



TEMPLE OF COSMIC  
ASTROLOGY SCHOOL

# THE ASTROLOGY OF SLOW LIVING RETREAT

*with Katie Emma*

**YOUR ITINERARY : OCTOBER 24th - 31st, 2025**



Thank you so much for saying yes and joining me in Bali this year for our Slow Living Retreat!

It is such a joy and pleasure to hold space for you as you explore the magic of Bali, and learn about more about yourself through astrology and slow living practices.

I hope this retreat offers you space to reconnect with your self - to soften, exhale, remember and reconnect with what feels truly good and nourishing for your body, mind and soul. Whether it's a spark of clarity in a workshop, a divine download at the waterfall or simply sitting with your tea in the morning light... may something from this week continue to ripple forward that brings you more peace and ease.

I'm so grateful for your presence here in our group, and I can't wait to get to know you and your chart over these coming days in my favourite place in the world.

**Big love,  
Katie x**



## DAY 1 | FRIDAY, OCT 24th



You will arrive at our accommodation in Ubud. Check-in at the resort is from 2:00 PM onwards.

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

This afternoon will be put aside to ground yourself and relax in your new surroundings. Take some time to relax by the pool or get a massage or just enjoy your new environment.

At approximately 6:00 PM we will take part in a traditional Balinese Welcome Ceremony in the Shala, followed by a delicious welcome dinner together at 7:00 PM (included).

## DAY 2 | SATURDAY, OCT 25th

Let's start the day with a yoga session at 8:00 AM at the yoga shala, followed with breakfast at 9:00 AM.

At 10:00 AM, please be ready to depart the resort for a visit to a sacred Water Temple, surrounded by ancient shrines and nourished by crystal-clear natural springs. The Balinese believe that bathing in these waters offers healing and spiritual renewal, and the temple is a place of deep cultural and spiritual significance.

**Please note that women who are menstruating are respectfully requested not to enter the water or the prayer areas, though you are welcome to observe the ceremony or join the group later for the lunch and swing activity (please advise your group leader prior).**

After the water purification ceremony, enjoy lunch (included) with panoramic views of the stunning Tegalalang Rice Terraces. Following lunch, experience the tasting of traditional Balinese tea and coffee, and then be ready to feel the exhilaration of the Bali Swing as you soar high above the rice fields.



Once we have finished today's adventure, we will head back to the resort and the remainder of the afternoon is yours to enjoy at leisure - rest, unwind by the pool or simply take in the peaceful surroundings.

Feel free to join an optional complimentary Yoga session at the resort at 4:00 PM at the Yoga shala.

The first workshop with Katie will start at 5:00 PM at the Yoga shala (Your Relocated Chart in Bali).

Dinner will be at the resort at 7:00 PM (included), followed with an Astrology Meditation with Katie at the Yoga shala at 8:30 PM.



## DAY 3 | SUNDAY, OCT 26th

Let's start the day with breakfast at 8:00 AM.

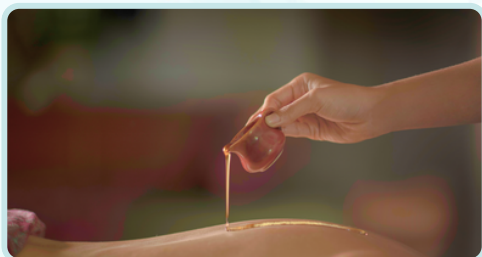
At 10:00 AM, please be ready to depart as we head to a traditional home-style cooking class with the lovely Putu and her family at their charming village home just outside of Ubud. Enjoy this treasured glimpse into the life of a local with a tour of their traditional family home and temple. After the class, we will enjoy the delicious dishes you've created for lunch (included). Around 3:00 PM, we'll make our way back to the resort to relax and unwind.

Lets gather at 4:00 PM with Katie for an Astrology Workshop (Savouring the Senses with Venus) at the Yoga shala, followed with a Cacao ceremony with Katie until 5:30 PM.

Dinner is at the resort at 7:00 PM (included). At 8:30 PM we'll meet in the Shala for a Values Reflection Circle.



