



Bali Cultural Immersion & Eco-Adventure Women's Retreat

PROGRAM ITINERARY

OCTOBER 2020



DAY 1-6 : 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.



DAY 1 (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.

DAY 2 (B, L, D)

- ◆ Learn to fold coconut leaves and flowers into beautiful Balinese offerings, then use your offering to **set an intention** for your time in Bali.
- ◆ This morning we'll hold a short **welcome orientation** with helpful hints for your time in Bali and an introduction to the Balinese philosophy of Tri Hita Karana.
- ◆ Lunch together at a delicious local restaurant.
- ◆ 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. 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.
- ◆ Dinner together in town.





DAY 3 (B, L, D)

- ◆ Morning yoga and meditation practice.
- ◆ Stroll through winding paths in the lush jungle 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 Tirta Empul **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 **Mt. Batur volcano**.
- ◆ Return to Ubud for time in the afternoon to explore, shop, or relax.
- ◆ Put on your special Balinese outfit to attend an exclusive **Royal Palace tour & dinner** at the Peliatan Palace. Members of the Balinese Royal Family Members of the 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.



DAY 4 (B, L, D)



- ◆ Zip through the heartland of Bali on a **bicycling tour** that takes you on secret back roads through tiny villages where you'll see traditional Balinese homes, temples, farming, and beautiful scenery. The ride begins overlooking Mount Batur where you'll have amazing panoramic views of the volcano before heading down through the heartland of Bali where you'll get a true feel of the daily life of the local rice farmers and craftsmen. The ride is mostly downhill and moves at a leisurely pace so you have plenty of time to soak in the surroundings.
- ◆ Lunch together following the bike ride.
- ◆ Time in the mid-afternoon to explore, shop, or relax.
- ◆ Head to a KIM **Women's Center** for a group activity. KIM was founded by a Balinese woman who, since her divorce almost 15 years ago, dreamed about creating a space where women can support each other and share skills to create job opportunities and achieve greater independence. They currently hold meetings for sharing and support, English lessons, yoga, computer classes, and also go on group outings to visit members' homes, temples, and other areas in Bali. They also hold cooking and sewing classes, and run a catering service and sell bags and clothing as part of their fundraising.
- ◆ Enjoy an amazing dinner catered by the Women's Center's cooking skills class.
- ◆ Head back into Ubud for a performance of **traditional Balinese dance**.




DAY 5 (B, L)

- ◆ Morning yoga and meditation practice.
- ◆ Take an art workshop on the traditional wax- drawing and dyeing techniques of **Bali batik fabrics**. Your instructor will guide you through the process of applying hot wax to a stenciled design on a fabric canvas, then apply colored dyes to the patterned fabric. Finish the day with your new batik creation to take home with you!
- ◆ Lunch together in town.
- ◆ Meet a *balian*, or **traditional healer**, who comes from generations of healers in Bali. Hear the healer's story and learn about her very important role in Balinese society.
- ◆ Time in the afternoon to explore, shop, or relax.
- ◆ Dinner on your own to discover any of Ubud's amazing restaurants.



DAY 6-9 : 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.



DAY 6 (B, L, D)

- ◆ Morning yoga and meditation practice.
- ◆ 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 of Bali.
- ◆ Settle into accommodations in Pemuteran.
- ◆ Head out on a **sunset boat ride** in Pemuteran bay.
- ◆ Dinner together at the hotel restaurant.



DAY 7 (B, L, D)

- ◆ Morning yoga and meditation 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 restored reef.
- ◆ Lunch together at a local restaurant.
- ◆ Spend the afternoon relaxing at the beach or pool, snorkeling over the coral restoration project, or enjoying a spa treatment.
- ◆ Enjoy a special dinner with a local Balinese family at their home.
- ◆ Head out on a special **night trip to Melanting Temple**, Bali's temple for prosperity.



DAY 8 (B, L)



- ◆ Morning yoga and meditation practice.
- ◆ 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 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.
- ◆ Dinner on own.

DAY 9-11: 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.



DAY 9 (B, L, D)



- ◆ Morning yoga and meditation practice.
- ◆ Head to Sanur.
- ◆ Lunch on the way to the accommodations.
- ◆ Arrive in Sanur and settle into your accommodations.
- ◆ Free time to shop, explore the Sanur boardwalk, or relax by the beach.
- ◆ Dinner together at the hotel.

DAY 10 (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 market.
- ◆ **Final sunset dinner** together on the beach.

DAY 11 (B)



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



LEARNING FOR A LIFETIME

