

BALI: RECLAIM YOUR BLISS

YOUR ITINERARY : 12TH - 22ND AUGUST 2023



Come together with your soul-tribe...immerse yourself in the mysticism, heritage and natural beauty of Bali. Surround yourself with profoundly healing vibrations as we gather in the spirit of self-growth and discovery, to open our hearts, deepen our connection to the Divine, and expand our horizons.

Imagine...a nourishing week of yoga, spa treatments, authentic sacred ceremonies, and supportive sisterhood in a country steeped in spirituality and ritual. From the cultural heart of Bali to the beautiful beaches of Sanur, you'll reside in magnificent 5-Star luxury accommodations and experience the most iconic sites and adventures that Bali has to offer.

Embrace and embody the vibration of joy in this extraordinary journey through the magical, sacred, and blissful land of Bali.

DAY 1 - SATURDAY



You will be met by a local guide at the airport or your hotel and transported to your luxurious, award winning resort accommodation in Ubud. Check-in is from 2 PM onwards.

If you arrive early, feel free to drop your bags and head into Ubud town for some exploring. The amazing resort team will be at your service to help.



We'll all come together at 7:00 PM to partake in a traditional Balinese Welcome Ceremony followed by a delicious Balinese dinner (included in the cost of your retreat).

You will have time to meet others, socialize and open your heart to the journey ahead.

Then, rest and prepare for our first full day in Bali.

DAY 2 - SUNDAY



8:00 AM Begin your first full day with a nourishing yoga session.

9:00 AM. Breakfast

10 AM - 3.30 PM Sacred Water "Melakut" Healing Ceremony

We will travel to a hidden gem of a sacred water temple surrounded by ancient shrines and crystal clear water fed by natural springs. Here we will take part in a traditional ancient water healing ceremony where we will be cleansed and blessed in natural holy water.

The Balinese believe that bathing in these holy waters provides a sacred healing experience. This will be the perfect opportunity to set your intention for the rest of the journey, and, of course, provide time to bond with your fellow travel companions.

Following the water ceremony, we will play on a Bali Swing and enjoy lunch (included in the cost of your retreat) at the beautiful Tegalalang Rice Terraces. (Get your cameras at the ready!)

3.30 PM - Free time & Dinner at the resort with your food credit or at one of the many dining options in Ubud if you wish (own budget). Evening is at your leisure.

DAY 3 - MONDAY



We will start this beautiful day with a yoga session from 8:00 AM to 9:00 AM. Following the yoga session, we will enjoy breakfast at 9:00 AM.

After breakfast, at 10:00 AM, we'll take a short drive for a special session of sound healing. Sound healing is an incredibly magical and restorative experience, especially where we are headed - to the mystical Pyramids of Chi.

Next, we will enjoy Lunch (included in the cost of your retreat) at the picturesque Pyramids of Chi Cafe.

At 2 PM, we will head back to the resort to partake in making of a traditional Balinese offering or locally known as 'Canang Sari' for an hour.

The rest of the day is at your leisure. Dinner at the resort with your food credit or in Ubud if you wish (own budget)

Evening is at your leisure or relax with a meditative Yoga Nidra session.

DAY 4 - TUESDAY

We will start this beautiful day with another inspiring yoga class at 8:00 AM to 9:00 AM followed by breakfast at 9:00 AM - 10:00 AM.

Then we're off to Ubud to indulge in two sumptuous spa treatments at one of the best spas in Ubud, guaranteed to ease any of the leftover tension or stiffness lingering from jet lag.

Followed by Lunch (include) at 1:00 PM. Our spa has a beautiful restaurant set in the lovely garden where we'll be served an amazing 3 course raw food experience, sooo delicious!

Our group will be split into two today, with half of us starting the day with pampering - and half with with time to explore the markets and shops of Ubud, wander the Monkey Forest or revel in the architectural wonder of Ubud Palace. We'll gather back at the same time for the delicious lunch and then the groups will switch.

Dinner at the resort with your food credit or in Ubud if you wish (own budget). Evening is at your leisure.





DAY 5 - WEDNESDAY

We will start another day in paradise with a heart-opening yoga session at 7:00 AM to 8:00 AM, followed by a delicious breakfast at 8:00 AM.

At 9:00 AM, you'll have the option to join a waterfall trek where you can swim or simply relax or meditate - and then return to the resort. We will be back by 2 PM for lunch at the resort.

At 4:00 PM, we will participate in a 2-Hour Clarity Breathwork session at our resort.

Breath is the most powerful tool yet the most simple. Conscious Connected Breathing affects how we think, feel and move throughout our life - it integrates and assists in clearing emotional, physical and energetic blockages. It can access our inner self for our personal growth, self healing and self-compassion.

Dinner at the resort with your food credit or in Ubud if you wish (own budget)

Evening is at your leisure.



