

# Life Transforming Yoga and Meditation Retreat: Community, Nature and Spirituality in Bali



June 15<sup>th</sup>- 25<sup>th</sup> 2023



# DAY 1 - A special Dinner at the Peliatan Palace



## Day 1 Itinerary – Thursday, 15<sup>th</sup> June 2023

Time	Activity
00.00	Guest Pick Up from the airport and head to Ubud
12.00	Check In at the Anumana Hotel in Ubud
15:00	Shanna and John orientation
16.00	Balinese orientation from Five Pillar <ul style="list-style-type: none"> <li>- Balinese cultural manner</li> <li>- Learn how to use Balinese sarong</li> <li>- Learn simple Balinese &amp; Indonesian language</li> </ul>
16.30	Head to Peliatan Palace
17.00	Welcome to Peliatan Palace and start the palace explore & tour
18.00	Welcome by Peliatan Prince, story telling and have the traditional , Balinese royal dinner with him with special vegetarian food. And enjoy the palace dance afterward
20.00	Closing and Head to Anumana Hotel
20.30	Closing meditation and Yoga Nidra (optional)



# DAY 2 - Introduction to Balinese Culture and Daily Life



## Day 2 Itinerary – Friday, 16th June 2023

Time	Activity
7:30	Yoga and Yoga Nidra
9:00	Breakfast
10.00	Head to Penarungan Village
10.30	Experience the Balinese culture and daily life <ul style="list-style-type: none"> <li>- Welcoming by the villagers</li> <li>- Learn about the Balinese architecture</li> <li>- Learn about the Balinese temple &amp; ceremony</li> <li>- Take a walk at the Subak rice field and story telling about the Subak system</li> <li>- Learn how to make a Balinese offering tower, Balinese spices, Balinese coffee and coconut oil.</li> </ul>
12.30	Have a traditional Balinese Vegetarian lunch and bamboo music performance by the local youth
13.30	Reflection with the local family
14.00	Head to Samuan Tiga Temple
15.00	Temple meditation & priest blessing
16:00	Head to Anumana Hotel. Free time and dinner on your own



## DAY 3 - Woman in Bali, Culture, Society and Daily Life



### Day 3 Itinerary – Saturday, 17th June 2023

Time	Activity
7:30	Yoga and Yoga Nidra
9:00	Breakfast
10.00	Head to Payangan Village
11.00	Arrive at the KIM community center <ul style="list-style-type: none"> <li>- Take a tour of the center</li> <li>- Story telling</li> <li>- Learn some of the women's activities</li> <li>- Share your story</li> </ul>
12.30	Have a beautiful vegan lunch with the community
14.00	Head to Anumana Hotel, free time, & dinner on your own
18.00	Head to Ramayana Kecak Dance Performance Spot
19.30	Enjoy the Ramayanan Kecak Dance performance by the local villagers
21.00	Head back to hotel
21:30	Yoga Nidra



# DAY 4 – Balinese Cooking Class



## Day 4 Itinerary – Sunday, 18th June 2023

Time	Activity
7:30	Yoga and Yoga Nidra
9:00	Breakfast
10.00	Head to Cooking Class Site
11.00	Experience the Vegetarian Balinese Cooking Class <ul style="list-style-type: none"> <li>- Story telling by the trainer</li> <li>- Learn some Balinese recipes</li> <li>- Learn how to cook in Balinese style</li> </ul>
13.00	Enjoy what you have cooked
14.00	Head back to hotel
15.00	Free Time, Shopping, & Dinner your own



## DAY 5 – Purification at sacred water temple



### Day 5 Itinerary – Monday, 19th June 2023

Time	Activity
06.00	Breakfast & Prepare (sarong, t-shirt, body covering info)
07.00	Head to Tirta Empul Water Temple
08.00	Purify your mind and body at the holly spring water
09.00	Get dress up with white sarong and head to the temple
10.00	Temple meditation and experience prayer the traditional Balinese way
11.00	Head back to the Anunama Hotel
12.00	Lunch on your own & free time/ Prepare and pack for next day.
17:00	Yoga and Yoga Nidra



## DAY 6 – Travel to Northwest Bali Via Lake Beratan



### Day 6 Itinerary Day – Tuesday, 20th June 2023

Time	Activity
7:30	Yoga and Yoga Nidra
08.30*	Breakfast & Packing for new destination, Pemuteran Beach
10.00	Head to Northwest Bali (travel advisor-motion sickness bring dramamine)
11.30	Visit the Beratan temple and explore the lake and the temple beside the lake.
12.00	Box lunch provided by the hotel
13.00	Head to Pemuteran
15.00	Arrive in Pemuteran & check in to Amertha Villa's Dinner on your own
18:00	Beach meditation /bring a towel



