

THE JOY OF LIFE

SERENE JUNGLE BALI YOGA AND KUCHIPUDI - INDIAN DANCE RETREAT

25 APRIL - 2 MAY 2022

YOUR ITINERARY



OUR RESORT



Serene Jungle View Retreat provides accommodation with a restaurant, free private parking, an outdoor swimming pool and a garden. Each room at the 4* hotel has garden views, and guests can enjoy access to a terrace. The accommodation features a 24-hour front desk, airport transfers, room service and free WiFi. Guest rooms are equipped with air conditioning, a flat-screen TV with satellite channels, kettle, hot tub, hairdryer and a desk and featuring a private bathroom with a bidet and free toiletries. All rooms at the hotel offer pool views. This venue has a beautiful bamboo shala overlooking the jungle ravine.

Close to a variety of great restaurants



Accommodation Includes:

Welcome drink upon arrival

Daily healthy breakfast

Welcome Dinner

Farewell Dinner

Gift pack from Bali with Love

Transfers from/ to Airport to Hotel

Retreat Hosts: Rosie and Ilinca +39 3471924458

Retreat Company - Soul Bliss Journeys: Laurie +62 813 3913 4121 (WA +27 828989206)

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



We will all come together at 6pm to partake in a traditional Balinese Welcome Ceremony and a delicious Balinese dinner. You will have time to meet the other souls that you will share this journey with.

Pranayam and Meditation at 9pm

DAY 2



Begin your first full day with morning Yoga with Rosie and Ilinca (7am-8am) to get grounded and centred before breakfast at 8.15am breakfast and then off to the Balinese Water Ceremony at 9am

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

We then head back to the resort for free time and dinner at the restaurant.

Pranayama and meditaion at 9pm

DAY 3



Yoga at 7.30 followed by breakfast at 9am, then brace yourself for an amazing Bali tour. Roof up or down, the whole trip will be one big photo opportunity with the wind in your hair taking you to all the beautiful places that Bali has to offer. Putu will show you the magic that is Bali. All around the Island, through beautiful local villages, see some hidden waterfalls, amazing rice fields, countryside and so much more.

Dinner back at the hotel followed by Indian dance at 9pm

DAY 4

Start your day with a wonderful morning yoga session at 7.30- 8.30, followed by a delicious breakfast.

Grab your beachwear as we head off to Canggu to spend a day at the ocean. Laze around on comfy loungers or take a stroll to the popular shopping areas for some retail therapy.

Hang out and watch the sunset, then its back to Ubud for dinner at our hotel.

Pranayama and Meditation at 9pm





DAY 5

Following your morning Yoga session (7.30-8.30am) enjoy your usual yummy breakfast, then enjoy some free time before learning the art of Balinese dance.

Traditional dance is an important part of Bali's rich artistic heritage. You will be taught basic Balinese dance movements and their meanings under an expert instructor. This will involve mastering fluid finger movements and graceful steps synchronised to the hypnotic sounds of the gamelan orchestra.

After lunch at the hotel we will have some free time to explore Ubud a little more at your leisure. Shopping, massages, galleries.... whatever your heart calls for.

9pm Indian Dance



DAY 6

Greet the day with another yoga flow session with Rosie and Ilinca at 7.30am-8am and then breakfast.

We then head off for some well-deserved pampering: a 60-minute Balinese massage combined with an organic facial or body scrub.

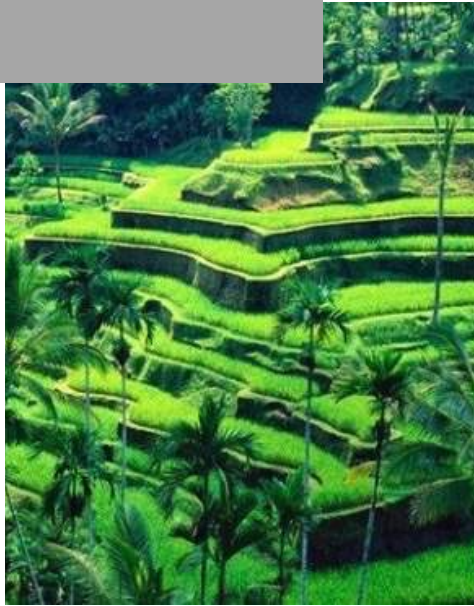
Our lunch is a delicious offering of raw ingredients, curated by the renowned chef, Arif Springs, set in one of the most magnificent garden cafes in Ubud.

