



Bali ALIVE

with

Heart-Based Mindfulness

&

Kate Mitcheom

SEPTEMBER 19 - 29, 2023



SEPTEMBER 19 - 24 : 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 architecture as 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.



SEPTEMBER 19 (D)

- ◆ Arrive into Denpasar, Bali in the early afternoon.
- ◆ Settle into the hotel, freshen up, and relax.
- ◆ Enjoy your first taste of Balinese cuisine at our welcome dinner, then off to a good night's sleep.



SEPTEMBER 20 (B, L, D)

- ◆ Morning yoga and meditation session.
- ◆ Orientation to Bali, focusing on practical, helpful tips for your time on the island as well as an introduction to Balinese culture and philosophy.
- ◆ Lunch together at a local Balinese restaurant.
- ◆ 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.
- ◆ Dinner in town together.

SEPTEMBER 21 (B, L, D)



- ◆ 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.
- ◆ Yoga and meditation session.
- ◆ Lunch together at a local restaurant in town.
- ◆ Join a fun introductory cultural workshop in a village banjar, or community center. The banjar is where villagers prepare offerings and foods for ceremonies, meet and discuss village affairs, practice music and dance, and just hang out and chat with each other. We invite teachers of traditional Balinese gamelan music, Legong dance, woodcarving, and offering making to give participants an introduction to each of these disciplines. You'll quickly learn that the intricate finger and eye movements of Legong dance only look easy and that keeping a steady hand while woodcarving is no easy feat! All of the activities you'll try are central to Balinese culture, and there is no better place to experience them than right in the banjar.
- ◆ Put on your special Balinese outfit to attend an exclusive Royal Palace tour & dinner at the Peliatan Palace. Prince Cokorda Agung Krisna Dalem, one of the young Royal Family Balinese Princes located in Peliatan Palace, will meet personally with your group and spend an evening in fascinating discussions about issues facing Bali and its culture in the 21st century.
- ◆ Evening performance of traditional Balinese Legong dance.

SEPTEMBER 22 (B, L, D)



- ◆ Morning yoga and meditation session.
- ◆ Tour and presentation at Bumi Sehat, a natural birth clinic and non-profit foundation that has a mission of reducing maternal and child mortality in Indonesia. The clinic's founder, Robyn Lim, was recognized in 2011 as CNN's Hero of the Year.
- ◆ Lunch together at a delicious local restaurant.
- ◆ Afternoon at a local Women's Center where you'll hear the founder's story and her dream to create a space where Balinese women can support each other and learn new skills.
- ◆ Dinner catered by the women's center, featuring their amazing range of traditional vegetarian Balinese dishes and fusion cuisine!

SEPTEMBER 23 (B, L)



- ◆ Morning yoga and meditation session.
- ◆ Head to Cantika, a serene spa in the jungle that overlooks a rushing river valley. Here you'll experience a workshop on how to make skincare products from natural ingredients. At the end of the workshop enjoy a facial or massage using products created on-site using ingredients from their garden.
- ◆ Visit to Tirta Empul holy spring temple, considered a sacred site to purify the soul and mind by the Balinese people.
- ◆ Dinner on your own to try out any of the many amazing restaurants in Ubud that catches your eye!
- ◆ Enjoy your final evening in Ubud to explore, shop, or relax.

SEPTEMBER 24 - 27: 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.



SEPTEMBER 24 (B, L)



- ◆ Morning yoga and meditation session.
- ◆ Head to Pemuteran, sightseeing along the way.
- ◆ Visit the historical Ulun Danu Beratan Temple, renowned for its appearance of floating atop Lake Beratan.
- ◆ Lunch together in Bedugul, a cool, mountainous region.
- ◆ Feel the cool misty air or take a dip at a rushing waterfall en route to Pemuteran.
- ◆ Settle into your accommodations and enjoy dinner on your own.

SEPTEMBER 25 (B, L, D)



- ◆ Morning yoga and meditation session.
- ◆ 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 together at a local restaurant.
- ◆ Visit a local turtle hatchery where they are working toward increasing the number of sea turtles in Bali's oceans.
- ◆ Enjoy a special dinner with a local Balinese family at their home.
- ◆ Go on a special night trip to Melanting Temple, Bali's temple for prosperity.

SEPTEMBER 26 (B, L)



- ◆ Head out on a boat trip to Menjangan Island, a small island that is home to one of the world's most biodiverse array of coral reefs and marine life in the world. Spend the morning snorkeling over the reefs.
- ◆ Lunch on the island.
- ◆ Head to a different side of the island for another opportunity to snorkel over another diverse coral site.
- ◆ Visit a traditional healer who specializes in channeling spirits.
- ◆ Dinner on your own.

SEPTEMBER 27 - 29 : 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.



SEPTEMBER 27 (B, L)



- ◆ Morning yoga and meditation session.
- ◆ Head to Sanur, stopping along the way.
- ◆ Take a break along the drive at a coffee plantation and try many unique varieties of coffees and teas grown there.
- ◆ Stop for lunch at a restaurant tucked among the rice paddies.
- ◆ Arrive in Sanur and settle into your beachfront hotel.
- ◆ Dinner on your own.

SEPTEMBER 28 (B, L, D)



- ◆ Go to the morning market to gather ingredients and 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.
- ◆ The afternoon is free to relax, swim, or do some last minute souvenir shopping in the markets.
- ◆ Final sunset dinner together on the beach.



SEPTEMBER 29 (B)

- ◆ Time to prepare for the journey home, exchange contact info with new friends, and reflect on the memories you created!
-



ACCOMMODATION & TRANSPORT



ACCOMMODATION



UBUD: TJAMPUHAN HOTEL & SPA

Tjampuhan Hotel & Spa was established in Ubud in 1928. At its inception it was a royal guesthouse where numerous celebrated foreign artists stayed during their time in Bali.

Today, Tjampuhan encompasses a collection of traditionally styled bungalows situated in a timeless landscape of natural beauty, a tribute to Ubud's artistic heritage.

PEMUTERAN: TAMAN SARI RESORT & SPA

Taman Sari offers luxurious beachfront cottages and suites surrounded by tranquil gardens and ponds. The resort is situated between misty mountains and the sparkling ocean, creating a truly peaceful retreat.

Taman Sari is committed to the protection of Bali's natural beauty, which you will see manifested in the community based environmental and social programs housed at the resort. The large coral restoration project, which has been awarded by the United Nations, can be viewed right off the Taman Sari beach.



SANUR: PURI SANTRIAN RESORT

Puri Santrian faces the beautiful white sand beach of Sanur, where the sunrise and sunset can both be viewed over the expansive oceanfront. The hotel is centrally located in Sanur with shopping, restaurants and bars, and other activities within walking distance. This family owned and operated hotel keeps with the Balinese tradition of warmth and generosity, making each guest feel like a member of the family.

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

