



TRANSFORMATIVE HEALING AND CULTURE

A Retreat with Saskia Kalwinek

PROGRAM ITINERARY

August 20 - 28, 2027



PROGRAM ITINERARY

9 DAYS / 8 NIGHTS

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 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 at Ngurah Rai International Airport in Denpasar, where your Bali Institute team welcomes you and transfers you by private air-conditioned vehicle to your retreat accommodation in Ubud.
- ◆ Settle in and gather for a relaxed, **light dinner** at the hotel - a gentle landing after your journey and a first chance for the group to meet.



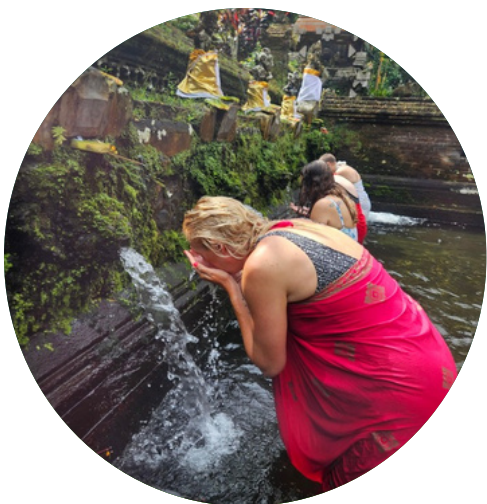
DAY 2 (B, L, D)

- ◆ **Morning orientation** to Bali, focusing on practical, helpful tips for your time on the island as well as an introduction to Balinese culture and philosophy.
- ◆ Ease into the retreat rhythm with the first **morning movement and mindfulness practice**, arriving fully into your body and the island.
- ◆ Enjoy lunch together as a group.
- ◆ Join **Tantra for Beginners** - An introductory connection and communication workshop led by Saskia, exploring presence, authentic relating, and the foundations of tantric practice in a safe and welcoming space.
- ◆ Celebrate the beginning of the journey with a special **welcome dinner** together at a delicious local restaurant.



DAY 3 (B, L, D)

- ◆ Begin the day with a grounding **yoga practice**.
- ◆ Experience a melukat **purification ceremony at the Gunung Kawi holy spring temple**, considered by the Balinese a sacred site for cleansing the soul and mind in its flowing spring waters.
- ◆ Lunch together.
- ◆ 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.





DAY 4 (B, L)

- ◆ Begin the day with a **grounding yoga practice**.
- ◆ Discover a fascinating introduction to the exotic ingredients and unique culinary heritage of Bali during the **Ubad Ubud Cooking Class**, set in a traditional Balinese compound house. Ubad means 'medicine' — alongside the beauty of Balinese food culture, you will get to know fresh ingredients used in traditional healing.
- ◆ Enjoy the dishes you prepared in the morning's class.
- ◆ Enjoy a **sound healing session**. Surrender into deep rest as waves of resonance from gongs, crystal bowls, and traditional instruments wash through the body, releasing tension and quieting the mind.
- ◆ Move freely in a facilitated, judgment-free **dance journey** - an embodied practice of release, expression, and joy that Ubud is famous for.
- ◆ Have dinner on your own.



DAY 5 (B, L)

- ◆ Begin the day with a **grounding yoga practice**.
- ◆ Visit **Astungkara Way** for a hands-on experience harvesting rice, composting, and cooking lunch together. Astungkara Way is a social enterprise that offers transformative experiences that seamlessly blend cultural immersion, sustainable practices, and environmental stewardship. Their work extends to regenerative rice farming projects, where they work alongside local farmers to revitalize traditional methods and promote biodiversity in Bali's rice paddies.
- ◆ Lunch together with Astungkara Way.
- ◆ Experience **Art Therapy**, a guided creative session using color, form, and intuitive expression as doorways into the inner landscape — no artistic experience required.
- ◆ Dinner on own.
- ◆ Witness the mesmerizing **Kecak fire dance**, a hypnotic performance in which a chanting circle of dozens of male voices becomes the orchestra for an ancient Ramayana story.





DAY 6 (B, L)

- ◆ Begin the day with a **grounding yoga practice**.
- ◆ Visit a **Balian**, or Balinese traditional healer. Despite the rise of Western medicine, local people still visit healers for a wide range of care – herbal treatments, massage, energy work, and even life and family guidance. Sit with healer Ketut Sari, learn about her upbringing and her journey to becoming a woman healer, and ask your own questions.
- ◆ Have lunch together.
- ◆ Join **Breath Work**, a guided conscious breathing journey that uses the breath as a tool for emotional release, clarity, and deep states of inner connection.
- ◆ Have dinner on your own.



DAY 7 (B, L, D)

- ◆ Begin the day with a **grounding yoga practice**.
- ◆ Enjoy your time to rest, journal, explore Ubud's shops and cafes, or book a spa treatment.
- ◆ Lunch together.
- ◆ Visit **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.
- ◆ Share a **home-cooked dinner** prepared by the women of the centre's catering enterprise.





DAY 8 (B, L)

- ◆ Begin the day with a **grounding yoga practice**.
- ◆ Enjoy a full stretch of open time for integration, rest, final explorations of Ubud, or personal practice.
- ◆ Lunch together.
- ◆ Enjoy a guided **tour of the Royal Palace of Blahbatuh**, one of the largest royal palaces in the Gianyar area. Built in the 16th century, the palace preserves its original architecture across several compounds. Meet members of the royal family – including the king, queen, and princess – to discuss their roles in the village and the modern challenges facing the Balinese kingdom.
- ◆ Conclude the evening with an **unforgettable dinner hosted within the palace walls**.