# DAY 7 – Melanting Temple & Batu Kursi Hill



## Day 7 Itinerary – Wednesday, 21st June 2023

Time	Activity
7:30	Yoga and Yoga Nidra
9:00	Breakfast
10.00	Head to Melanting Temple
10:30	Explore the Temple /meditation
12.00	Head to Lunch spot
13.00	Have a vegetarian Balinese lunch
14.00	Head to Amertha Villia's & Free Time
17.30	Head to Batu Kursi Hill / Bring sarong with you for temple excursion
18.00	Hike 400 stairs to the top of the hill and enjoy the sunset on the ocean with this spectacular view. Visit ancient temple.
19.00	Head back to the hotel, free time & dinner on your own



# DAY 8 – Snorkling Time at Menjangan National Park



## Day 8 Itinerary – Thursday, 22nd June 2023

Time	Activity
6:00	Sunrise meditation
7:00	Breakfast
8.00	Head to Boat Harbour
08.30	Snorkeling gear and preparation, orientation & head to snorkeling site
09.30	Enjoy the coral reef around the Menjangan Island, trying several snorkeling spots
11.00	Head back to Harbour
11.30	Have lunch on the beach
13.00	Head to Amertha Villas and free Time
19:00	Yoga Nidra



# DAY 9 – Budhis Temple Meditation & Hotspring



## Day 9 Itinerary – Friday, 23rd June 2023

Time	Activity
7:30	Yoga and Yoga Nidra
9:00	Breakfast
10.00	Head to Buddhist Temple (Brahmavihara-Arama)
11.00	Meditation & explore the temple
11.30	Head back to hotel
12.00	Arrive at the hotel, lunch on your own and free time
17.00	Start to get dress up for the farewell dinner
18.00	Farewell dinner, performance and live music



# DAY 10 – Travel to Sanur Via Jatiluwih



## Day 10 Itinerary– Saturday, 24th June 2023

Time	Activity
7:30	Yoga and Yoga Nidra
9:00	Breakfast
10.00	Prepare & Packing for our final destination
11.00	Check Out & Head to Jati Luwih Rice Terrace UNESCO Heritage Site
12.00	Visit Jati Luwih, and have a box lunch
13.00	Head to Prama Sanur Hotel (Travel advisory motion sickness bring Dramamine)
16.00	Arrive at Sanur, free time, dinner on your own



## DAY 11 – Fly Back Home



### **ITINERARY :**

Plan and schedule your own transportation to the airport



# Accommodation

## Ubud



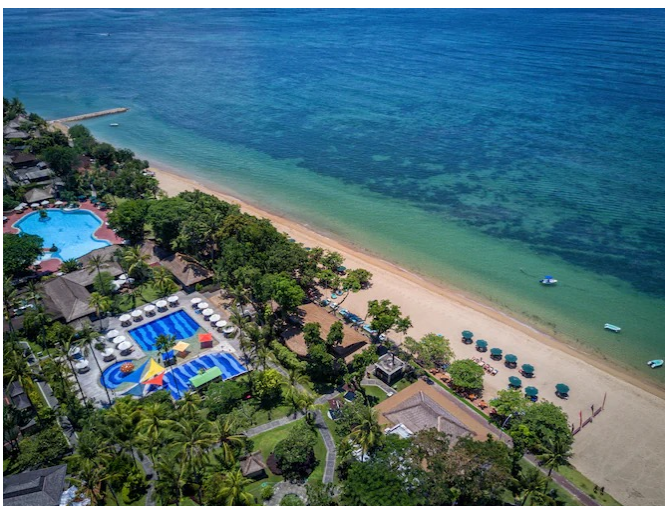
Name : Anumana Ubud  
Check In : 15 June 2023  
Check Out : 20 June 2023  
Location : Ubud Centre  
View : Ubud Town & Rice field

## Pemuteran



Name : Amertha Bali Villas  
Check In : 20 June 2023  
Check Out : 24 June 2023  
Location : Pemuteran  
View : Beach Front

## Sanur



Name : Prama Sanur Beach  
Check In : 24 June 2023  
Check Out : 25 June 2023  
Location : Sanur  
View : Beach Front



# Travel Information

Package cost per person: 10 days 10 night  
Prepared minimum 10 to max 24 participants

Accommodation Type	Cost Per Person USD	
Shared Room Occupancy	USD \$3.500	
Single Room Occupancy	USD \$4.500	

## Inclusions:

- English-speaking facilitator for a whole journey
- Accommodations for 10 Night
- Locally prepared food with Vegetarian option
- Snack and water refill
- 10 days Air-conditioned private transport for all the Activity
- Sarong & sash for temple visit
- Offering for the temple visit and meditation
- Documentation – photos of your experience will shared to you after the event
- Facilitated intercultural dialogue with Balinese communities
- Introductory Indonesian language and Balinese customs/manners mini-course
- Local community donations. Your participation directly supports the livelihood of local village communities in Bali.





**BALI IS  
WAITING  
TO SEE YOU**