



# WISDOM OF THE INTENTIONAL PAUSE:

**A SACRED JOURNEY TO THE LAND OF GODS**

**YOUR ITINERARY : SEPTEMBER 16th - 23th , 2024**



Welcome to the Island of Bali! Thank you for choosing to intentionally slow down, pause and appreciate moments with me. Taking time to nurture yourself, to connect with this breathtaking land and people, as well as savor lovingly prepared meals will be an honor to share with you.

The intention of this retreat is so much more than a vacation. It is a purposefully curated experience to intentionally lead you to PAUSE and savor with curiosity and joy.

Together we'll explore our inner landscape with gentle yoga, somatic movement, breath, meditation and traditional local experiences to deeply connect with our inner compass so we can re-emerge from a place of clarity.

Together with Soul Bliss Journeys, I am honored to share this 8-day experience with all of you to help you tap into your Wisdom of the Intentional Pause



## DAY 1 | MONDAY, 16th SEPTEMBER



You will arrive at your beautiful accommodation in Ubud. Check-in is from 2:00 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.

At 5:30 PM, we will join Opening Circle, Gentle Movement, and Meditation by Heather. You will meet the other souls that you will share this journey with.

We will take part in a beautiful Balinese welcome ceremony at 6:30 PM, followed by a delicious Balinese buffet dinner at 7:00 PM (Included in the retreat cost). After dinner take time to settle in take time for rest to get ready for the next amazing day in Bali.



## DAY 2 | TUESDAY, 17th SEPTEMBER



We will start this beautiful day with Hatha Yoga & Meditation by Heather at 7:00 AM. Followed by a delicious breakfast from 8:30 AM to 9:30 AM.

At 9:30 AM, we will begin the journey 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 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 wisdom seekers! **(Please note - women who are menstruating are unable to enter temples, they will meet the others later at the swing and lunch activity).**

Following the water ceremony, we will play on a Bali Swing in the rice fields, while enjoying our Balinese tea and coffee. We will have lunch (included in the cost of your retreat) at the beautiful Tegalallang Rice Terraces.

At approximately 3:00 PM we head back to our resort for a couple of hours of rest before joining Yin or Restorative Yoga & Meditation with Heather from 5:00 PM to 6:00 PM at the resort.

Dinner is at your leisure (not included in the retreat cost). Try a restaurant in Ubud or order ala carte at the resort.



## DAY 3 | WEDNESDAY, 18th SEPTEMBER



We will start this amazing day with Hatha Yoga & Meditation by Heather at 8:00 AM. Followed by a delicious breakfast from 9:15 AM to 10:15 AM.

At 10:30 AM we will leave the resort and head for our Boreh Scrub and Massage. Boreh is a very ancient way to heal one's body. The treatment involves a mixture of medicinal herbs that are rubbed into your body, a sauna where the steam is from the boiling herbs and a full body massage known as 'Pijat' – another word for what we call massage.

From 2:00 PM to 5:00 PM you have free time to explore Ubud, try some cafes or restaurants as lunch will be at your leisure (not included in the retreat cost).

We'll gather back at the resort to join Heather for Yin or Restorative Yoga from 5:00 PM to 6:00 PM.

Dinner is at your leisure (not included in the retreat cost).

## DAY 4 | THURSDAY, 19th SEPTEMBER

We will start this day with Hatha Yoga & Meditation with Heather at 8:00 AM. Followed by a delicious breakfast from 9:15 AM to 10:30 AM.

Enjoy your free time until 5:00 PM to simply indulge: pool time, massage, or shopping at the markets. It is the best time to do your own activity, explore Bali, and many things that you love.

Lunch and dinner are at your leisure today (not included in the retreat cost).

We'll gather back at the resort to join Yin or Restorative Yoga with Heather from 5:00 PM to 6:00 PM.

Dinner is at your leisure (not included in the retreat cost).





## DAY 5 | FRIDAY, 20th SEPTEMBER



We will start this wonderful day with Hatha Yoga & Meditation by Heather at 7:00 AM. Followed by a delicious breakfast from 8:30 AM to 9:30 AM.

At 9:30 AM we will begin our journey towards Besakih Temple, the mother temple and one of the most sacred temples in Bali. It has spectacular panoramic views from the top section of the temple.

After visiting the temple, we will stop for lunch at a local restaurant (included in the cost of the retreat) and then continue the journey to experience the beautiful cave waterfall and a natural pool for swimming until around 4:00 PM.

From 6:00 PM to 7:00 PM we will join a Yin or Restorative Yoga & Meditation with Heather.

Dinner is at your leisure (not included in the retreat cost).



## DAY 6 | SATURDAY, 21st SEPTEMBER

We will start this day with Hatha Yoga & Meditation by Heather at 8:00 AM. Followed by a delicious breakfast from 9:15 AM to 10:00 AM. Eat light today as we will get full bellies at the cooking class.

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.

