



## ISLAND OF THE GODS ~ YOGA RETREAT

WEBSITE

### YOUR ITINERARY



I'm Ingrid Le Prou and I am passionate about achieving vibrant health and helping others achieve theirs! Yoga is a great way to create positive change in your health and well being. I am passionate about bringing more mindful movement into my clients lives, to increase mobility and strength and prevent or heal injuries & ailments. Coming to classes, courses, or retreats, you will learn how yoga, breathing & meditation are powerful tools to reduce stress and begin to thrive in daily life.

Thank you for booking your Island of the Gods ~ Yoga Retreat. I am so excited to go on this journey with you.

With the vibrant and spiritual feel Ubud has, drawing thousands of tourists from around the globe, you get your very own personalized retreat to bring about some amazing and powerful transformations.

For any further questions or queries, please do not hesitate to get in contact with me.



## DAY 1

You will arrive at your beautiful accommodation in Ubud. Check in is from 2pm onwards. If you arrive early, feel free to drop your bags and head into Ubud town for some exploring.

This day will be put aside to ground yourself and relax in your new surroundings. So relax, unwind and get ready for an amazing Retreat.



## DAY 2



Begin your day with a morning flow yoga session with Ingrid, followed by breakfast. Then to continue your journey, we will travel to 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 waters is a very healing and spiritual experience and many important rituals are held here. This will be the perfect opportunity to set your intention for the rest of the journey, to release and let go of what is no longer serving you, and of course, time to bond with your travelers.

Then lunch is at the amazing Tegallang Rice Terraces as we overlook the breath taking scenery. Followed by a swing to freedom out over the rice fields.

We will finish this day off with some coffee and tea tasting with the famous Luwak Kopi makers. The Luwak Kopi (coffee) is considered a delicacy among avid coffee enthusiasts. Join Ingrid at 5.30pm for your evening Meditation before dinner at your leisure.



## DAY 3



After breakfast, your lovely host Ingrid will guide you in a Yoga & Chakras workshop. You will focus on yoga poses, pranayama and meditation on each of the Chakras (energy centres). You will learn more about your subtle energy system and how it impacts your health & well-being. Lunch at resort included.

The day continues with an afternoon of leisure, time to walk around Ubud town, do some shopping, get a massage at the resort, lay by the pool and read - it's totally up to you.

Join Ingrid back at the resort at 5.30pm for a yoga Nidra or Meditation before dinner. Dinner at your leisure.

## DAY 4

Begin your day with a morning flow yoga session with Ingrid, followed by breakfast. After breakfast we have a traditional home style cooking class with the lovely Putu and her family at their charming home in Ubud.

Here we get to channel our inner chef as we learn how to cook an assortment of delicious Balinese dishes.

After enjoying our culinary delights for lunch, we will continue on back to the resort to relax, followed by an evening meditation session with Ingrid before dinner.





## DAY 5

This day begins with an immersive Ancient Sound Healing Session at the Pyramids of Chi. Set in the Pyramid of Sun, a spectacular 14 meter gold painted pyramid built 1/16th scale to the Great Pyramid of Giza. The rhythmic frequencies produced by the ancient instruments propel you into a deep meditative state, connecting to the chakra system and allowing our bodies to feel, heal, relax & release.



We then head back to the resort for lunch, followed by a Breath work & Meditation workshop, Breath work is rapidly gaining recognition as a superior approach to optimum health. Learn techniques to balance your nervous system, improve vagal tone and transform your life!

## DAY 6

We start this day off with some well deserved pampering - a 60 minute Balinese massage combined with an organic facial or body scrub.

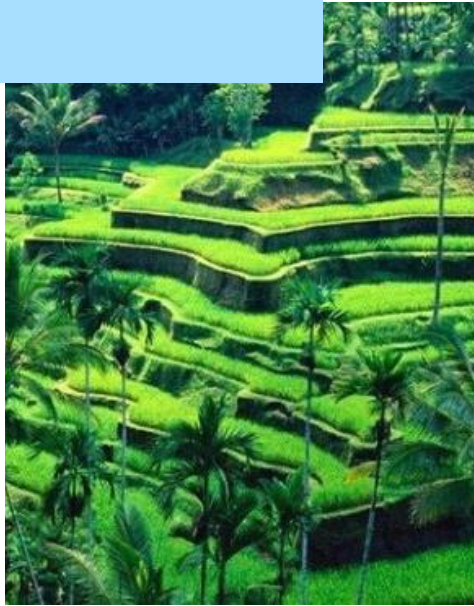
We then get to enjoy a delicious raw lunch, curated by the renowned chef, Arif Springs, set in one of the most magnificent garden cafes in Ubud.

We've left this afternoon free for you to use as you wish. You may like to continue relaxing by the pool at our luxurious accommodation or spend the rest of the day exploring the sights of Ubud.





## DAY 7



This day begins with a gentle session of Kundalini Yoga facilitated by a Balinese female guru. The purpose of Kundalini Yoga is to provide a modality by which people can achieve their maximum creative potential, free themselves from Karma (the lasting effects of past actions) and realise their life purpose.

Then we will have lunch together at the Resort followed by a Salt Therapy session. Salt Therapy (Halotherapy) is a natural and non-invasive treatment designed to relieve Respiratory Conditions and treat Skin Disorders. For those in good health it is used to relieve stress, improve general well being and boost immunity.

## DAY 8



The morning begins with a yoga session with Ingrid. After yoga we will join together for a women's circle, reflecting on the time we've spent together and discussing our own personal intentions going forward. Then we part ways to each continue on our own individual journey of healing and growth, yoga, with the love and support of your fellows and an experience never to be forgotten.



# TERMS & CONDITIONS



Included in price:

- 7 nights accommodation
- 7 breakfasts
- 5 lunches
- 1 Welcome Dinner
- All activities as shown on the itinerary are included
- All scheduled transfers to and from the airport and 1 daily pick up and drop off.

Costs NOT included:

- Flights to and from Bali
- Meals not mentioned above
- Transfers to and from optional activities and appointments outside the scheduled times
- Medical expenses
- Any unforeseen accident, injury and/or damage to property
- Hire of personal scooter or motor vehicle
- Travel insurance
- Toiletries
- Special meal requirements not already discussed

The cost of food and other expenses in Bali is very affordable, so minimal spending money will be required. For example, most meals range from about 5-10 USD and similarly for massages.

THE ITINERARY MAY BE SUBJECT TO CHANGE DEPENDING ON AVAILABILITY AND WEATHER RESTRICTIONS.