



# THE MESSAGE CLINIC

## "ULTIMATE SOUL EXPANSION RETREAT BALI"



### YOUR ITINERARY

[WEBSITE](#)

Retreat from the discord and disenchantment of current daily life and discover a deeper connection of this magical life through your journey back to you.

**WHAT YOU'LL EXPERIENCE** - Profound connection with yourself and nature, enjoy the magical energy that is Bali and connect to your true self through meditations, workshops, soul connections with like minded beings.

**Where Will Your Conscious Path Take You?** - Guided by the appreciation of the love and light within us all, this retreat is designed to place a little flame in your heart to inspire, and transform you from the inside out. Bali, Indonesia was chosen for its physical beauty and healing power.

My intention is that every person who attends will return home feeling luminous, connected, and more themselves. I look forward to living in light with you. Baby Lee

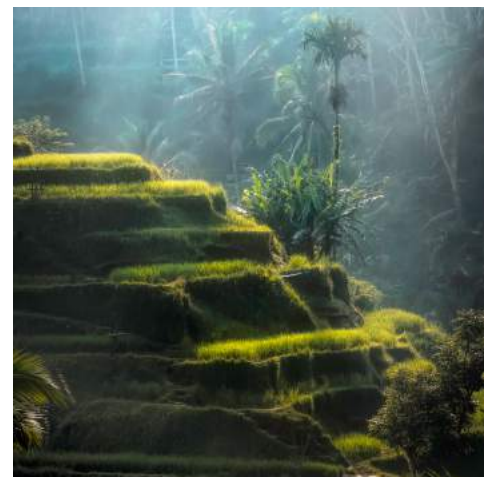
ULTIMATE SOULFUL EXPANSION RETREAT BALI

# DAY 1



Guests arrive at Ngurah Rai Int'l Airport. Soul Bliss Journey staff will stand by at the Airport to welcome participants, escort to our waiting vehicle. (Round-trip airport transfers included). Drive directly to retreat location. We suggest people who arrive earlier that day to enjoy the pool, and relax.

Welcome reception: Traditional Balinese Welcome Ceremony  
**5:45 - 7:00 pm:** Welcome Dinner (inclusive)



## DAY 2



**7:00 – 9:00 am:** Breakfast (Included)

**9:00am – Excursion:** You will be taken to a sacred water temple surrounded by ancient shrines and crystal-clear water fed by natural springs. Guests will be cleansed and blessed in natural holy water. Meditation on sight at holy springs.

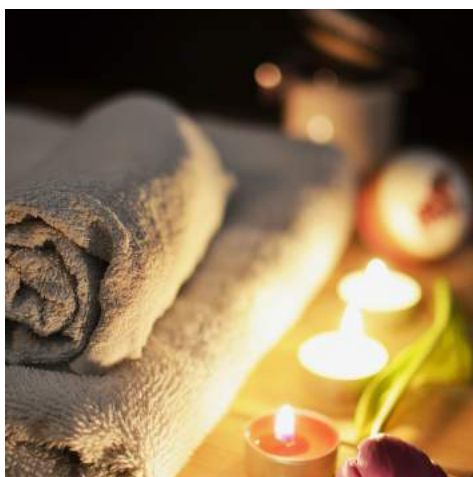
The Balinese believe that bathing in these waters is a very healing and spiritual experience. This will be the perfect opportunity for guests to set their intention for the rest of the journey and to release and let go of what is no longer serving them. Please note women cannot do this if they are be menstruating.

Guests will then have lunch at the amazing Tegallang Rice Terraces as they overlook the breath-taking scenery. Then a swing to freedom out over the rice fields following by some coffee and tea tasting. Then you have the “option” of tasting the Luwak Kopi (coffee) is considered a delicacy among avid coffee enthusiasts.

**3-7pm** Time to relax by the pool, head to Ubud town for some shopping, book at massage or anything your heart desires.

**7pm** Dinner at the resort.

**8.30pm** Evening Meditation



## DAY 3



**6:15 - 6:45am:** Sunrise Meditation **7:00 – 9:00am:** Breakfast (Included)

**11am to 12.30pm:** Receiving Ancient Sound Healing Session Exploring the Ancient 14 meter Pyramids of Chi. An immersive Ancient Sound Healing Session in the Pyramid of Sun, a spectacular 14 meter gold painted pyramid built 1/16th scale to the Great Pyramid of Giza. 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. 1pm to 2pm Lunch (Inclusive) on location.

**2:00 - 5:30pm:** Reflection Time or optional activity – Massage, relax by the pool or take a walk or ride into Ubud for some shopping and exploring.

**6 - 7pm:** Massage Techniques Workshop with Baby. Tui Na - One of the four main branches of traditional Chinese medicine. Tui Na massage stimulates the flow of qi to promote balance and harmony within the body using many of the same principles of acupuncture.

**7:00pm:** Dinner (included) 8.30: Meditation and sharing circle with Baby.

## DAY 4

**6:15 - 6:45am:** Sunrise Meditation.

**7:00 – 9:00am:** Breakfast (Included)

**9:30 - 10:30am:** Qigong

**10:30 - 11:15am:** Break

**12:00pm:** Lunch (Inclusive)

**1pm - 5:30pm:** Reflection time or relax by the pool or take a ride or walk into Ubud for shopping or massage.

**5.30 - 6.30pm:** Breathwork session with Baby

**7 - 8.30pm:** Dinner

**8.30pm:** Meditation & sharing circle.



## DAY 5

**6:15 - 6:45am:** Sunrise Meditation  
**7:00 – 9:00am:** Breakfast (Included)

**9:30 - 10:30am:** Qigong

**10:45 - 12 pm:** Break

**12:00pm:** Lunch (Inclusive)

**1pm - 3:00pm:** An Expression of Gratitude  
– Giving back to the Bali Community.

Throughout the week of the retreat, we will be introduced to the incredible sites, rituals, experiences and people of Bali. As an expression of gratitude to the community for their kindness and generosity, we will be volunteering in the community. It will be a most rewarding afternoon, being in community and building community.

**5.30 - 6.30pm:** Massage Techniques Workshop with Baby.

**5:45 - 7pm:** Dinner (Included)

**7:00 - 7:30pm:** Sun Set Meditation & Sharing circle



## DAY 6



**6:15 - 6:45am:** Sunrise Meditation

**7:00 – 11:00am:** Breakfast (Included), relax, packing, drop off to Airport (inclusive)

# TERMS & CONDITIONS



## **INCLUDED IN PRICE**

- 5 nights accommodation
- Breakfast, Lunch, Dinner
- All activities as shown on the itinerary
  - Pick-up and drop-off to airport

## **COSTS NOT INCLUDED**

- Flight to and from Bali
- Additional meals in the villages
- Transfer to and from outside the schedule times
  - Travel Insurance
  - Toiletries
- Special meal requirements not already discussed

## **PLEASE NOTE**

The cost of food and other expenses in Bali are very inexpensive, massages are only \$15 USD for 1 hour and snacks and drinks under \$5 USD

**THE ITINERARY MAY BE SUBJECT TO CHANGE DEPENDING ON AVAILABILITY AND WEATHER RESTRICTIONS.**