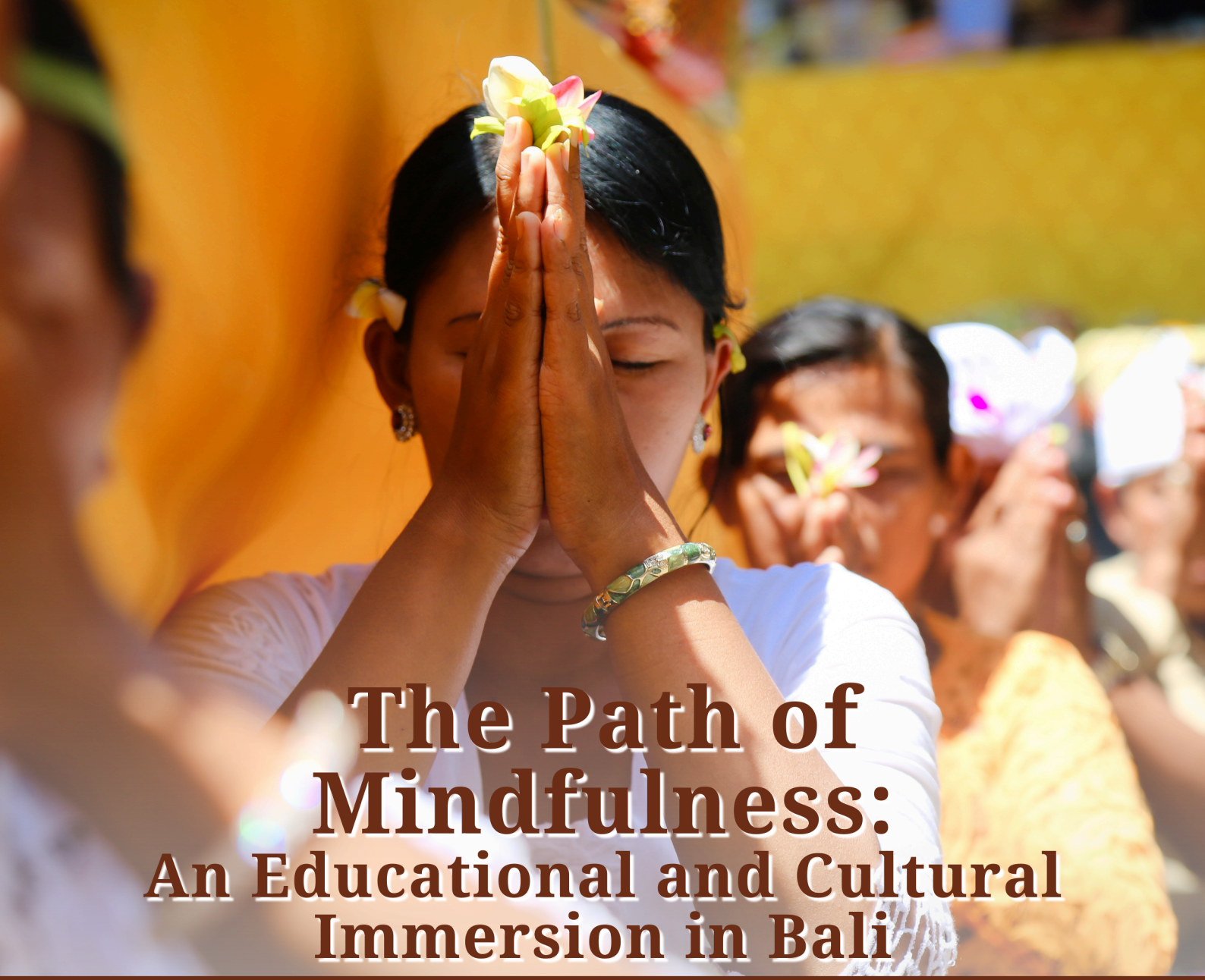




The Path of Mindfulness: An Educational and Cultural Immersion in Bali

with Dr. Elizabeth Joy Erwin

**PROGRAM ITINERARY
July 23 - August 2, 2025**



JULY 23 - 29 : UBUD



Ubud is a thriving village in central Bali that is considered the cultural capital of this tiny island. It is famous as an arts and crafts hub, and much of the village and nearby areas consist of artists' workshops and galleries. Here you find remarkable architectures well as historical museums, artists, and an array of interesting cafes, local foods, and non-stop ceremonies. The word Ubud comes from the Balinese word for medicine, so it is here that people flock for healing energies, good spirits, meditation, yoga, artistry, and indigenous knowledge.