## DAY 4 | MONDAY, OCT 27th



Good morning! Be ready at 7:30 AM to participate in a 2-hour Breathwork Session at the Yoga shala. Breath is our most simple, but powerful tool. Conscious connected breathing affects how we think, feel and move throughout our lives - it integrates and assists in clearing emotional, physical, and energetic blockages. It can access our inner self for our personal growth, self-healing, and encourages self-compassion.

Breakfast will be served at 9:30 AM, followed by an Astrology Workshop (Saturn Cycles) with Katie from 10:30 AM to 12:30 PM at the Yoga shala.

At 12:30 PM we will break for Lunch (not included), and you will have free time. During your free time, you'll also have a complimentary 30-minute massage. Please contact your group leader to check your scheduled time.

Let's gather at the yoga shala for a sound bath from 5:00 PM - 6:30 PM, which is a beautiful precursor to our "silent evening".

As we start to embrace the concept of "slowing down" we will have a solo dinner (included) in silence, from 7:00 PM to 8:30 PM. After this, please feel free to continue your quiet time with some journaling or reflection in the gardens, by the pool, or wherever you feel most comfortable.



## DAY 5 | TUESDAY, OCT 28th



You're welcome to join the complimentary yoga class at 8:00 AM, with breakfast then served at 9:00 AM.

It's Beach Day, everyone! Get ready for some sun, vitamin "sea", and relaxation. Please be prepared to depart by 10:00 AM for a scenic 2-hour (depending on traffic) drive through the beautiful landscape of East Bali.

Once we arrive, we'll unwind on beach chairs, sip fresh coconuts, enjoy optional massages and dip our toes in the ocean. Then enjoy a delicious lunch at the local beach shacks (included).

We'll head back to the resort around 4:00 PM, feeling refreshed and rejuvenated.

Please enjoy some free time before we gather for dinner at 7:00 PM (included). We will then join together at the Yoga Shala at 8:30 PM for an Astrology Meditation session with Katie.

## DAY 6 | WEDNESDAY, OCT 29th

Enjoy your slow morning day, and we will gather for breakfast at 9:00 AM.

At 10:30 AM - 12:00 PM we will gather at the Yoga shala for an Astrology Workshop (6th House: Nurturing small and consistent habits) with Katie.

At 12:00 PM please feel free to enjoy some free time and have lunch (not included) at your leisure. It's a perfect time to head out and take some time to explore Ubud, wander around the streets and soak up the artistic and spiritual vibe that Ubud is infamous for.

You're welcome to join a complimentary Yoga Class at the resort from 4:00 PM to 5:00 PM.

AT 5:00 PM we will gather at the Yoga shala for an Astrology Workshop (Reframing Retrogrades) with Katie.

Tonight's dinner time will be at your leisure, you can go to Ubud town or simply order in from restaurant (not included).





## DAY 7 | THURSDAY, OCT 30th



You're welcome to join the complimentary yoga class at 8:00 AM, breakfast will be served at 9:00 AM.

At 10:00 AM we will then gather at the Yoga shala for an Astrology Workshop (Astrology Timing Techniques for Slow Living) with Katie.

Lunch is at the resort at 12:00 PM (included).



At 1:30 PM, please be ready to depart as we will head to Goa Raja Waterfall, one of the many stunning waterfalls in Bali. It is surrounded by green forest and offers a quiet, peaceful place to relax. The waterfall flows into clear pools where you can take a refreshing swim. Enjoy the beautiful views and the calming sound of the water. When everyone feels ready we will head back to hotel, by about 4:00 PM.

Please enjoy some relaxation time until its time to get ready & leave the resort at 6:00 PM for a magical dinner at Merlin's to celebrate Samhain.

## DAY 8 | FRIDAY, OCT 31st



Wake up to our last morning in Bali together and enjoy a slow morning with breakfast at 9:00 AM.

At 10:00 AM we will all gather for our final closing circle at the Yoga shala, and we can all take some treasured time to say our goodbyes.

Check out time will be 12:00 PM.

Thank you for sharing this magical experience with us in Bali. Travel safe, everyone.

