



# Yoga in Bali

4 days/3 nights retreat at lovely locations of Bali along with touristic sightseeing and cultural entertainment.

*Yoga is the golden key that unlocks the door to peace, tranquility and joy.*  
— B. K. S. Iyengar

Whether it is chanting a mantra, meditating with an empty mind or feeling bliss with yogic poses and postures, one has to feel connection to the mind, body, soul with the endless cosmic space and energy. To get you that initial momentum and peaceful atmosphere, we have chosen the serene and beautiful locations for your yoga and wellness treatment at comfortable spas. Soothe yourself in these spas, relax in the classes of yoga, enjoy the comfortable touristic exposition of Bali and get acquainted with



cultures and traditions of this lovely south-east Asian country.



# The Journey

## Day 1. Arrival in Bali

*Arrive at Ngurah Rai Airport of Bali meets our representatives and you will be directly transferred to the hotel. Rest of the day will be free at leisure by your own arrangement. Rest of the day will be free at leisure by your own arrangement. Back to the hotel, stay overnight.*

## Day 2. Yoga Activities & Spa Treatment

*Breakfast at the hotel. Bring mind, body and spirit into balance by enjoying Optional Yoga Activities or Spa Treatment.*

*Yoga Activities (PLEASE CHOOSE ONE OF BELOW YOGA TREATMENT)*

*Yoga & Vinyasa at Tugu Hotel - Canggu: Yoga at Hotel Tugu Bali offers a variety of classes for all levels and provides a comfortable space to explore the body, mind and soul. Our classes are invigorating, empowering, detoxifying and taught by professional, passionate teachers at a level determined by you. You can build a strong base while more experienced practitioners can take their poses deeper with variations. Be okay with not being able to do everything perfectly - the classes are designed to challenge and inspire. You don't need to already be flexible, strong or*

*coordinated to do yoga. Yoga will take you there.*

OR

*Yoga Sutra Package at Wapa Di Ume - Ubud:*

*There is a spacious upper level yoga room overlooking to lush green palm trees and panoramic rice terraced. Throughout the ancient art of classical yoga, you will learn technique to still your mind, strengthen your body and expand your consciousness using posture, breath work, meditation and relaxation. The class will be conducted by Mr. Suweca the Balinese experienced yoga instructor from the religious village of Mas. He has teach yoga to many foreigners also practice yoga for years and feels the great benefits of yoga for body and soul. The class is suitable for beginner to advanced practitioners.*





*Spa Activities (PLEASE CHOOSE ONE OF BELOW SPA TREATMENT)*

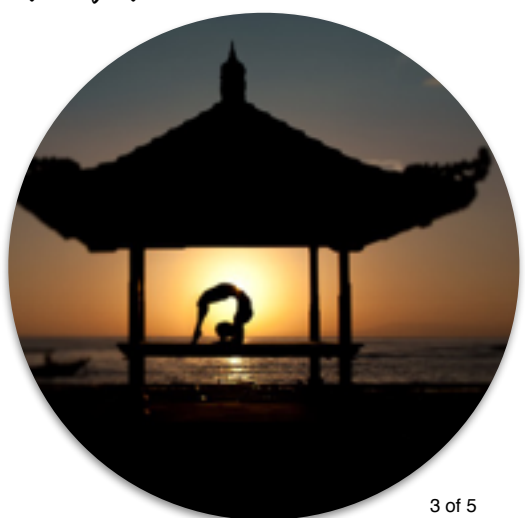
*Spa Treatment at Villa Jerami - Seminyak:*

*Spoil yourself and soothe your body and mind at Jerami Spa. Using local herbs and spices along with aromatic oils, we offer a wide range of spa packages including specialist treatments, facials, body and foot scrubs so that you can relax and escape from the stress and pressures of daily life.*

**OR**

*Spa Time and Relaxation @ Sahadewa Resort & Spa - Ubud:*

*Balinese massage & Spa has been handed down through generation. The techniques of skin rolling, long kneading strokes, Acupressure and foot massage with blend of coconut oil and flower oil are believed to renew the strength of your body.*





### DAY 3. ULUWATU TEMPLE & KECAK DANCE PERFORMANCE

*Breakfast at the hotel. Morning activities will be free at leisure. In the Evening, you will continue the tour to Uluwatu Temple. Hanging on a cliff 100 meters above the ocean, Uluwatu temple is a unique sight. At the meanwhile you see the Kecak Dance, performed by about 50 singers. Matter of fact, this dance is the only one based on vocals rather than instrument, dating far back into Balinese history, prior to the use of instruments. Afterward, Back to hotel for overnight.*

### DAY 4. BALI - OUT (B)

*Breakfast at the hotel. Free at leisure by your own arrangement until your departure time to the Airport.*

## Journey Inclusions

1. 3 (Three) nights stay at the choice hotel based on the lowest room category with daily breakfast
2. Full Air-Conditioned Transportation & English speaking guide during Tours & Transfer
3. One of the activities: Yoga & Yogalates @ Tugu Hotel **OR** Yoga Sutra Package @ Wapa Di Ume
4. Please Choose one of Spa Treatment: Spa Treatment @Villa Jerami **OR** Spa treatment @Sahadewa Resort Ubud

5. 1 x Uluwatu & Kecak Dance Performance
6. VAT and Service Charge

## Journey Exclusions

1. Personal Expenses (Telephone, Laundry, Mini Bar, Shopping, etc)
2. High and or Peak seasons supplement surcharge
3. Pre and Post arrangements
4. Optional tours and other arrangements
5. Meals and beverages as not mentioned on the itinerary
6. Airport taxes (International or Domestic)
7. Insurance
8. Tipping Guide and Driver



## Conditions



1.Rates are in Twin Sharing based on minimum two (2) adult travelling together. Hotels of different other higher or lower classes can be arranged, as per requests.

2.The package is non refundable for any inclusion items not used or taken.

3.Cancelation Policy: To be advised.

4.Terms and Conditions apply.