We've left this afternoon free for you to use as you wish.

9pm Meditation and Pranayama



DAY 7



We start our last full day together with a 7.30am yoga flow with Rosie and Ilanca followed by breakfast.

The morning is free time for lounging, last minute shopping, massages, treatments, packing, and anything else you may want to do.

At 3pm we will hold a sacred cacao ceremony, where we will all feel our love and gratitude for the opportunity to share in this beautiful time together in Bali.

Our final dinner will be at 6.30pm.

9pm for our final Indian dance session

DAY 8



Greet this final day with another yoga flow session at 7.30am with Rosie and Ilanca and a yummy breakfast. After yoga, we will join together for a final Women's Circle, reflecting on the time we've spent together. Finally we part ways to each continue on our own individual journey of healing, growth, yoga, and transformation with the love and support of your retreat participants and hosts. An experience never to be forgotten.

Check out is 12pm.

TERMS & CONDITIONS



Included in price:

Private: €2095 (Early Bird until 30 Nov €1995)
Sharing: €1935 (Early Bird until 30 Nov €1835)

- 7 nights accommodation
Half Board
- All activities as shown on the itinerary are included
- All scheduled transfers to and from the airport and activities.

Costs **NOT** included:

- Flights to and from Bali
- Meals not mentioned above
- Transfers to and from town in free time, other than the resorts free shuttle 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 and similarly for massages.

PAYMENTS & REFUNDS



A €430 DEPOSIT IS DUE AT REGISTRATION. THEN PAYMENTS WILL BE DUE 6 MONTHS AND THEN 3 MONTHS BEFORE THE RETREAT. THAT IS, HALF THE COST OF RETREAT IS DUE BY NOVEMBER 25, 2022 AND THE REMAINDER DUE BY FEBRUARY 25, 2022.

FOR PRIVATE ROOM:

€430 RESERVATION DEPOSIT.

€833 DUE BY NOVEMBER 25 2022 (€783 FOR EARLY BIRD)

€833 DUE BY FEBRUARY 25, 2022 (€783 FOR EARLY BIRD)

FOR SHARED ROOM:

€430 RESERVATION DEPOSIT.

€753 DUE BY NOVEMBER 25 2022 (€703 FOR EARLY BIRD)

€753 DUE BY FEBRUARY 25, 2022 (€703 FOR EARLY BIRD)

A FULL REFUND IS AVAILABLE UNTIL 2 MONTHS (FEB 25, 2022) BEFORE THE RETREAT. AFTER THAT, THERE WILL BE NO REFUNDS.

IT IS HIGHLY RECOMMENDED THAT YOU PURCHASE TRIP INSURANCE TO COVER ANY OTHER UNFORESEEN CIRCUMSTANCES.

SHOULD COVID AND TRAVEL RESTRICTIONS INTERFERE WITH THE RETREAT AS PLANNED, THE DATES OF THE RETREAT WILL BE POSTPONED AND NEW DATES WILL BE SELECTED.

RELEASE OF LIABILITY

THE UNDERSIGNED HEREBY ASSUMES ALL RISK OF INJURY OR HARM AS A RESULT OF THE ACTIVITIES SPECIFIED ABOVE AND AGREES TO RELEASE, INDEMNIFY, DEFEND, AND FOREVER DISCHARGE THE RELEASEE FROM ALL LIABILITY, CLAIMS, DEMANDS, DAMAGES, COSTS, EXPENSES, AND CAUSES OF ACTION DUE TO DEATH, INJURY, LOSS, OR DAMAGE TO THE UNDERSIGNED.

SIGNED BY: