.
It's one you deeply feel.

Maybe you've caught yourself imagining riding through little villages, wondering what it would feel like to wake up without rushing and feeling the spark of curiosity what the day may bring.

Maybe you're curious about what might happen if someone finally challenged the stories you've been carrying for years.

Maybe you've smiled while reading these pages, maybe you've laughed and maybe a part of you has whispered...

"I think I need this."

Listen to that.

Because maybe your intuition has probably been trying to get your attention for much longer than this document has existed.

HERE'S WHAT YOU'RE STEPPING INTO...

9 days of epic adventure.
9 days of transformative coaching woven into everyday life.
9 days of movement.
Breath Play.
Detox support.
Strength sessions.
Stillness.
Conversations that truly matter.
Real food.
Wild places.
Unexpected moments.
Space to think.
Space to create.
Space to finally hear yourself again.
And the space to truly rise.

You'll also become part of Rebel Rise while you're here if you'd like to, with access to our live coaching, movement and community sessions throughout your stay.

Before you arrive, we'll connect so I understand exactly where you are and what you want these 9 days to become.

When you head home, you won't simply be waved goodbye.

We'll continue integrating what you've experienced so your life back home begins to reflect the person who left Bali.



FULLY ALIVE INVESTMENT

Choose Your Experience:

The Private Experience:

Your own private immersion designed entirely around you.

$7,395 AUD

The Shared Experience:

Two friends, siblings, partners or parent & teenager
(or be matched with a like minded stranger)
Share the adventure. Keep the transformation personal.

$4,950 AUD each

Please note:

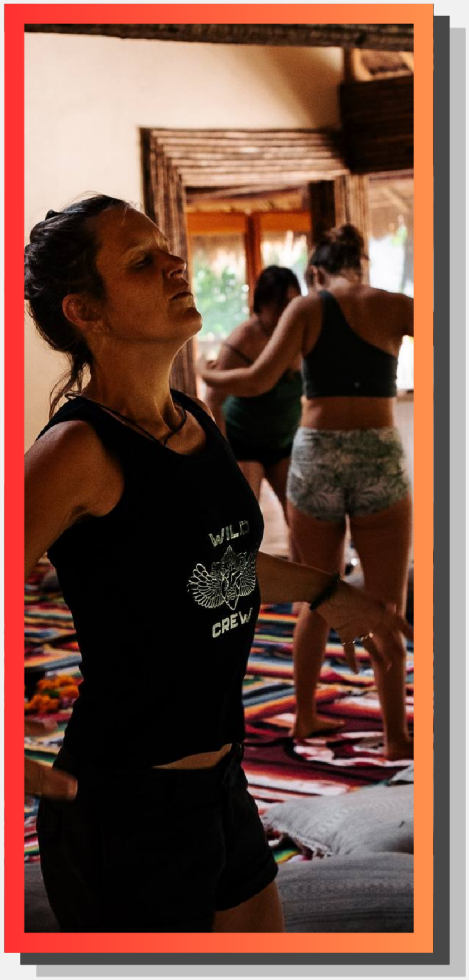
The next opportunity will be from April, May, June, July and September, October 2027.

Nothing about this experience is off the shelf.
We won't follow someone else's itinerary (even my own.)

For 9 days, my full attention, presence and experience are devoted entirely to you.
We'll create an experience around who you are, where you are now, and who you're becoming.

THIS INVESTMENT INCLUDES:

- 8 nights' private accommodation.
- E-bike (if applicable) for the entire experience.
- Daily coaching and mentoring woven naturally through each day.
- Detox, low-tox and fasting guidance.
- Breath Play journeys.
- Yoga, meditation, movement, boxing and strength training sessions and entrance fees.
- Access to Rebel Rise community, sessions (4-6 each week) and coaching before, during and after your stay (2 months in total)
  Value: $880
- Pre-immersion preparation and private coaching and
- Post-immersion integration support and coaching
  Value: $998



The only additional costs are your flights, food, massages, optional community experiences such as ecstatic dance, surfing, healings, or self selected entry fees to tourist attractions, personal spending and travel insurance.

I like it this way as it gives us complete freedom.

If we hear about an incredible ceremony that afternoon...
We can simply say..."Let's go!"

No one has already decided your experience months before you arrive - life shows us the itinerary.

THE NEXT STEP:

There isn't an application form or a countdown timer and there definitely isn't any pressure.
We'll simply have a conversation - human to human.

I'll learn more about you and you'll ask me absolutely anything.

Together we'll decide whether this feels like the right experience at the right time.

If it does, we'll choose your dates that suit (from April 2027)
You'll book your flights and pack a small backpack with clothes you don't mind getting dirty and most importantly an open mind, a willing heart and a curiosity for life.

I'll take care of the rest.

One final thing...
I don't want to be another incredible week in your photo album.
I want to be the week you look back on years from now and quietly realise...

"That was the moment I stopped waiting and became the person who's been waiting for me my whole life."

Not because Bali/Vietnam changed you, and not because I changed you.

Because somewhere between the mountains...
the movement...
the conversations...
the laughter...
the fruit...
the tears...
and the ordinary little moments that somehow became extraordinary...you remembered something.

You were never looking for a retreat, an adventure or a health reboot

You were actually looking for yourself.

And maybe...Just maybe...

You've just found the beginning of that fully freaken alive journey!

So let me know....

if nothing changes for you right now...

Where will you be three years from now?

Still waiting?

Still planning?

Still watching other people build the life you secretly want?

The thing is the life you want isn't waiting for you, it's waiting for your courage.

I'll be waiting.

🤍

Andrea
















FULLY ALIVE PRIVATE IMMERSION

With Andrea Peebles

BALI/VIETNAM

2027

fullyalive@freethentic.org