



Indonesia

## WILDLY ALIGNED: BALI

Prepared for The Seidelmann and Tydings Group



Date

Jun 17-26, 2018

Duration

10 days

Comfort Level

●●●○○

Activity Level

●○○○○

Group Size

13-15

Best Time To Visit

J F M A M J J A S O N D

### explore a pacific paradise of arts, crafts and traditions

Have you been hearing the call to retreat from the madness of daily life into a sacred gathering of like-minded born-to-FREAK women? We have toooooo! There is no place better than Bali, a true, divine feminine TOUR DE FORCE of nature.

We will be fully immersed in Balinese culture, visiting sacred sights, exploring art, learning to cook, deliciously moving our bodies, creating visions, and visiting the sacred lands. Your own version of Eat, Love, Pray.

Plus, we will REST deeply. WE have designed the trip to have many sacred opportunities to engage and also to retreat and go within...to where your power lies. We will listen to our hearts desires. *Selamat datang!* (Welcome!)

#### day 1 - sun jun 17 - arrive bali

Upon arrival at Bali's airport in Denpasar, your local guide will meet you for a transfer to Ubud, Bali's art and crafts center in the lush center of the island. (about a 90 min drive) You will be warmly welcomed and your heart will melt when you arrive to your Bali home for nine nights at Sankara Resort. This beautiful villa was designed in Balinese architecture, featuring natural finished teak wood and natural stones. Guests are surrounded by the textures and color of nature, dressed slate, tiles, smooth unpainted wood, soft homespun, fabrics, intricate, worked copper, flowers and foliage. This is the perfect place to unclutter and tap into your inner peace.



*Bali is a land of stunning visual arts, music, and dance*

Settle in to your rooms and then have dinner at the hotel. Following dinner, there will be a gathering in our sacred circle to orientate you to the itinerary and create a vision for the trip.

**Meals:** Dinner at the hotel with vegetarian set menu

**Lodging:** Sankara Resort

## day 2 - mon jun 18 - tegerungan waterfall / mas village artist colony

At 7 am, wake up and take a seat inside yourself if you choose at the lovely yoga center on the grounds of the hotel. The class will be led by a Balinese Yoga Instructor in the spacious yoga room overlooking lush rice field and palm trees.

After breakfast, meet in the sacred circle for a group session in the Yoga Center.

Today we will see one of the scenic wonders of Bali! Our first stop will be at Tegerungan Waterfall. This is one for nature lovers and forest bathers! The falls are considered the closest natural attraction of its kind to Ubud. Dense foliage frames the falls, and the water volume is impressive at almost any time of year. You can go down to the vast pebbly base and enjoy a dip in the plunge pool.

Next, visit a Mas artist colony for woodcarving. Pay a visit to I Ketut Pudja's studio for its exquisite collection that is set in a relaxed environment. You will have the opportunity to see artists at work.

Return to the hotel in time for the 2 pm yoga class. The afternoon is yours to rest, play and rejuvenate as your spirit directs.

**Meals:** Breakfast, Dinner at hotel with non-vegetarian set menu

**Lodging:** Sankara Resort

## day 3 - tue jun 19 - balinese cooking class

Discover the secrets of Balinese food with Janet De Neefe and her team. Explore cooking techniques and the fascinating kitchen myths of this unique culture followed by a lavish Balinese feast and complete recipes. Prior to the class, there is a visit to the local market and the Royal Palace.

After your lavish lunch, head back to the hotel for the 2 pm yoga class.

Tonight dine at Paradiso Ubud, the world's first organic, vegan theatre located in the heart of Ubud. The space hosts nightly film screenings, live performances, art exhibitions, yoga and dance classes, talks, workshops, family events and more. Our evening will be a surprise as the schedules are released only 1 month in advance.



*Wood carving art*



*Balinese Cuisine*

**Meals:** Breakfast, Lunch, Dinner at Paradiso in Ubud  
**Lodging:** Sankara Resort

## day 4 - wed jun 20 - rejuvenation and sacred monkey forest

Yoga this morning at 7 am.

Group leaders facilitate sacred circle time in the Yoga Center at 9 am. The morning is yours to play, rest, journal, explore or sit poolside. Lunch will be provided at the hotel.

