



**Mindfulness and Education:  
Reflecting, Renewing and  
Reimagining in Bali**

with

**Dr. Elizabeth Joy Erwin**

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**JULY 5 - 14, 2023**

 **Bali  
Institute**

## JULY 5 - 10: 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.



### JULY 5 (D)

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

### JULY 6 (B, L, D)

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- ◆ Contemplative morning practice.
- ◆ 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.
- ◆ Study Group: Deepening Our Reflective Practice.
- ◆ Lunch together in town.
- ◆ **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 together in town.
- ◆ Evening free.



## JULY 7 (B, L, D)

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- ◆ 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.
- ◆ 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.
- ◆ Indulge in a delicious lunch above panoramic views of the Mt. Batur volcano.
- ◆ Return to Ubud for Study Group: Deepening Our Reflective Practice.
- ◆ Put on your special Balinese outfit to attend an exclusive **Royal Palace tour & dinner** at the Peliatan Palace. Members of the Royal Family of 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.

## JULY 8 (B, L, D)

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- ◆ Contemplative morning practice.
- ◆ Visit to a **Tirta Empul holy spring temple**, considered a sacred site to purify the soul and mind by the Balinese people.
- ◆ Lunch together in town.
- ◆ Study Group: Deepening Our Reflective Practice.
- ◆ 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. Healing sessions are optional.
- ◆ Head to a PKP **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.





## JULY 9 (B, L)

- ◆ Contemplative morning 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.
- ◆ **Visit a local school** and connect with educators who are working to bring progressive and innovative styles of teaching into their curriculum.
- ◆ Dinner on your own.
- ◆ Enjoy a spectacular evening performance of traditional Balinese **Legong dance**. Legong is a refined form of Balinese dance characterized by intricate finger movements, complicated footwork, and expressive gestures and facial expressions.
- ◆ Evening Study Group: Deepening Our Reflective Practice.



## JULY 10 - 13: 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 10 (B, L, D)

- ◆ Contemplative morning 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 your accommodations in Pemuteran.
- ◆ Study Group: Deepening Our Reflective Practice.
- ◆ Head out on a **sunset boat ride** in Pemuteran bay.
- ◆ Dinner together at the hotel restaurant.





## JULY 11 (B, D)

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- ◆ 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.
- ◆ Afternoon free to for spa, swimming, or relaxing.
- ◆ 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.
- ◆ Evening Study Group: Deepening Our Reflective Practice.



## JULY 12 (B, L)

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- ◆ Contemplative morning practice.
- ◆ 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.
- ◆ Study Group: Deepening Our Reflective Practice.
- ◆ Tour a local **elementary school** and talk with teachers and connect with students through fun activities.
- ◆ Dinner on your own.



## JULY 13 - 14: 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.



### JULY 13 (B, L, D)

- ◆ Contemplative morning practice.
- ◆ Head to Sanur
- ◆ Lunch together at a delicious local restaurant.
- ◆ On the way to Sanur, stop for a tour of **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.
- ◆ Arrive in Sanur and settle into your beachfront accommodations.
- ◆ Study Group: Deepening Our Reflective Practice.
- ◆ Final sunset dinner together on the beach.



### JULY 14 (B)

- ◆ Final Study Group: Deepening Our Reflective Practice.
- ◆ Time to prepare for the journey home, exchange contact info with new friends, and reflect on the memories you created!



