

BALI SPIRITUAL CONNECTION RETREAT

YOUR ITINERARY - 5TH - 12TH JUNE 2022



Let go and let Bali so you can further connect and grow your relationships with other like minded people. Nothing changes if nothing changes: make a change now and join us in Bali to take your recovery to the next level.

Jacque and Heather curated this luxury (5 star accommodations) Bali Spiritual Connection retreat with experiential excursions that really showcase Bali and all of its beauty.

It is Jacque and Heather's mutual goal to create spiritual connections with you - and to level up all of our recoveries. They believe this incredible trip to Bali will do just that!



DAY 1 - WELCOME

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. The amazing resort team will be at your service to help.



6 PM We will all come together for a traditional Balinese Welcome Ceremony and a delicious Balinese dinner (included). This will be a time to meet the beautiful souls that you will be sharing your spiritual connection journey with. Then it will be time to rest and get ready for our first full day in Bali.

DAY 2



7am - 11am Breakfast included.

9.00am 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 travelers. Then we have a simple Balinese lunch at the amazing Tegallang Rice Terraces as we overlook the breathtaking scenery. Lunch is followed by a swing to freedom out over the rice fields and photoshoot. Don't forget to bring your best flowy dress.

Approx 4pm - Return to Resort, take some time to relax and if you wish you can join us for a 6.30pm AA meeting.

Dinner will be on your own.

DAY 3



7am - 11am Breakfast included.

7.30-8.30am Start your day with a yoga and recovery session with Jacque.

Free time to relax by the pool, book a spa treatment, or take a look at the shops close by. Lunch will be on your own.

2.30pm - 4.30pm We will then head to the amazing Pyramids of Chi for the 3pm Sound Healing Session. This is a once in a lifetime experience! Let the sounds of the ancient instruments bring you to a place of joy and bliss.

Dinner is on your own and at your leisure. Speak with the concierge for recommendations. Local Ubud AA meeting is every night at 6.30 PM.

DAY 4

7am - 11am Breakfast included and is at your leisure.

8.45am - 10am - Optional AA meeting in Ubud town, walking distance from the resort. We will meet at 8.45 to walk to town for the meeting.

Today is for your free time, relax by the pool or book a spa treatment or take a look at the shops close by.

We have a beautiful optional experience to book today if you wish, 2hr spa pampering followed by a 3 course raw food lunch. Please let your hosts know if you would like to do this. Depending on numbers this might be split into two groups. \$70 USD. Pre booking is necessary.



DAY 5



7am - 11am Breakfast included.

9.30am - 1pm - Group one will head off for the traditional cooking class. Get ready to channel your inner chef as we learn how to cook an assortment of delicious Balinese dishes then we get to enjoy our culinary delights for lunch.

9.30am - 11am - Group two will take part in a Botanical Products Workshop. You will create your own range of natural body care products derived from locally sourced plants: Hibiscus Shampoo, Nature's Sunscreen, Aloe Vera Body Scrub and Boreh Healing Scrub. Lunch is on your own.

Enjoy some free time after you fun activities.

5pm to 6pm - Join your hosts for a recovery meeting. Dinner will be on your own.



DAY 6

7am - 11am Breakfast included.

9.30am - 1pm - Group two will head off for the traditional cooking class. Get ready to channel your inner chef as we learn how to cook an assortment of delicious Balinese dishes then we get to enjoy our culinary delights for lunch.

9.30am - 11am - Group one will take part in a Botanical Products Workshop. You will create your own range of natural body care products derived from locally sourced plants: Hibiscus Shampoo, Nature's Sunscreen, Aloe Vera Body Scrub and Boreh Healing Scrub. Lunch is on your own.

Enjoy some free time after you fun activities.

5pm to 6pm - Join your hosts for a recovery meeting. Dinner will be on your own.



DAY 7



8am - 9:30am - We start our last full day together with a recovery meeting, followed by breakfast (included). Breakfast is served daily from 7am - 11am.

Free time.

2pm to 5.30pm - Lets come together for a beautiful Cacao Ceremony, a joyful, heart opening journey. 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 embodiment movement and the power of vibration from both ancient and modern instruments. An Embodied Journey with Cacao and Sound Healing.

7pm - We will go to Ubud for our magical farewell sunset dinner (included) at a highly recommended restaurant. We will share our experiences with one another on this amazing journey.

DAY 8



7 - 11am - Breakfast included.

8am - 9am - Greet this final day with a beautiful recovery meeting with your hosts and your fellows.

10.am - 12pm - Free time to do your last minute shopping or organizing before it's time to go.

12pm Check out and transportation to the airport.

TERMS & CONDITIONS



Price:

Twin Room pp \$2295 USD
Deluxe Private Room \$2995 USD
Couple Deluxe Room \$4395 USD
Private Suite Room \$3895 USD
Couple Suite Room \$5395 USD

Optional AA Convention 2nd to 5th June 2022

Email us with any questions.

You can pay with Venmo, Zelle or Credit Card . To pay by check/wire transfer please email us. \$1000 USD deposit is required to secure your retreat.

Included:

- 7 nights accommodation
- Breakfast included daily
- All activities as shown on the itinerary are included, some include lunch
 - All scheduled transfers to and from the airport and activities
 - Welcome reception and dinner
 - Farewell dinner

Not included:

- Flights to and from Bali
- Meals not mentioned above
- Transfers to and from town in free time. Our hotel is walking distance to town.
 - Any unforeseen accident, injury and/or damage to property
 - Travel insurance

The cost of food and other expenses in Bali are very affordable, so minimal spending money will be required.