In the afternoon, visit the Sacred Monkey Forest. The forest is home to hundreds of cheeky and fearless monkeys. You can feed them bananas or peanuts but be careful of your belongings, as monkeys are very curious creatures. Tonight, there is a delicious dinner out at Indus Restaurant. If time permits, you'll be back at the hotel in time for the evening yoga session.

**Meals:** Breakfast, Lunch, Dinner  
**Lodging:** Sankara Resort



*Monkey Forest*

## day 5 - thu jun 21 - eco cycling

This morning enjoy your yoga session before joining the sacred circle. Late morning, see Ubud via bike on a 2 hour eco cycling trip. You'll be taken on a ride on your eBike, with an experienced guide, through the village of Mambal, where you see the unique Subak at work, go past rivers and ride through its rustic, lush surroundings. While cycling you will see gorgeous rice paddies, dams and waterfalls. We will also make a stop at the Ayung river, pass by Bali Green School and ride through small villages. Following your cycling trip a tasty traditional Balinese lunch will be served in a authentic Balinese compound.

Upon return, you can participate in the 2 pm yoga session. Dinner will be at the hotel.

**Meals:** Breakfast, Lunch, Dinner at hotel with non-vegetarian menu  
**Lodging:** Sankara Resort



*Rice Farming*

## day 6 - fri jun 22 - balinese dance workshop

This morning enjoy your yoga session before joining the sacred circle.

After, you will be picked up at the hotel to visit the Arma Museum for a Balinese dance workshop. This workshop provides basic information concerning the traditional dance within the ritual context. Two of the most famous dancers in Bali will demonstrate the particular movements and the attending steps. Afterwards, you will be given the opportunity to learn and practice the dance yourselves. ??Women will learn some features of the "Panyembrahma welcome dance".

Lunch will be served at museums Kafe Arma and then you'll be back at the hotel in time for the 2 pm yoga session.

Dinner will be at the restaurant Alchemy. The food from this restaurant is grown in the hills of Jatiluwih. Everything is homemade!

**Meals:** Breakfast, Lunch, Dinner at Alchemy

**Lodging:** Sankara Resort



*The art of Balinese dance*

## day 7 - sat jun 23 - shaman and tirta empul temple

This morning enjoy your yoga session before meeting in the sacred circle.

Late morning, you'll be picked up at the hotel for a visit to a Balinese Shaman to have individual consultations. After receiving the consultations, we solidify and honor ourselves and our day with a visit to Pura Tirta Empul in Tampaksiring. This is known for its holy spring and sacred bathing places. You'll have the opportunity to immerse in the baths. Dinner at the hotel.

**Meals:** Breakfast, Dinner at the hotel with non-vegetarian menu

**Lodging:** Sankara Resort



*Sacred bathing area at a temple near Ubud*

## day 8 - sun jun 24 - morning rejuvenation and bali swing

Spend the morning at leisure in Ubud, exploring museums, shops, cafés and artists workshops after connecting in the sacred circle. In the afternoon, prepare to be pumped up and captivated at the infamous Bali swing. This is one of the top activities to do in Bali. Swing above the valley with an amazing view on the Bali Swing. Dinner at Swept Away at the Samaya Ubud.

**Meals:** Breakfast, Dinner at Swept Away with a non-vegetarian menu

**Lodging:** Sankara Resort



*Local trishaw taxi rides are optional.*

## day 9 - mon jun 25 - feel wildly aligned

Today is your last full day in Bali. Participate in morning yoga, followed by a meeting in the sacred circle. The rest of the day is yours to connect, go within, go without, explore, rest or sit poolside.

Enjoy a farewell dinner at luxurious Mozaic Restaurant.

**Meals:**

Breakfast, Lunch, Dinner at Mozaic Restaurant with non-vegetarian menu

**Lodging:** Sankara Resort



*On the way to market*

## day 10 - tue jun 26 - departure

At the appropriate time you'll be transferred to the airport for your flight home.

**Meals:** Breakfast



*Extend your stay on this restful, spiritual, artistic isle, or extend to other islands in Indonesia*

*Anticipated itinerary; actual route may vary.*

Below is a summary of our complete **Trip Terms & Conditions**, which explains each of the items below in more detail.

