



SOBER WELLNESS RETREAT ~ BALI  
APRIL 22- 29 - 2022

[WEBSITE](#)



YOUR ITINERARY



DAY 1

You will arrive at our beautiful accommodation in Ubud.

Check in is from 2pm on wards.

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 or just enjoy your new environment. At approximately 6.30pm we will part take in a traditional Balinese welcome ceremony delicious dinner together. (Dinner included)

## DAY 2



We start this wonderful experience with a beautiful guided meditation, welcome meeting and breakfast at the accommodation. From there, we will be picked up by our female driver Nyoman to experience a once in a lifetime Balinese blessing.

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. (Lunch included)

We will finish this day off with some 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. Dinner at your leisure, join the group or go solo.

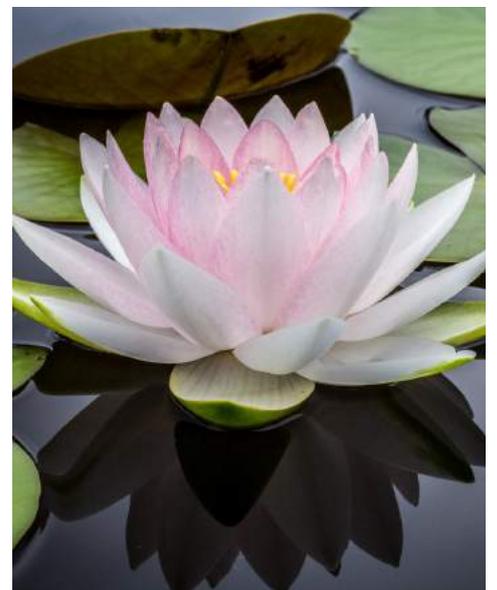
## DAY 3



After Meditation & Breakfast, we begin this day with a traditional home style cooking class with the lovely Putu and her family at their charming home in Ubud, so have a light breakfast.

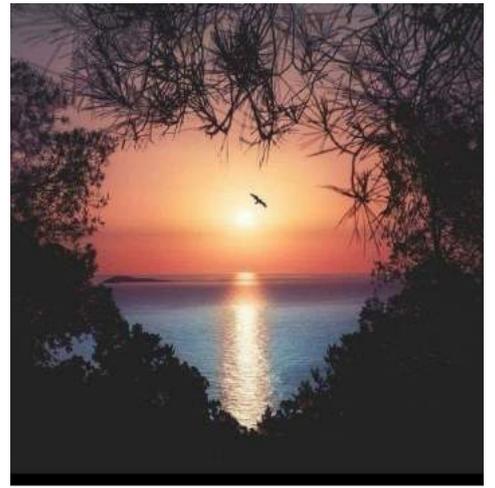
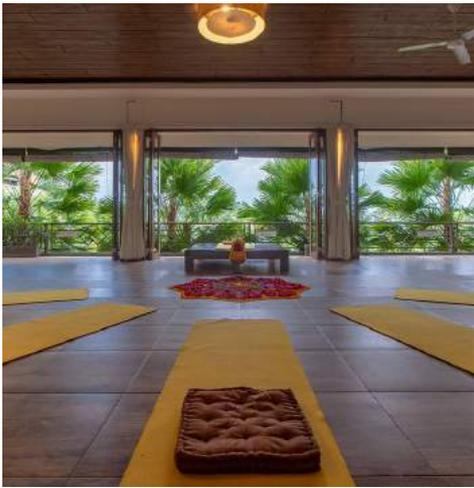
Here we get to channel our inner chef as we learn how to cook an assortment of delicious Balinese dishes. We also get the chance to view a traditional family home and their temple. 10am - 1pm.

After enjoying our culinary delights for lunch you have the rest of the afternoon to relax by the pool, book a massage or head into Ubud for some retail therapy. Have the night to yourself or join us for dinner at 7pm.