**Warmly,  
Katie Emma & Soul Bliss Journeys Team**



# WHEN YOU'RE IN BALI

Touch down! You are in Bali now, let's get the show on the road. Here are some hints you might want to know:

## **MONEY**

If you have AUD/USD/NZD currency and would like to exchange them for local currency, we are happy to help you. ATMs are available everywhere and you can use your debit card to draw local currency. Most banks ATM's have a maximum withdrawal of 3,000,000rp (approximately \$200 USD) at one time.

Here is some currency information for the Indonesian Rupiah in Bali (Indonesia):

- The largest note is Rp 100,000. It is red and close to \$6.50 USD in value.
- The next largest note is Rp 50,000. It is blue and close to \$3.25 USD in value.
- There also smaller notes Rp 20,000 & Rp 10,000, Rp 5,000, Rp 2,000 & coin Rp 1,000.

## **TIPPING THE GROUND TEAM & VENUE**

Tipping in Bali is appreciated but not mandatory. If you have enjoyed the service with our ground support team, please feel free to offer a tip to the retreat leader, who can collect and give it to the management team, where it will be shared with the operational staff.

If you want to tip the venue, you can tip them directly. Ask them for an envelope, and your retreat leader can leave the tip at the front office.

## **MEALS**

All breakfast is included at the hotel during the retreat period and 9 other meals. Please see the itinerary for further information.

## **MASSAGES**

Your venue has an onsite spa, but if you don't find time to have one, please see our recommended spas below.

# WHEN YOU'RE IN BALI

## RECOMMENDED RESTAURANTS IN UBUD:

We have compiled a list of our and our guests' favourite restaurants below. Feel free to refer to them on your days out:

- Puspa Warung - Local favourite
- Sun Sun Warung - Local favourite
- Sugriwa Warung - Local favourite
- Compound Resto - Local favourite
- Kafe - cafe vibes
- Simply Social - Relaxed vibes
- Milk & Madu - Relaxed vibes
- Ibu Susu - Relaxed vibes
- Taco Casa - Great Mexican
- Union - Cafe vibes
- Sayuri's - Vegan cafe
- Zest - Vegan cafe
- Alchemy - Vegan cafe

## RECOMMENDED SPAS IN UBUD:

- Fresh Spa (fit to 6 people at one time massage treatment)
- Skin Spa
- Nusa Therapy (need to book)
- Putri Spa (large space, fit to >6 people at one time massage treatment)
- Taksu Spa

## SHUTTLE & CABS

For a detailed shuttle schedule, please find the information in the front office or from the hotel staff. If you need one, either the hotel or Soul Bliss Journeys can also help arrange it for you.

There are very few taxis in Ubud but many private drivers. Negotiate your fee before you get into a car. PLEASE NOTE: if you do not have motorbike/scooter insurance cover DO NOT hire one.

# WHEN YOU'RE IN BALI

## GOJEK or GRAB APPS

Taxi online! Gojek is an app that provides a variety of services from transportation, payments, food delivery, and logistics.

Please download the Gojek app from your App Store or Play Store. Once you download it, you can sign up with your own country's mobile number. You can use this app to book a car or a bike when you are cruising around Bali in your free time. They will pick you up from anywhere and drop you off anywhere. You can choose the payment method; however, we recommend paying in cash. It is easy and affordable to use.

## SARONG

We have included our traditional wear, the Sarong, to the goodie bag. It is mandatory to wear it when we visit temples and when we do a sacred ritual. We will let you know when exactly you are expected to wear it and we will also teach you how to wear it.

## BASIC INDONESIAN SENTENCES (BAHASA INDONESIA)

Just a handful of words to get by while shopping and at restaurants.

- Terima kasih (te-ree-ma ka-seeh) / thank you

There's no favour too small to deserve a 'terima kasih'. Whether a local has helped you with directions or after receiving your goods in a local shop, say this phrase with a smile.

- Suksma (suk - sama) / thank you

It's a local Balinese language for saying thank you. It has the same meaning as terima kasih in Bahasa Indonesia.

- Pagi / good morning

It will be fun to greet local people in their language. Pagi! Good morning! :)

- Ya – Tidak / yes – no

These simple affirmative and negative words can go a long way when responding to anything, be it a generous offer for goods or services or an invitation for drinks.

Please don't hesitate to contact us if you have any questions. We are here to assist you along the journey in Bali.