DAY 6 - THURSDAY

Begin the day with an invigorating yoga session at 7:00 AM followed by breakfast at 8:00 AM.

After breakfast at 9:00 AM, we're off in style, on a scenic ride to experience the beauty of Bali and all of its natural landscapes, rice fields, and villages on a open Volkswagen car.

It will be a full day tour of exploring Bali in style, stopping for lunch along the way around 1:00 PM.

We'll be back at the resort by 4 PM and take a couple of hours rest before dinner. There is time to relax by the pool, schedule a massage or simply reflect on the journey so far.

Enjoy an early dinner at the resort (with your food credit) to be ready to leave at 7pm to visit a Ashram of Balinese Mangku (Guru) to participate in a Fire Healing Ceremony.

We will head back to the resort by 9:00 PM.



DAY 7 - FRIDAY



We will start this beautiful day with a yoga session from 8:00 AM to 9:00 AM. Following the yoga session, we will enjoy another scrumptious breakfast at 9:00 AM.

Take the morning to relax and reflect - or join in an optional River Rafting expedition at 10:00 a.m. and be back at the resort by 3:30 p.m.

If you don't join the River Rafting trip, you can head into Ubud for some shopping, or indulge in an array of nourishing spa treatments at the resort, lounge by the pool or take time to reflect.

At 5:00 PM, we'll join together to participate in a ceremony designed to open the heart and invite more embodiment and flow into your life. The session seamlessly blends a Sacred Cacao Ceremony with embodied movement and the power of vibration from both ancient and modern instruments. An Embodied Journey with Cacao and Sound Healing.

Later in the evening, at 7:30 PM, we'll join together for our final celebratory dinner (included) at the resort and a special closing sacred ceremony.

DAY 8 - SATURDAY

Today, after breakfast, we will check out from our Ubud resort and be transferred to the airport to catch our flights back home - or for those guests who opted in for the beach add-on, you will be transferred to your luxury accommodation in Sanur.

Along the way, we'll stop for lunch at one of the beautiful beach restaurants in Sanur.

Next we'll head to the resort to check-in and enjoy some peaceful time. Schedule your complimentary 1hr Balinese massage, lounge by the pool or head to the nearby private beach lounging area to take a dip in the Indian ocean.

In the evening, around 4:00 PM, we head to Uluwatu for an unforgettable experience of traditional Kecak Dance and sunset views over the cliffs.

Followed by Dinner (on your own at one of the many cafes or restaurants in Sanur or at the resort).

After dinner, it's back to our home base to ready ourselves for the day to come!





DAY 9 - SUNDAY

We will start our day with a beautiful yoga session at 7:00 AM to 8:00 AM. Followed by breakfast at our resort at 8:00 AM.

At 9:00 AM, we will catch a boat to head to the island of Nusa Penida for a Snorkeling experience. It is a place where one can see Mantra Rays and ocean life.

A delicious lunch is included at Nusa Penida and then we will board the boat to head back to Sanur.

The rest of the afternoon is yours to do with as you wish. Maybe you'll shop or explore...borrow a bike from the hotel...swim or simply schedule a local tour.

We will reconvene in the evening for early dinner around 6.30PM followed by a relaxing Yoga Nidra session at 8:30 PM.

DAY 10 - MONDAY

We will start our day with a yoga session at 8:00 AM followed by breakfast at 9:00 AM.

Today is a free day, you can choose to chill by the pool or head out for your shopping needs, bicycle around the charming village of Sanur, schedule a massage or spend a lazy day at the beach.

There's a long stretch of beach that offers calm, shallow waters. Colorful fishing boats dot the sand behind which is a paved path perfect for cycling. Or you may opt to stroll the leafy main street of Sanur, which is lined with art galleries, shops and restaurants.

At 7 PM, we'll meet back for a final group dinner (included in the cost) together at one of Sanur's most delicious dining options and partake in a final group dinner to say our farewells and celebrate the extraordinary journey we've experienced.



DAY 11 - TUESDAY



We will start our final day with a beautiful breakfast at our leisure.

Our Bali adventures come to an end today as we check out of our Sanur resort and head to the airport after breakfast where we bid our wonderful hosts and new friends farewell.

Or, as they say in Bali, “Selamat tinggal!”

SO YOU'RE COMING TO BALI

BEFORE YOU ARRIVE AT THIS TROPICAL PARADISE, THERE ARE A FEW THINGS YOU NEED TO CONSIDER

CURRENCY:

The rupiah is the official currency of Indonesia. The currency code for the Indonesian rupiah is IDR and the symbol is Rp. We encourage you to only exchange a minimal amount (approx \$100 USD) at the airport in Bali, as the exchange rate will generally be much better outside of the airport. Once you're here, we can assist you in getting cash out with your standard ATM card or exchange your local currency into IDR, there are plenty of currency exchange shops on the main streets of Ubud, the bigger the better, smaller shops charge commission where the large shops don't. Alternatively, many restaurants also accept visa and Mastercard, but it's also important to have some cash for the places that don't. And don't forget to let your bank know that you are travelling overseas!