We will head back to the resort at approximately 3:00 PM for some rest and pool time.

From 5:00 PM to 6:00 PM we will join a Yin or Restorative Yoga & Meditation with Heather.

Dinner is at your leisure (not included in the cost of the retreat).





## DAY 7 | SUNDAY, 22nd SEPTEMBER

We will start this lovely day with Hatha Yoga & Meditation by Heather at 7:00 AM. Followed by a delicious breakfast from 8:30 AM to 9:30 AM.

At 10:00 AM, we head out to experience the 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.

At 12:30 we recommend you to have lunch at Pyramids of Chi Cafe or you can have where you want, as it will be at your leisure (not included in the retreat cost).

The rest of the afternoon is yours; free time for you to indulge in whatever makes you happy, whether it is more pool time, another massage, more shopping, or anything else you want to do on your final afternoon in Ubud.

We'll gather back at the resort to join a Yoga Nidra and Closing Circle with Heather from 5:00 PM to 6:00 PM.

This practice will be followed by your Final Dinner at 7:00 PM at the resort (included in the retreat cost).



## DAY 8 | MONDAY, 23rd SEPTEMBER



We will start our last Bali adventure day with Hatha Yoga & Meditation by Heather at 8:00 AM. Followed by a delicious breakfast from 9:15 AM to 10:15 AM.

Everyone check-out at 12:00 PM from the resort.

Thank you for sharing this magical experience with us. Until next time.....

Warmly,  
Heather Berg and the Soul Bliss Journeys Team.

# Payments, Refunds and Liability

## Ticket Price of the Retreat

**Private - \$3015 USD / Sharing - \$2615 USD**

## Early Bird Price of the Retreat (Valid until March 1, 2024)

**Private - \$2865 USD / Sharing - \$2465 USD**

A **\$500 USD fully refundable deposit up until March 1, 2024** is due at registration. 50% Remaining balance due on May 1, 2024. Final Balance due on July 1, 2024. **After March 1, 2024, all payments are Non-Refundable**, so 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](http://www.allianztravelinsurance.com) or [www.imglobal.com](http://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.

Heather Berg has collaborated with the retreat management company, Soul Bliss Journeys ([soulblissjourneys.com](http://soulblissjourneys.com)). Soul Bliss Journeys does 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 & Heather Berg of Soul Garden Yoga & The Enchanted Garden Resort to participate in this retreat, I hereby agree that I will not make any claim against Soul Bliss Journeys, Heather Berg & The Enchanted Garden Resort 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: .....



# TERMS & CONDITIONS

## Included in price:

1. 7 nights accommodation
2. All breakfast, 3 lunches, welcome dinner and final dinner
3. All activities as shown on the itinerary are included:
  - Water Healing Ceremony, Swing, and Tea Tasting
  - Boreh Sauna Scrub and Massage
  - Besakih Temple and Goa Raja Waterfall
  - Cooking Class
  - Pyramids of Chi
4. All transport to and from the activities and resort
5. Private Airport Transfers
6. Goodie Bags on arrival with Handy gifts

## NOT included in price:

1. Flights to and from Bali
2. Visa on arrival (\$35 USD) Tourism Tax - \$10 USD
3. Meals & massages or spa treatments not mentioned above
4. Transfers to and from town in free time
5. Medical expenses
6. Any unforeseen accident, injury and/or damage to property
7. Hire of personal scooter or motor vehicle
8. Travel insurance
9. Special meal requirements not already discussed
10. All gratuities

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.

# BALI FOR 1st TIMER

## VACCINES and MEDICINES

- **CBD PRODUCTS ARE ILLEGAL IN INDONESIA, PLEASE DO NOT PACK ANY PRODUCTS WITH CBD. PLEASE CONSULT US FOR ANY DOUBTS ON MEDICATION DRUGS YOU WISH TO BRING. ALL MEDICATION SHOULD BE IN ORIGINAL CONTAINERS WITH YOUR NAME ON IT.**
- Check the vaccines and medicines list and visit your doctor at least a month before your trip to get vaccines or medicines you may need. **PLEASE NOTE: NO VACCINES ARE MANDATORY TO ENTER INDONESIA.**

## TRAVEL INSURANCE

Highly recommended for any unforeseen issues. Please do get an insurance which will cover everything.

## CURRENCY

What currency is used in Bali? The Indonesian Rupiah is the currency of Indonesia. The currency code for Rupiah is IDR, and the currency symbol is Rp. The value of money exchange nowadays is common at Rp 15,000 for \$1 USD. Here are some banknotes of IDR you will probably use for transaction:

- Rp 10,000
- Rp 20,000
- Rp 50,000
- Rp 100,000

## WHERE TO CHANGE MONEY IN BALI?

It is tempting to exchange money as soon as you leave the airport, but it can also be expensive. We encourage you to exchange at 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 traveling overseas!