JULY 23 (D)

- ◆ Arrive into Denpasar, Bali in the afternoon and head to your hotel in Ubud.
- ◆ Settle into the hotel, freshen up, and relax.
- ◆ Enjoy your first taste of Balinese cuisine during a delicious welcome dinner at a local restaurant.
- ◆ Evening free.



JULY 24 (B, L, D)

- ◆ Welcoming session with Elizabeth and orientation to Bali, focusing on practical, helpful tips for your time on the island as well as an introduction to Balinese culture and philosophy with the Bali Institute Team.
- ◆ Enjoy lunch together as a group.
- ◆ Private tour and coffee with Agung Rai, the founder and visionary behind the world-renowned ARMA Museum, home to an outstanding collection of traditional Balinese art.
- ◆ Participate in the Sisya Upanayana - the Balinese Welcome Ceremony
- ◆ Delicious meal together at a ARMA.
- ◆ Marvel at an evening performance of traditional Balinese dance.



JULY 25 (B, L)

- ◆ Stroll through winding paths in the lush jungle and through terraced rice paddies on an herbal walk to learn about Bali's native plants and how they're used for traditional medicine, food and body care products.
- ◆ Visit to a holy spring temple, considered a sacred site to purify the soul and mind by the Balinese people.
- ◆ Indulge in a delicious lunch above panoramic views of the Mount Batur volcano. The volcano and beautiful surrounding Lake Batur are located in Kintamani, a district of the Bangli Regency in central Bali.
- ◆ Join a fun introductory cultural workshop in a village banjar, or community center. We invite teachers of traditional Balinese gamelan music, Legong dance, woodcarving, and offering making to give participants an introduction to each of these disciplines.
- ◆ Dinner on own



JULY 26 (B, L, D)



- ◆ Contemplative morning practice.
- ◆ Join our Inquiry Circle.
- ◆ Take an art workshop on the traditional wax-drawing and dyeing techniques of Bali batik fabrics.
- ◆ Put on your special Balinese outfit to attend an exclusive Royal Palace tour & dinner at the Blahbatuh Palace. Members of the Blahbatuh Royal Family will meet personally with your group and spend an evening in fascinating discussions about issues facing Bali and its culture in the 21st century.
- ◆ Dinner with the Royal Family at the Palace.

JULY 27 (B, L)



- ◆ Try your hand at making some delicious traditional Balinese and Indonesian dishes in a cooking class.
- ◆ Enjoy your culinary creations from the cooking class for lunch.
- ◆ Visit a local balian, or traditional Balinese healer. Local people will visit healers for a wide range of care, including herbal treatments and massage as well as energy work and even life and family advice. Observe a balian at work and ask questions about his/her upbringing and journey to becoming a healer.
- ◆ Afternoon and evening free to explore
- ◆ Dinner on own





JULY 28 (B, L)

- ◆ Contemplative morning practice.
- ◆ Spend the late morning at PKP Women's Center. You'll hear about the founder's dream to create a space where Balinese women can support each other and learn new skills. Join a relaxing yoga and meditation class with participants at the center, join in their gardening activities, and engage with the women and children in the community
- ◆ Lunch catered by PKP Women's Center's amazing cooking skills class.
- ◆ Visit to The Green School, which teaches a progressive curriculum focused on environmental sustainability and creativity to its primary, middle, and high school students. The unique school buildings are constructed primarily out of bamboo, a readily available and renewable resource in Bali. In 2012 it was named the "Greenest School on Earth" by the USGBC Center for Green Schools, and it has been visited by such figures as Secretary General of the United Nations, Ban Ki-Moon, and Jane Goodall.
- ◆ Dinner on own.