PHONE:

To use your phone here in Bali, we advise you to get roaming on your phone. We will set a group chat on Whatsapp " so make sure it's downloaded on your device. Having roaming will allow you to use google maps to meet up at certain restaurants or any other meet up locations. If you would like to get a local sim card you can do that in many places in town or even at the airport on arrival, this will cost you approx. \$8 USD for around 10GB.

AT THE AIRPORT:

A VIP agent will be waiting for you outside your plane and they will whisk you through immigration and customs, to your awaiting private driver. Your visa on arrival is also pre paid.

Please note: if for any reason you are having trouble at the airport or are unable to find your driver, do not worry, you will be able to connect to the airport wifi or use your roaming and contact us on Whatsapp. Please add our number +6182144656112 (Maree) You will know who your driver is and have their contact number.

FAQ

DON'T FORGET TO PACK:

- **LIGHT CLOTHING - IT IS HOT IN BALI!**
- **SUNSCREEN**
- **JACKET FOR COOLER EVENINGS**
- **SWIMSUIT**
- **TOILETRIES**
- **TAMPONS/PADS ETC**
- **T SHIRT COVERING SHOULDERS FOR TEMPLES**
- **A BACKPACK OR DAY BAG**

GOODIE BAGS ARE PROVIDED AND HAVE SOME ESSENTIALS LIKE, MOZZIE SPRAY, INTERNATIONAL ADAPTOR AND SARONG TO WEAR TO THE TEMPLE.

OTHER THINGS TO REMEMBER:

- **TRAVEL INSURANCE**
- **TRAVEL VACCINATIONS (CONSULT YOUR DOCTOR) COVID 19 VACCINE IS REQUIRED CURRENTLY TO ENTER INDONESIA.**

WHEN SHOULD I ARRIVE AND LEAVE BALI?

Check in is at 2pm and on most retreats there will be a welcome ceremony and dinner, we suggest you have a flight that has you arriving in Bali in the morning or before 1pm, this gives you time to get through customs and make your way to Ubud ready for the dinner. For departure, we suggest an afternoon flight as you will check out at 12pm and need to get to the airport, so booking a departure flight anytime after 3pm is recommended. The airport is in Denpasar, Bali and the name is Ngurah Rai International Airport.

HOW FAR AWAY IS UBUD FROM THE AIRPORT?

Ubud is approximately 1 - 1.5hrs (depending on traffic) away from the international airport. You will be picked up by one of our drivers and taken to the retreat center, resort or villa.

CAN I ARRIVE AND LEAVE EARLIER?

Yes of course, please let you us know and we can arrange that for you.

FAQ

IS THE WATER SAFE TO DRINK?

No, we recommend that you brush your teeth with bottled water, this is always provided. Ice however is safe and has been for many years now all the restaurant make ice from bottled water, so smoothies and juices are fine with ice, yummy.

DO I NEED TO TIP IN BALI?

Tipping in Bali is appreciated but not necessary. Most of the time the more up market restaurants would have already added between 15% and 20% to the bill to cover the 10% government tax and the service charge for staff. You will see it on the bill, if you don't then by all means you can tip something small. 20,000 IDR is around \$1.20 USD. This is a green note, 50,000 IDR is around \$3 USD and is a blue note :)

CAN I HAGGLE (BARGIN) IN BALI?

Besides boutiques, restaurants and convenience stores, the first price you're quoted is usually at least double what the seller will let the item go for, so don't be afraid to haggle. Some stall owners will even encourage you to do so by telling you the price they think you should come back with. Haha, it can actually be quite fun! Rule of thumb if you walk out and they don't chase you, the price you offered is too low. I like to look at it like, how much would I be happy to pay and feel it was a bargain, instead of trying to get them down to the lowest price possible.

WHAT IS THE LANGUAGE SPOKEN IN BALI?

Balinese, but most people speak Bahasa Indonesian. Whilst the vast majority of people in the main tourist areas in Bali will speak enough English to communicate with you, knowing a few phrases in Balinese or Indonesian will go a long way. The locals really appreciate the effort. Start with some easy phrases like selamat pagi – good morning, apa kabar? – how are you? suksma – thanks (Balinese) and terima kasih – thank you (Bahasa). And remember, Balinese is not the same as Bahasa Indonesia, the official language of Indonesia.

PLEASE DON'T HESITATE TO CONTACT US IF YOU HAVE ANY QUESTIONS. WE ARE HERE TO MAKE THIS JOURNEY AS STRESS FREE AS POSSIBLE FOR YOU.