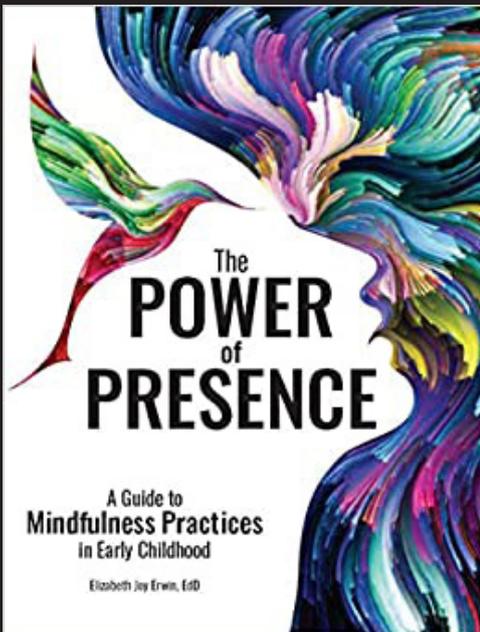


## ABOUT THE PROGRAM LEADER



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



## 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



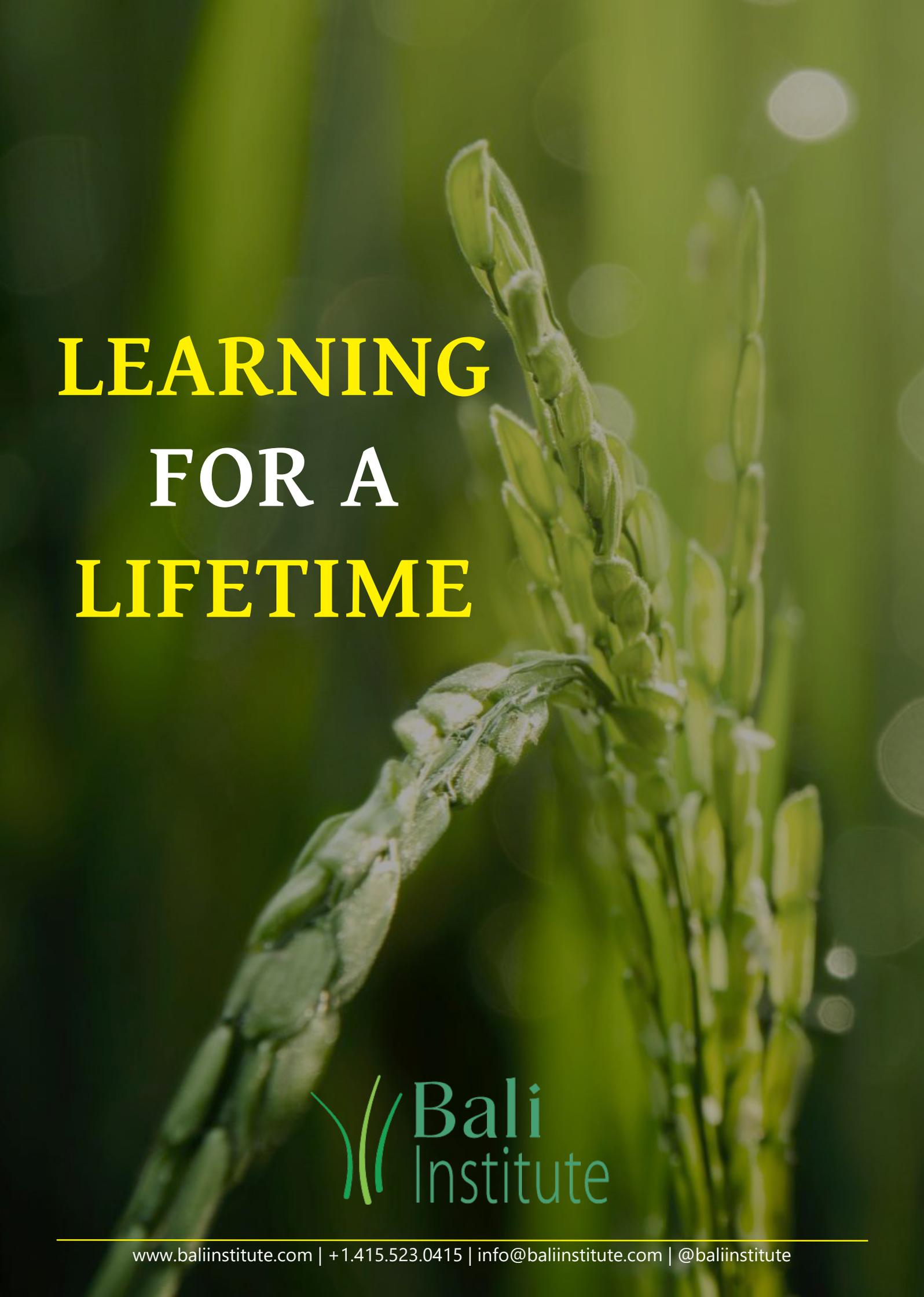
We use 12-15 passenger air-conditioned mini-buses while traveling the island to ensure participants' enjoyment, comfort, and safety.

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## 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.

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# LEARNING FOR A LIFETIME