JULY 29 - AUGUST 1 : PEMUTERAN



Pemuteran is a small fishing village on the northwest coast of Bali. It lies between a gorgeous mountainous region to the south and Menjangan Island in the north, an area considered one of the top dive sites in the world. Pemuteran has the largest area of shallow coral reefs in Bali and is easily accessible, free of strong currents and waves making it perfect for swimming, snorkeling and diving. Pemuteran is home to the largest artificial coral reef project in the world, and the village's model of community-based tourism and conservation has been recognized by the United Nations.



JULY 29 (B, L, D)

- ◆ Head to Pemuteran. Visit some sights along the way.
- ◆ Lunch together in Bedugul, a beautiful lake-side village on the way to Pemuteran.
- ◆ Settle into your accommodations in late afternoon.
- ◆ Head out on traditional fishing boats, called *jukungs*, to watch the dazzling sunset.
- ◆ Dinner together at your beachside resort.
- ◆ Evening Free.





JULY 30 (B)

- ◆ Contemplative morning practice.
- ◆ Experience a presentation on the Biorock Coral Restoration Project, an amazing initiative using technology to speed the growth of coral reefs.
- ◆ Snorkel over the coral restoration project.
- ◆ Lunch on your own.
- ◆ Visit a local turtle hatchery where they are working toward increasing the number of sea turtles in Bali's oceans.
- ◆ Dinner on your own.



JULY 31 (B, L, D)

- ◆ Tour an innovative preschool: Agnes Rini Astuti is revolutionizing the old adage "it takes a village" through her active learning program for underprivileged children in Bali. This is her passion: Holistic and multidisciplinary learning where she focuses - not just on basic reading, writing and arithmetic - but also on "life skills" including loving and caring for others, nutrition, gardening, cooking, good manners and hygiene, waste management, safety, and even entrepreneurship.
- ◆ Lunch together.
- ◆ Afternoon Free for massages, swimming, relaxation.
- ◆ Join our inquiry Circle
- ◆ Dinner on your own.
- ◆ Go on a special night trip to Melanting Temple, Bali's temple for prosperity.



AUGUST 1 - 2 : SANUR



Sanur is a seaside town in southeast Bali made up of a long stretch of beach with calm, shallow waters. Colorful jukung fishing boats rest on the sand and a paved path snakes along the beach for several kilometers. Sanur is home to great restaurants (many with live music), a wide variety of shops, and a relaxed atmosphere despite being closer to the major cities of south Bali. It's a perfect spot to pick up last-minute gifts, lounge by the beach or the pool, explore sights along the beach walkway, and enjoy a final sunset dinner.



August 1 (B, L, D)

- ◆ Head to Sanur, stopping along the way.
- ◆ Stop at one of Munduk's hidden waterfalls.
- ◆ Lunch together in Munduk.
- ◆ Arrive in Sanur, settle into your beachfront hotel.
- ◆ Final sunset dinner together on the beach.
- ◆ Evening free.



August 2 (B)

- ◆ Final contemplative morning practice.
- ◆ Join our final Inquiry Circle
- ◆ Time to prepare for the journey home, exchange contact info with new friends, and reflect on the memories you created!