PAYMENTS & REFUNDS



INITIAL ATTENDEE DEPOSIT: \$1000 USD is required to secure your spot. 50% of the monies owed are due January 15, 2022. Full payment is due March 15, 2022. This is Non Refundable, but we will honor transferring your space to someone else.

Travel insurance is recommended. [Click here for our recommendation.](#)

PARTICIPATION RELEASE OF LIABILITY: - I am aware that during my participation on the Bali retreat that certain risks and dangers may arise, including, but not limited to, the hazards of traveling to the retreat location, forces of nature, an accident or the onset of illness. Also I am aware and clearly understand that Sober Retreats (Retreat Provider) and your hosts do not have liability regarding provision of medical care, the speed of evacuation or the adequacy of any care that may be rendered. I understand that Sober Retreats and your hosts will use their best efforts to ensure that all adequate measures are taken to avoid such occurrences. Certain risks and dangers may arise on your retreat, including, but not limited to, the hazards of traveling to the retreat location, forces of nature, an accident or the onset of illness. Sober Retreats and your hosts will not be held liable for events arising out of or relating to any injury, loss or damage to person and property that may be sustained as a result of participation in the Bali Retreat. Sober Retreats and your hosts are released of all claims, actions, lawsuits, damages arising out of your participation on the Retreat. Each participant needs to have their own travel insurance to cover any unforeseen issues. We recommend you also include a "cancel for any reason" clause in your insurance. The participant takes full responsibility in attending this Bali Retreat.

By signing the Retreat Contract I am VOLUNTARILY PARTICIPATING IN THESE ACTIVITIES WITH THE KNOWLEDGE OF THE DANGERS INVOLVED AND HEREBY AGREE TO ACCEPT ANY RISKS. As lawful consideration for the agreement with Sober Retreats & your hosts to participate in this retreat, I hereby agree that I will not make any claim against Sober Retreats & the hosts and its owners from all claim actions and demands that I may have for bodily injury, death, or property damage arising from my participation in this retreat. Signing of the Retreat Contract will serve as my release of Liability and Assumption of Risk agreement.

Signed.....
Date:

OUR RESORT



We are staying at a 5 Star boutique wellness retreat in the heart of Ubud that focuses on rejuvenating our body, mind and spirit. Set among tropical greenery in Ubud, our resort features an outdoor pool, a spa centre and yoga facilities. Guests can enjoy local and international dishes at the delicious on site restaurant. Relaxing massages and spa treatments can be arranged at the resort.



Our Resort is 5 minutes walking distance to the main town of Ubud, making it super easy to look around and explore.

Boasting modern design, wifi is available throughout the resort. Each room is air-conditioned, has a flat-screen TV, and an electric kettle. Each room has a spacious bathroom with all of the amenities including bathrobes, toiletries, and a hairdryer.



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 \$50 USD) before you leave, as the exchange rate will generally be much better in Bali. Once you're here, we can assist you in getting cash with your standard ATM card or exchange your local currency into IDR. 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 encourage you to have an Indonesian sim card - we will provide this. This usually works out to be less expensive than an International plan from your local provider. Most people here communicate through "Whatsapp" so make sure it's downloaded on your device and don't forget to let your loved ones know how best to get a hold of you when you're overseas.

AT THE AIRPORT:

When you arrive at the airport, follow the instructions to pick up your luggage as usual. Don't be alarmed if you have to wait awhile - things can move at a slower pace here in Bali. Then continue through customs as usual. You will be granted a 30 day visa upon arrival. If you intend to stay in Bali longer than 30 days, please let us know prior to your trip so we can discuss your visa options. Once you have been cleared through customs, continue through to the pick up area. There you will find our driver holding a sign with your name. 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 and contact us on Whatsapp. Please add our number +6182144656112 (Maree)

DON'T FORGET TO PACK:

- Light clothing - it is hot in Bali!
- Insect repellent
- Sunscreen
- Jacket for cooler evenings
- Swimsuit
- Toiletries
- Tampons/pads etc
- Headphones
- Journal
- Power adapter
- A backpack or day bag

Other things to remember:

- Bali has very strict drug laws. We suggest you bring any medication in original packaging and bring a copy of the prescription or a travel letter from your physician.
- Travel insurance
- Travel Vaccinations (consult your doctor)

FAQ

WHEN SHOULD I ARRIVE AND LEAVE BALI?

Check in is at 2pm and 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, anything after 3pm is recommended.

HOW FAR AWAY IS UBUD FROM THE AIRPORT?

Ubud is approximately 1.5 hrs away from the international airport. You will be picked up by one of our drivers and taken to the retreat resort.

CAN I ARRIVE AND LEAVE EARLIER?

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

IS THE WATER SAFE TO DRINK?

No, we recommend that you brush your teeth with bottled water. Bottled water will be provided at the hotel daily. Ice is safe as 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. However, sometimes more fine dining restaurants will add between 15% and 20% to the bill to cover the 10% government tax & service charges. You will see this on your bill.

CAN I BARGAIN 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 bargain. 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. While 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?, tolong – please, 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.**