



SOBER MOVEMENT WELLNESS RETREAT ~ BALI
HOSTED BY ALIX
JULY 28TH TO 4TH AUGUST - 2023

[WEBSITE](#)

YOUR ITINERARY

DAY 1

You will arrive at our beautiful accommodation in Ubud.

Check in is from 2pm onwards.

As you arrive, a representative will be there to welcome you and settle you in to your home for the next week.

This day will be put aside to ground yourself and relax in your new surroundings.

Take the afternoon to relax by the pool or get a massage or just enjoy your new environment. At approximately 6.30pm we will partake in a traditional Balinese welcome ceremony delicious dinner together. (Dinner included)



DAY 2



Wake up, grab breakfast at the accommodation and get ready to head off for the day. From there, we will be picked up by our drivers for a once in a lifetime Balinese blessing.

To begin this 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 fellow sisters in recovery!

We will then have lunch at the amazing Tegallang Rice Terraces as we overlook the breath taking scenery. Followed by a swing to freedom out over the rice fields. (Lunch included) We will finish this day off with some tea tasting with the option to try the famous Luwak Kopi (extra charge) The Luwak Kopi (coffee) is considered a delicacy among avid coffee enthusiasts.

Enjoy the rest of the afternoon at your leisure, get a massage or relax by the pool, maybe some shopping, let us know and we will make it happen.

6pm - 7pm - Join Alix in the upstairs restaurant for a sober circle to to share.

Dinner at your leisure, join the group or go solo. (Dinner not included)

DAY 3



8am - 9am - Sober Circle with Alix and tribe

9am - 10am - Breakfast

10am - We begin this day with 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. We also get the chance to view a traditional family home and their temple. (Lunch included)

After enjoying our culinary delights for lunch you have the rest of the afternoon to relax by the pool, book a massage or head into Ubud for some retail therapy. Dinner at your leisure, join the group or go solo. (Dinner not included)



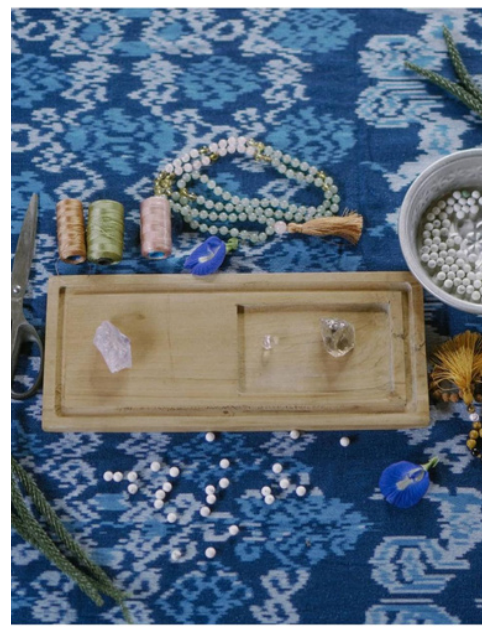
DAY 4

8am - 9am - Sober Circle with Alix and tribe.

9am - 10am - Breakfast

10.30am - After breakfast we will be creating our own mala bead necklace together, get the creative juice flowing.

Mala is set of beads that are used as a tool to support a deep state of meditation as well as mantra practice. It's believed they can help heal the body, bring the mind into a quiet mood and increase clarity.



The rest of the day is for you, take some to relax and unwind, head to town for shopping or book yourself for a massage either at the resort or in Ubud or join in on an optional activity of an afternoon at the rock pools.

You can opt in prior to the retreat starting \$25 USD pp, enjoy a relaxing soak in hot pools set in the mythical stone cavern of Tjampuhan Resort. Make use of the hot & cold whirlpool baths, sauna and steam room as they admire the impressive stone carvings and the valley below. You can spend as long as you want here.

Dinner at your leisure, join the group or go solo. (lunch and dinners not included)

DAY 5



8am - 9am - Breakfast

9am - The lets go on our Waterfall adventure - On this waterfall adventure day we will visit a number of stunning waterfalls in North Bali, Banyumala Waterfall & Munduk Waterfalls.. We will enjoy the lush landscape of Bali on the way, as we pass through the beautiful mountains of North Bali. We will stop for a local lunch at a small warung before heading back. Some trekking is involved to get to the waterfalls (10-25 minutes) with a few stairs, some fitness required. Lunch is included in this activity.

Dinner at leisure (not included)



DAY 6

8am - 9am - Sober Circle with Alix and tribe.

9am - 10am - Breakfast

11am - 1pm - Breathwork session - This is a gentle, safe and extremely powerful breathing process that supports people to release stress and tension, heal and resolve trauma, gain deeper insights into current life issues and access one's own internal healing energy, creativity and greater knowing - opening the way for new life and greater consciousness.

Afternoon free and dinner at your leisure (lunch and dinner not included)



DAY 7



8am to 9am - Sober circle with Alix and tribe

9am to 10am - Breakfast

10.30am to 12.30pm - Ancient Sound Healing Session at the Pyramids of Chi. 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.

1pm - This final afternoon is left free for you to indulge in what ever makes you happy, more pool time, another massage, more shopping, or anything else you wish to do. Final dinner at your leisure, join the group or go solo. (Dinner not included)

DAY OF DEPARTURE



Begin today with a sober circle then breakfast. Check out is at 12pm, so enough time to do any last minute things before the journey home. We have loved having you and hope you will remember your experience with love in your heart, as will we.

TERMS & CONDITIONS



Price: \$1612 USD Per Person - Private Room

\$500 Non Refundable Deposit required to secure your spot.

Included:

- 7 nights private accommodation at Omham Resort Ubud
All Breakfasts, 3 Lunches 1 Dinner
Visa on arrival and Vip Service at airport on entry
- All activities as shown on the itinerary are included.
- All scheduled transfers to and from the airport and to and from activities.

Costs NOT included:

- Flights to and from Bali
- Lunch and Dinner other than those in the activities
 - Transfers outside the scheduled times
 - Medical expenses
- Any unforeseen accident, injury and/or damage to property
 - Travel insurance
 - Covid related documents

Current Covid Restrictions:

Full Vaccination mandatory

The cost of food and other expenses in Bali is very affordable, so minimal spending money will be required. For example, most simple meals range from about 100,000 IDR to 150,000 IDR and similarly for massages. \$1 USD = 15,000,000 IDR \$1 AUD = 10,300 IDR

THE ITINERARY MAY BE SUBJECT TO CHANGE

SO YOUR 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:

When you arrive at the airport, follow the instructions to immigration etc. Don't be alarmed if you have to wait awhile - things can move at a slower pace here in Bali. If you have opted for the VIP or if that was included then you will have a VIP agent waiting for you outside your plane and they will direct you right through to your awaiting driver. With the VIP, your visa on arrival is also pre paid. If you haven't got the VIP you just pay for your own visa on arrival and go through immigration and customs etc, pick up your bags and head out to the waiting driver, your driver will have a sign with your name on it. 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 +62 81323901754 (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 WHERE 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 your leader know and we can arrange that for you.