ABOUT THE PROGRAM LEADER

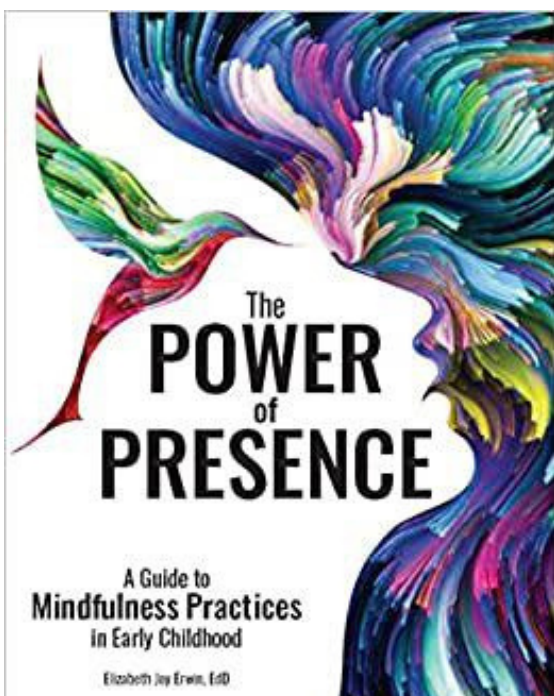


Dr. Elizabeth Joy Erwin is Professor of Education at Montclair State University where she prepares graduate and doctoral students to think critically, reflect deeply and teach inclusively. Elizabeth is well known for her work on well-being, mindfulness, early childhood and inclusive education. A solid commitment to challenging injustice (with a particular emphasis on disability), has been at the heart of her teaching and research over the past 30 years.

In pursuit of social justice – locally and globally – Elizabeth has published widely in prestigious academic journals, and has authored multiple books and chapters. Her most recent book, [*The Power of Presence: A Guide to Mindfulness Practices in Early Childhood*](#), offers educators new understandings and tools to transform their teaching practice and explore a deeper sense of inquiry. Even though the focus of this book is on partnering with young children to promote justice in the world and peace within, everyone who cares about humanity and the planet will discover timeless wisdom and contemporary perspectives threaded across these pages.

Elizabeth brings to this Balinese adventure 20 years of study as a devoted yoga practitioner, as well as her scholarly work and university teaching which embeds practices such as mindful breathing, reflective inquiry and critical thinking.

Elizabeth currently lives in New York City where she practices yoga and meditation every day.

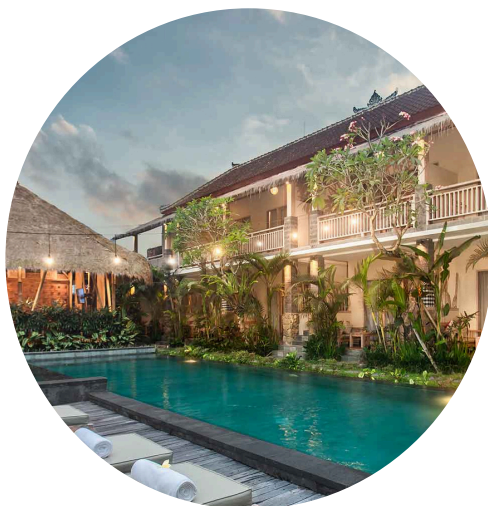




ACCOMMODATION & TRANSPORT



SAMPLE ACCOMMODATION



UBUD: Kailash Homestay

Kailash Bali Homestay is a homestay with great comfort and excellent service. Not only located within easy reach of various places of interest for adventures, but also the best spot for those who desire a serene and peaceful getaway, far away from the crowds.

PEMUTERAN: MAN'S COTTAGES

Man's Cottages on the Northwest coast of Bali offers luxurious beachfront cottages and suites. It is surrounded by tranquil gardens and idyllic backdrop of the lush volcanic mountain range of West Bali National Park. The beautiful black beach and amazing coral reefs are just about 5 minutes on foot from the hotel.



SANUR: TAKSU SANUR HOTEL

The Taksu Hotel Sanur offers a luxurious retreat with a restaurant and an outdoor pool amid lush greenery. Bright and spacious, air-conditioned suites each come with a personal safe, flat-screen cable TV and a seating area. An electric kettle and a mini-bar are also among the in-room comforts. To relax, guests can lounge on the sun terrace. It's just a 10-minute walk to Mertasari Beach and Semawang Beach.