#### **Expenses covered**

Normally, our stated land costs include the cost of all guides, leaders, permits obtained after arrival, lodging accommodations, food and entry fees as specified, and all surface transportation associated with the planned itinerary. We do our best to avoid increasing prices after receipt of your deposit, but, rarely, factors beyond our control might require us to change our prices without prior notice, even after you have signed up.

#### **Expenses not covered**

Costs not included in the price may include: meals not indicated as included in itineraries; meals prior to arrival in starting cities; transfers, if not arriving or departing on the scheduled group flights; soft drinks, bottled water, and alcoholic beverages; medical expenses, costs of hospitalization, or evacuation from remote areas; laundry; airport departure taxes not included on your airline ticket; accommodations en route to starting cities; visas; airfares; gratuities; and insurance.

#### **Pricing and Payment**

For most group departures, the booking deposit is \$500 per person per trip, though for some trips it may be more, as noted in the trip description. The minimum booking deposit requirement for custom trips is \$800 per person, and this deposit is non-refundable. A trip-planning fee of \$250 per itinerary is also charged to cover costs of preparing itinerary proposals for custom trips. This fee is credited to the cost of the trip, but is nonrefundable if you do not take the trip. Custom travel during holiday seasons may require a deposit prior to trip confirmation.

For both group departures and custom trips, a second deposit of \$1,000 per person is due 120 days prior to departure or at the time of booking for reservations made fewer than 120 days before departure. The balance as shown on your invoice is due 60 days prior to departure regardless of whether extensions or other arrangements are pending. Late payments may jeopardize confirmation of your itinerary and in some cases may result in additional fees. If we have not received final payment 30 days prior to departure your reservation may be canceled and subject to our Cancellation & Refund Policy stated in the complete **Terms & Conditions**.

We accept payments by Visa, MasterCard, American Express, or check drawn on a U.S. bank account. Payment for airfare is required at the time of ticketing. Discounts that may be available for some trips are not available toward bookings made through travel agencies.?

#### **Airfare**

We can help you secure air travel arrangements to correspond with land travel booked through Journeys International. We work with an airfare consolidator to assist in booking the flights that suit your needs. If you decide to make your own flight arrangements, you must provide Journeys International with a complete copy of your itinerary showing departure and arrival flights and times. You should plan to arrange your own air travel if you are using mileage credit or originating outside North America, but please be in touch with our office before you finalize ticketing so that we can help you to coordinate the correct arrival and departure dates and times.

#### **Insurance**

When you make your application, we strongly recommend the purchase of comprehensive **travel insurance** in

case of emergency situations. Please contact us for a recommended policy.

**Itinerary Change Fee**

There will be a \$40 fee for changes once an itinerary has been confirmed and approved. Additional cancellation penalties or change fees may apply as per our terms and conditions. The passenger is responsible for such fees.

## WHY JOURNEYS?

**We are quite simply the best.** No other company matches our experience, breadth, flexibility and personal service. Our reputation is impeccable.

**We have been an acknowledged innovator in global adventure travel and ecotourism since 1978.** Our itineraries are original, and our trip content is thoughtful, intellectually ambitious, and as adventurous as you like. We are committed to the communities and environments we visit. Our Ecological Code of Ethics serves as a model for others.

**We have won the most prestigious awards in the industry.** Condé Nast selected us for their list of the world's Top Travel Specialists every year since 2003. This year, National Geographic Adventure named us one of the top ten global adventure tour operators.

**Our staff is professional and devoted.** The specialists in Ann Arbor and the guides in the field take pride in 100% client satisfaction. Many remain with us for decades. Journeys founders, Drs. Joan and Will Weber, are active in daily operations.

**We make your travel planning easy.** We offer you the ability to completely customize your trip, according to your interests and abilities. Our knowledgeable specialists are happy to help you select special inclusions and extensions. We'll make your air arrangements or you're free to do your own. We pay attention to detail, and we prepare you well for your trip. We respond promptly to your emails and, if you call us during our business hours, you will be greeted by a person and not a machine.

**We know our destinations well.** We will give you as honest and complete a picture of what you can expect as possible. We don't want to make an easy sale; we want to make an honest one. You will likely find that we under promise and over deliver.

**Our travelers come back again and again.** We have a sophisticated clientele with wide reaching travel goals. Many return to us for five, 10, or more trips.

**We love what we do, and we love sharing our passion with you.**