# BALI FOR 1st TIMER

## **PHONE & SIMCARD**

To use your phone in Bali, activate roaming on your phone setting and it will allow you to use google maps to meet up at certain restaurants or any other met up locations. We will set a group chat on WhatsApp, so make sure you downloaded it on your device. 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 approximately \$8 USD for around 10GB.

## **WHEN SHOULD I ARRIVE AND LEAVE BALI?**

Check in is at 2:00 PM 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 12:00 PM and need to get to the airport, so booking a departure flight anytime after 3:00 PM is recommended. The airport is Ngurah Rai International Airport, it's in Denpasar, Bali.

## **HOW FAR AWAY IS UBUD FROM THE AIRPORT?**

Ubud is approximately 1.5 - 2 hours (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.

## **IS THE WATER SAFE TO DRINK?**

The tap water in Bali isn't recommended for drinking, so avoid it and stick to sealed bottled water.

If you want to brush your teeth with bottled water, it's possible and provided by the hotel. Ice however is safe and has been for many years now all the restaurants make ice from bottled water, so smoothies and juices are fine with ice, yummy.



# BALI FOR 1st TIMER

## DO I NEED TO TIP IN BALI?

Tipping in Bali is appreciated but not necessary. Most of the time, the more upmarket 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 (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 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! The rule of thumb is 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 Indonesia. 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 in Balinese), and *terima kasih* (thank you in Bahasa). And remember, Balinese is not the same as Bahasa Indonesia the official language of Indonesia.

## DON'T FORGET TO PACK

- Light clothing - shorts, skirts, dresses.
- Sunscreen
- Jacket for cooler evenings
- Swimsuit
- Toiletries - tampons/pads etc.
- T Shirt covering shoulders for temples
- Backpack or day bag
- Goodie bags are provided and have some essentials like, mosquito spray, international adaptor and sarong (traditional dress) to wear for our temple visits.



# BALI FOR 1st TIMER

**Please note, your passport must be valid for another 6 (six) months minimum before you depart for international travel to Indonesia.**

## **ARRIVAL AT THE AIRPORT AND VISA**

- **STEP ONE:**

Upon disembarking from the aircraft, please follow the signage directing you to immigration. Once there, kindly locate the "Visa on Arrival" sign and queue accordingly. The visa fee is around 35 USD or 500,000 IDR, which can be paid using your credit card. After obtaining your visa, please proceed to the immigration line. We recommend attempting to complete the visa application process online prior to your arrival. However, if you encounter any difficulties, rest assured that you can complete the process upon arrival without any issues. Please visit the following link for online visa application: <https://molina.imigrasi.go.id/web/visa-selection>

- **STEP TWO:**

Upon collecting your luggage, please proceed to Customs. You will be required to present a Customs QR code, which can be obtained online prior to your arrival. Please note that this form can only be filled out two days before your arrival. We recommend completing this process while waiting to board or in transit. The online form takes only five minutes to complete, and you will receive a QR code at the end of it. Please take a screenshot of the QR code and present it at the Customs desk just before exiting the airport. Please visit the following link for online Customs QR code application to do 2 days prior to arrival : <https://ecd.beacukai.go.id/>

- **STEP THREE:**

We kindly advise you to connect to the free airport Wi-Fi upon arrival. Our team will have sent you a message with the details of your driver and their contact number. Please message them to inform them of your arrival, our driver will wait at Circle K store. This is located at the exit, past all the other drivers holding signs at the exit, if you can't find the Circle K, just ask. They will be holding a sign with your name or group name. From there, you can proceed to your destination with ease.



# 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 dollars and want to exchange them for local currency, we are happy to help you exchange them. ATMs are available everywhere and you can use your debit card to get local currency, most banks allow a maximum of 3,000,000 (approximately \$200 USD) at one time. Here are some denominations in Bali (Indonesia):

- The biggest bill is Rp 100,000. It comes in red colour and is almost \$6.50 USD in value.
- The second biggest bill is Rp 50,000. It comes in blue colour and is almost \$3.25 USD in value.
- Then, there are smaller denominations like Rp 20,000 & Rp 10,000, Rp 5,000, Rp 2,000 & coin Rp 1,000.

## **TIPPING SOUL BLISS JOURNEYS & VENUES**

Tipping in Bali is appreciated but not mandatory. If you have enjoyed the service with the Soul Bliss Journeys team and our venue partner, 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.

## **MEALS**

Here are meals that included in your retreat:

- Daily breakfast
- 3 lunches
- 2 dinners

The rest of the meals that are not included are to give you the opportunity to try restaurants in town. Please see our recommended restaurants on next page.

## **MASSAGES**

Your venue has an onsite spa, but if you can't find time to have one there, 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**

Our venue provides free shuttles to town and back. For a detailed schedule, please ask the reception. They can also help you arrange it if you need it.



# 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 added traditional wear, a Sarong, to the goodie bag. It is mandatory to wear it when we visit temples and when we do sacred rituals. 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.