DAY 9 (B)

- ◆ Enjoy a final morning practice to close the retreat together.
- ◆ Time to **prepare for the journey home**, exchange contact info with new friends, and reflect on the memories you created!
- ◆ Head to Airport.





ABOUT THE PROGRAM LEADER



Saskia Kalwinek



Saskia is a holistic therapist, sexologist, art therapist, yoga teacher, Tantra practitioner and facilitator, Reiki Master, and sound healing practitioner, dedicated to guiding people into deeper connection with themselves, their bodies and their relationships.

Her work weaves together inner child healing, embodiment, intimacy, conscious connection, creativity and spirituality. Through her retreats and workshops, Saskia creates safe and nurturing spaces where participants can explore emotional healing, reconnect with their authentic selves, and open to greater self-love, pleasure and connection.

With a deeply intuitive and heart-centred approach, she combines therapeutic and spiritual practices with movement, Tantra, Reiki, art, sound healing and inner child work to facilitate transformative experiences that honour both the body and the soul.

As the primary facilitator of the retreat, Saskia brings together her diverse therapeutic and spiritual modalities to create a space for genuine healing, self-discovery and embodied transformation.



ACCOMMODATION & TRANSPORT



SAMPLE ACCOMMODATION



SURYA KEMBAR

Nestled among lush rice fields and tropical gardens in the peaceful village of Mas, Surya Kembar offers a tranquil escape just beyond the heart of Ubud. Blending traditional Balinese touches with modern comfort, this intimate retreat invites guests to slow down, reconnect with nature, and experience the warmth of genuine Balinese hospitality. With its riverside setting, beautiful gardens, and serene atmosphere, Surya Kembar is a wonderful place to experience Bali at a gentler pace.

TRANSPORT



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



INCLUSIONS & CONDITIONS



SCHEDULE OF ACTIVITIES

- ◆ The activities listed above are based on availability and program scheduling considerations, and are subject to change.
- ◆ Accommodations shown are samples reflecting the quality and style of hotels that will be used; participants will be informed of finalized hotels once selected.
- ◆ There are often special ceremonies and rituals that occur spontaneously in Bali - we will make every effort to incorporate unplanned events that add depth and richness to this program.

SERVICES INCLUDE

- ◆ 8 nights, double-occupancy in beautiful Balinese-owned accommodations in Ubud.
- ◆ All transportation in air-conditioned vehicles throughout the program.
- ◆ Airport transfer on the start and end dates of the program.
- ◆ All breakfasts, lunches, and dinners as designated (B, L, D) on the daily itinerary.
- ◆ English-speaking guides and a dedicated Bali Institute coordination team, present 24/7.
- ◆ All activities listed on the final program itinerary, including entrance fees and donations.
- ◆ Gratuities for local guides and drivers.
- ◆ Customized program booklet for all participants.
- ◆ 24/7 medical and emergency staff support for the entire duration of the program.
- ◆ Special gifts including sarong, sash, and journal.

SERVICES DO NOT INCLUDE

- ◆ Visa costs (if applicable)
- ◆ Airfare
- ◆ Tourist Levy
- ◆ Trip cancellation, lost baggage, or medical insurance
- ◆ Laundry and personal items
- ◆ Meals not included in itinerary above
- ◆ Optional activities outside of the program itinerary
- ◆ International phone calls

Discover Our Community Hub

The Bali Institute Compound

At Bali Institute, learning doesn't happen in a classroom - it happens in the world around you. Our headquarters is a living, breathing extension of that philosophy: a collaborative hub where global education, local social innovation, and community connection share the same roof.

The shared headquarters of Bali Institute and Makadaya Foundation have a fully-equipped, open-concept space that adapts instantly to your group's dynamic learning needs. Our strategic Ubud location sits close to student accommodations and experiential learning sites.



The Hub: Education & Impact

The shared headquarters of **Bali Institute** and **Makadaya Foundation**.

A versatile open-concept space designed for interactive classes, collaborative group work, and community event.



Makadaya Impact Store

An impact-themed concept store, showcasing products from 25+ local social enterprises - Sustainable Fashion, Sustainable Foods, and Waste Upcycle. We host interactive gallery walks and community workshops



Affogato Cafe & Gelato

Right in the front yard, our Affogato Cafe serves specialty coffee, authentic Italian gelato, and delightful snacks. The perfect spot to unwind and recharge between sessions, or simply to hang out.



<https://baliinstitute.com>



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Wismaya Gallery, Jl. Raya Mas, Ubud, Gianyar - Bali 80571, Indonesia

TESTIMONIALS

"My time with Bali Institute was a beautiful, cultural experience, and has **changed my life forever.**"

-Student, Long Island University



"What students learn in this course I cannot possibly impart in a classroom. It is such an **exquisite opportunity to teach** because what I say in class suddenly comes to life. It is my great joy and privilege as a teacher to witness such deep and integrative learning as it happens."

-Dr. Vania Coehlo, Dominican University



"Through Bali Institute's trust and mutual respect with Balinese leaders that has formed over years of exchanges, we were warmly received and felt the authenticity of the conversations. The emphasis on encountering Bali, rather than checking off bucket lists of "must see" or "must do" was totally effective. **I can't imagine coming to Bali for the first time any other way.**"

-Don, St. Mary's University



"By studying with the Bali Institute I've explored new avenues of learning by immersing myself in the Balinese culture. I was able to take experiences and use them for **opportunities for growing**— not just for the sake of learning but for the sake of becoming a better person."

-Kathrina Maribao, University of California, Irvine

LEARNING FOR A LIFETIME