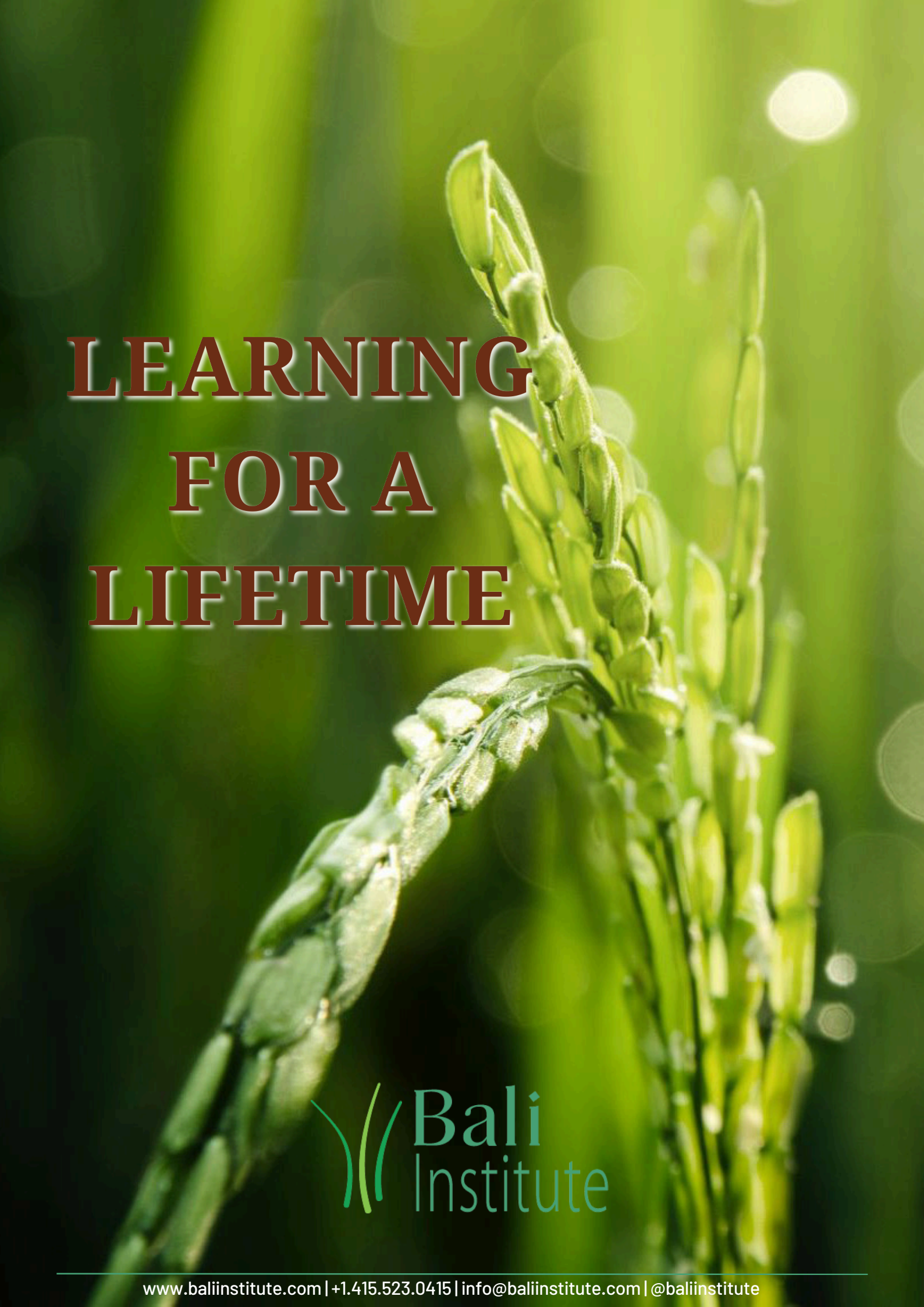
TRANSPORT



We use 12-15 passenger air-conditioned mini-buses while traveling the island to ensure participants' enjoyment, comfort, and safety.

A NOTE ABOUT SUSTAINABILITY

Bali Institute is currently working towards gaining certification through Travelife, a leading training, management and certification initiative for tourism companies committed to reaching sustainability. We believe in continuously learning how to improve the environmental and social impacts of our work because we care about contributing to a positive future for Bali and its people. Assessment for the Travelife certification includes management and performance criteria based on leading international sustainability and corporate social responsibility standards and guidelines.



LEARNING FOR A LIFETIME

