



Sobertravel.co

DISCONNECT TO RECONNECT ~ BALI MAY 2021



YOUR ITINERARY

WEBSITE



DAY 1

You will arrive at our beautiful accommodation in Ubud.

Check in is from 2pm onwards.

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

This day will be put aside to ground yourself and relax in your new surroundings.

Take the afternoon to relax by the pool or get a massage, enjoy a nice relaxed dinner and get ready for the day ahead.

DAY 2



We start this wonderful experience with a welcome meeting and breakfast at the accommodation. From there, we will be picked up by our amazing driver, healer and Balinese expert!

To begin this journey, 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 very 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 sisters!

We will then have lunch at the amazing Tegallang Rice Terraces as we overlook the breath taking scenery. Followed by a swing to freedom out over the rice fields.

We will finish this day off with some coffee and tea tasting with the option to try the famous Luwak Kopi. The Luwak Kopi (coffee) is considered a delicacy among avid coffee enthusiasts.

Enjoy the rest of the afternoon at your leisure, get a massage or relax by the pool, maybe some shopping, let us know and we will make it happen.

DAY 3

We begin this day with a beautiful and sensual experience called Balance and Bloom, lead by the spirited Vanessa (Gong Master, sound healer and devoted yogi).

This session begins with a tea ceremony, followed by some gentle yin yoga and finishing off with a powerful sound healing.



Take the afternoon to relax, head to the shops, indulge in a massage or relax by the pool, maybe even a yoga class, what ever makes you feel good. What ever you need, just let us know and we will arrange for you, everything is just a phone call away.

Also we have time for you to make your booking to have your spiritual healing reading with Cathy. (Included)

We will meet later for dinner.



DAY 4



We begin this day with a traditional home style cooking class with the lovely Putu and her family at their charming home in Ubud. Here we get to channel our inner chef as we learn how to cook an assortment of delicious Balinese dishes.



After enjoying our culinary delights for lunch, we continue this tranquil day with a soak in the hot pools set in the mythical stone cavern of Tjampuhan Spa.

Make use of the hot & cold whirlpool baths, sauna and steam room as you admire the impressive stone carvings and the valley below.



DAY 5

We start this day off with some well deserved pampering - a 60 minute Balinese massage combined with an organic facial or body scrub.

We then get to enjoy a delicious raw lunch, curated by the renowned chef, Arif Springs, set in one of the most magnificent garden cafes in Ubud.



We've left this afternoon free for you to use as you wish. You may like to continue relaxing by the pool at our gorgeous accommodation, book your session with Cathy or spend the rest of the day exploring the sights of Ubud.

DAY 6

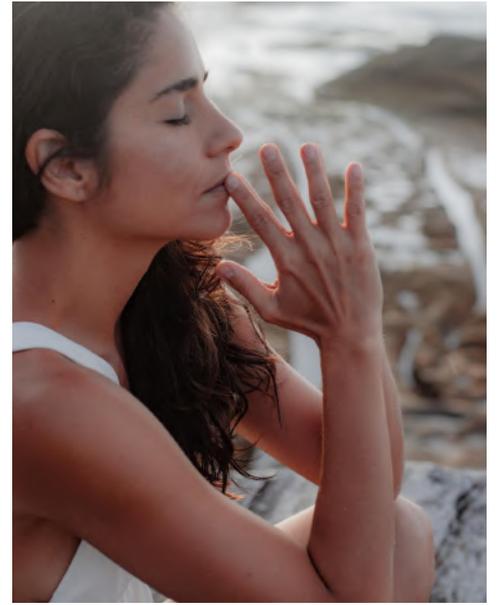
We're off to the beach! This is a day to breathe in that fresh ocean air, feel the sand between our toes and enjoy the company of our lovely new friends.

Together we can sip fresh coconuts, take a dip in the beautiful turquoise water, and maybe even try surfing! Then in evening we can watch the sun set over the horizon as we dine next to the beach.

While we are here, lets take in a traditional Indonesian show and enjoy dinner together before we head back to Ubud.



DAY 7



This day begins with an immersive Ancient Sound Healing Session at the Pyramids of Chi. Set 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.

This final afternoon is left free for you to indulge in what ever makes you happy, more pool time, another massage, more shopping, or if you haven't had your reading from Cathy maybe now is your chance. Later we will meet for our last dinner together at one of our favorites.

DAY OF DEPARTURE



Check out is at 12pm, so enough time to get together and share our experience in a women circle & meditation, get us ready for the journey home. We have loved having you and hope you will remember your experience with love in your heart, as will we.

TERMS & CONDITIONS



Terms and Conditions:

Included in price: \$1450 USD

- 7 nights accommodation
- 7 breakfasts at the resort
 - 5 lunches
 - 3 Dinners
- All activities as shown on the itinerary are included.
- All scheduled transfers to and from the airport and to and from activities.

Costs NOT included:

- Flights to and from Bali
 - Some meals
- Transfers to and from appointments outside the scheduled times
 - Medical expenses
- Any unforeseen accident, injury and/or damage to property
 - Hire of personal scooter or motor vehicle
 - Travel insurance
 - Toiletries
- 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 simple meals range from about 100,000 to 150,000 IDR and similarly for massages.

\$1 USD = 14,500 IDR

\$1 AUD = 9,800 IDR

\$1 NZD = 9,600 IDR

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