

Yin/Restorative Exclusive Yoga Jungle Retreat in Bali

YOUR ITINERARY : 23 JUNE - 2 JULY 2023



Relax... Restore and Rejuvenate your mind body and soul in Bali with Karen Russell. Is Bali on your bucket list? Then why not join Karen on this life-changing, magical 9 nights 10 days in the most enchanting place on earth! Enjoy your private beautiful - modern traditional Indonesian hut, delicious food, deepen your yoga practice with Karen daily, who has been teaching and coaching for over 20 years, and then immerse yourself in the culture by attending our amazing excursions.

Sooth your mind, body and soul with evening sunsets and deep yin and restorative classes. You will have plenty of free time to enjoy the jungle atmosphere, tropical swimming pool, and even your private modern hut to immerse in your complete rejuvenation.



DAY 1 - FRIDAY

You will arrive at your beautiful accommodation in Ubud. Check-in is from 2 PM 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 7:00 PM to partake in a traditional Balinese Welcome Ceremony followed by a delicious Balinese dinner (included in the cost of your retreat).

You will have time to meet the others and socialize.

Then we will rest and prepare for our first full day in Bali.



DAY 2 - SATURDAY



Begin your first full day with a beautiful yoga session at 7:00 AM with Karen Russell followed by a wholesome Breakfast at 8:30 AM.

At 10:00 AM, 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 healing and spiritual experience. This will be the perfect opportunity to set your intention for the rest of the journey, and, of course, provide time to bond with your fellow travel companions.

Following the water ceremony, we will play on a Bali Swing while enjoying our Balinese Tea and Coffee tastings. Followed by a yummy lunch (included in the cost of your retreat) at the beautiful Tegalallang Rice Terraces. We will be free around 3:30 PM.

3.30pm - Free time & Dinner at the resort (included in the cost of your retreat).

Evening is at your leisure.

DAY 3 - SUNDAY



We will start this beautiful day with a yoga session from 7:00 AM with Karen Russell followed by yummy Breakfast at 8:30 AM.

Today is the free day for you to do what you like, You can chill at the pool, get a massage at the venue, read a book or go shopping. Or can join the optional activity - Goa Raja Waterfall trip: The Goa Raja Waterfall is a recently discovered hidden gem in east Bali, just a short distance from Ubud, there is a big waterfall inside of a cave, just like the name implies (Goa Raja is Indonesian for 'king cave'). The hike to the waterfall is short and only takes about 15 minutes as you walk through a mossy green canyon and at the end, you're rewarded with a big cave, a waterfall, and a natural pool for swimming! Let Karen know your interested to do this, at less 1 month before. Cost of optional activity \$30 USD pp

Lunch provided at the resort (included in the cost of your retreat). Rest of the day is at your leisure.

Dinner at the resort (included in the cost of your retreat).

DAY 4 - MONDAY

We will start this beautiful day with a yoga class at 7:00 AM with Karen Russell followed by a wholesome Breakfast at 8:30 AM.

After Breakfast at 10:00 AM we will jump into a car and take an hour and half drive towards East Bali to a white sand beach called Virgin Beach.

Enjoy a swim in the ocean and chill on the beach chairs and let the sounds of the ocean calm you while you read a book, take a dip and just relax.

Enjoy a traditional Balinese Lunch at the beach (included).

We will head back to the venue in the late afternoon.

Dinner at the resort. Evening is at your leisure.





DAY 5 - TUESDAY

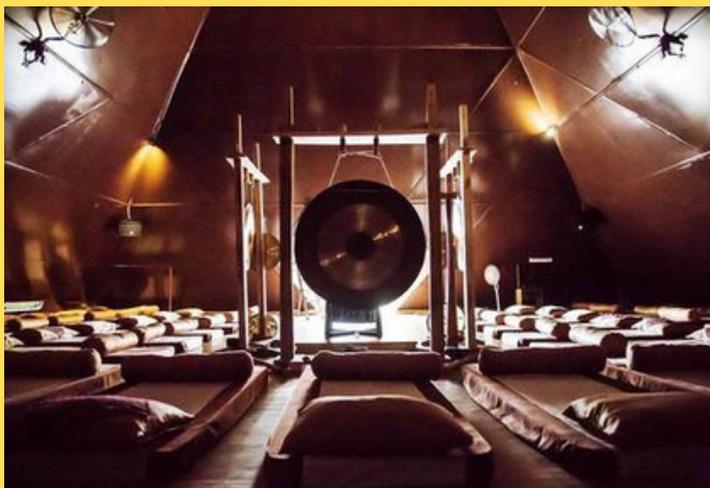
We will start our day with a beautiful yoga session at 7:00 AM with Karen Russell followed by a wholesome Breakfast at 8:30 AM.