## DAY 4

Begin today with a beautiful guided meditation followed by Breakfast. After breakfast we will be creating our own mala bead necklace together, get the creative juice flowing. Mala is set of beads that are used as a tool to support a deep state of meditation as well as mantra practice. It's believed they can help heal the body, bring the mind into a quiet mood and increase clarity. Enjoy lunch at Resort (included)



After lunch we will head to a stunning healing spa, we will make use of the hot & cold whirlpool baths, sauna and steam room as you admire the impressive stone carvings and the valley below.

Take some to relax and unwind. The rest of the day is yours, we can drop you in town for some shopping or a massage and you can meet us for dinner in town.



## DAY 5



Begin today with a beautiful guided meditation followed by Breakfast. Then we will indulge in 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, set in one of the most magnificent garden cafes in Ubud.(Lunch included)

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, or spend the rest of the day exploring the sights of Ubud. Dinner at your leisure.



## DAY 6

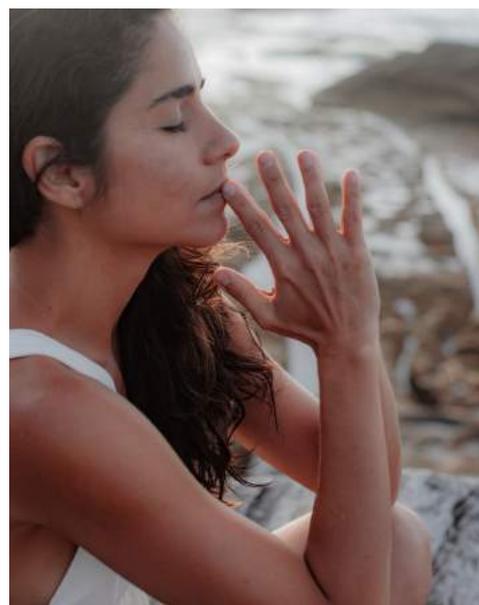
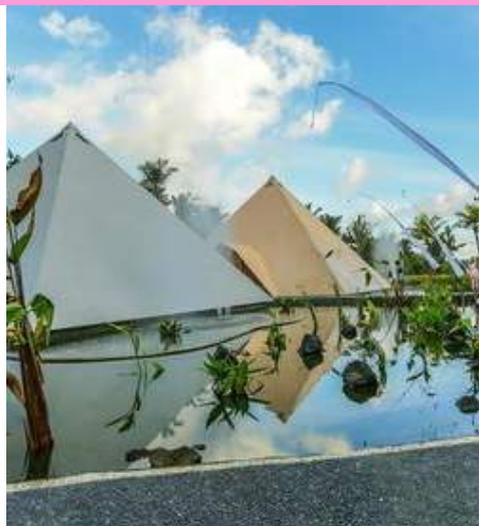
We're off to the beach! This is a day to breathe in that fresh ocean air, feel the sand between our toes and enjoy the company of our lovely new friends.

Together we can sip fresh coconuts, take a dip in the beautiful turquoise water, and maybe even try surfing! Amazing lunch included while you people watch.

Then in evening we will watch the sun set over the horizon, we will then head out to Canggu town for dinner before heading back to Ubud, bring a change of clothes ladies!



## 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 anything else you wish to do. Later we will meet for our last dinner together at one of our favorites. (Dinner included)

## DAY OF DEPARTURE



Begin today with a beautiful guided meditation followed by Breakfast. Check out is at 12pm, so enough time to do any last minute things before 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



Price: \$1650 USD Per Person - Private Room

\$500 Non Refundable Deposit required to secure your spot. (Fully creditable to a future Sober Retreat if postponed.)

- 7 nights accommodation

All Breakfasts, 5 Lunches and 2 Dinners

- All activities as shown on the itinerary are included.
- 1x 1hr Massage onsite or off site (Maree to arrange)
- All scheduled transfers to and from the airport and to and from activities.

Costs NOT included:

- Flights to and from Bali
  - Some meals
- Transfers outside the scheduled times
  - Medical expenses
- Any unforeseen accident, injury and/or damage to property
  - Travel insurance

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 IDR to 150,000 IDR and similarly for massages.

\$1 USD = 14,000 IDR

\$1 AUD = 10,000 IDR

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