After breakfast, at around 10:00 AM, we will head to Pyramids of Chi for a at 11AM Sound Healing session.

We will enjoy lunch at the delicious Pyramids of chi café around 12.30pm after the sound healing session. (Lunch Included)

The rest of the afternoon is yours to do with as you wish. Maybe you'll shop. Or explore. Or swim. Or simply relax and get a massage.

We will reconvene in the evening for dinner around 7:00PM at the venue (Included in the cost).



DAY 6 - WEDNESDAY

We will start this beautiful day with a yoga class at 7:00 AM with Karen Russell followed by a wholesome Breakfast at 8:30 AM.

After Breakfast at 10:00 AM we will head to the Ubud town to indulge in two sumptuous spa treatments, guaranteed to ease any of the leftover tension or stiffness lingering from jet lag.

Followed by lunch (included in the cost of your retreat) at 1:00 PM. Our spa has a beautiful restaurant set in the lovely garden where we'll be served an amazing 3 course raw food experience, soo delicious!

Our group will be split into two today, with half starting with the pampering and the other half have time to explore markets of Ubud or do some shopping, then change over, we all gather at the same time for the delicious lunch. Approximately 5pm we head back to the resort.

Dinner at the resort. (Included) Evening is at your leisure.



DAY 7 - THURSDAY



We will start this beautiful day with a yoga session from 7:00 AM with Karen Russell followed by a wholesome Breakfast at 8:30 AM.

Today is the free day for you to do what you like, You can chill at the pool, get a massage at the venue, read a book or you can join the optional activity - see below.

Lunch (included in the cost of your retreat) at the Venue.

2.30pm - 5pm - Optional activity - Leave from venue and head to the traditional rock pools and Sauna - Guests can enjoy a relaxing soak in hot and cold 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. Cost \$30 USD pp

Rest of the day is at your leisure. Dinner at the resort (included in the cost of your retreat).

DAY 8 - FRIDAY

We will start our day with a beautiful yoga session at 7:00 AM till 8:30 AM. Following the yoga session, we will enjoy breakfast from 8:30 AM.

At 10:00 AM, after breakfast, we will head to Putu's home in a Balinese village where we will participate in a balinese cooking class.

Our Host Putu we give a tour of traditional Balinese house and teach us how to cook a wholesome Balinese meal.

We will enjoy the dishes we cooked for Lunch with everyone.

The rest of the afternoon is yours to do with as you wish. Maybe you'll shop. Or explore. Or swim. Or simply relax and get a massage.

We will reconvene in the evening for dinner around 7:00PM at the venue (Included in the cost).





DAY 9 - SATURDAY

We will start our day with a beautiful yoga session at 7:00 AM till 8:30 AM. Following the yoga session, we will enjoy breakfast from 8:30 AM.

At 10:00 AM, after breakfast, we will partake in a Mala Bead making ceremony at the venue. You will make your own beautiful Mala bead as a keep sake of you Bali retreat.

Followed by Lunch (Included) at the venue.

The rest of the afternoon is yours to do with as you wish. Maybe you'll shop. Or explore. Or swim. Or simply relax. This is your last day to get the things you need or simply relax.

We will reconvene in the evening for dinner around 7:00PM at the venue for your final dinner together (Included in the cost).



DAY 10 - SUNDAY

We will start our final day with a beautiful yoga session at 7:00 AM till 8:30 AM. Following the yoga session, we will enjoy breakfast from 8:30 AM. a beautiful breakfast at our leisure.

Our Bali adventures come to an end today, check out is at 12pm, make time to say your goodbyes to your new friends, take a final dip in the pool and get ready to head home, refreshed and grateful for your time in Bali, the Island of the Gods...

As they say in Bali, "Selamat tinggal!" Til we meet again.



TERMS & CONDITIONS



Included in price:

- 7 nights accommodation
- All meals
- All activities as shown on the itinerary are included - other than the optional activities.
- All scheduled transfers to and from the airport and activities!

Costs NOT included:

- Flights to and from Bali
- Meals & massages/spa treatments not mentioned above
- Transfers to and from town in free time
- VIP Airport Service and Visa on Arrival - Available for \$90 USD pp
- Medical expenses
- Any unforeseen accident, injury and/or damage to property
- Hire of personal scooter or motor vehicle
- Travel insurance
- 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 8 -10 USD and similarly for massages.

Full vaccination is mandatory to attend the retreat and to enter Bali.

PAYMENTS & REFUNDS



A \$500 USD Non-refundable Deposit is due at registration.
50% of remaining balance is due 4 months before - 23rd February 2023.
Final Balance due 2 months before - 23rd April, 2023.

All payments are Non-Refundable, please make sure you have travel insurance to cover you if you decide to cancel the retreat after making payments. Travel Insurance is recommended and the risk falls on you if you decide not to get the travel insurance. Please check with www.allianztravelinsurance.com or www.imglobal.com as an option for travel insurance cover.

If Bali shuts down and you are unable to enter Bali due to COVID or any other unforeseen events, the retreat will be postponed to later date. This will be only reason the retreat will be postponed. We are not responsible for travel restrictions in your own country.

Karen Russell has collaborated with the retreat management company, Soul Bliss Journeys (soulblissjourneys.com), Soul Bliss Journeys do not accept any responsibility for losses or additional expenses due to delays or changes in travel schedules, or other causes. All such losses or expenses will be the responsibility of the retreat participants. 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. Soul Bliss Journeys 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 Retreat. Soul Bliss Journeys is released of all claims, actions, lawsuits, damages arising out of or relating to guests participating in the Retreat. Soul Bliss Journeys will use their best efforts to ensure that all adequate measures are taken to avoid such occurrences and that the retreat runs smoothly and without issues. We pride ourselves on our desire to deliver you the best retreat ever.

By signing the Retreat Contract I am voluntarily participating in these activities with the knowledge of any unforeseen risks involved and hereby agree to accept any risks. As lawful consideration for the agreement with Soul Bliss Journeys & Karen Russell to participate in this retreat, I hereby agree that I will not make any claim against Soul Bliss Journeys, Karen Russell and I release them from all claim actions and demands that I may have for illness, 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:

SO YOU'RE 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.

VIP AIRPORT SERVICE:

We offer this to all our retreat guests if they would like to have a super quick experience & processing time at the airport and immigration.

The VIP agent will meet you right outside the plane with a sign with your name on it and help you breeze you through everything, right through to collecting your luggage and dropping you at your airport transfer driver who will take you to the venue.

This service also pre pays the Visa on arrival so you don't need to line up.

The total for both Visa on arrival and VIP is 1,300,000 IDR approximately \$90 USD per person. If you have another type of Visa already the VIP alone is 800,000 \$55 USD.

Let your leader know if you would like this and you can add this to your payment to the retreat leader. If you choose this option, please send your leader a copy of your passport, vaccination card and a copy of your flight itinerary for us to process this for you in advance.

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.

FAQ

IS THE WATER SAFE TO DRINK?

No, we recommend that you brush your teeth with bottled water, this is always provided. Ice however is safe and has been for many years now 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. Most of the time the more up market restaurants would have already added between 15% and 20% to the bill to cover the 10% government tax and the service charge for staff. You will see it on the bill, if you don't then by all means you can tip something small. 20,000 IDR is around \$1.20 USD. This is a green note, 50,000 IDR is around \$3 USD and is a blue note :)

CAN I HAGGLE (BARGIN) 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 haggle. 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. Whilst 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? 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.**