

**SPIRITUAL BALI:
A JOURNEY OF TRANSCENDENT BEAUTY,
SELF NURTURING, AND FALLING IN LOVE
WITH YOUR OWN DEEP WISDOM**

5TH- 21ST SEPTEMBER 2020

5 SEP

ARRIVAL TO BALI + TRANSFER TO GAIA OASIS RESORT + LIGHT WELCOME DINNER.



Upon landing, you'll be greeted at Denpasar airport with an Om Swastiastu, the traditional Balinese greeting, and a welcoming smile from our local guide and Anabel. Our group will then be escorted via private transfer to our first destination: Gaia-Oasis, a beautiful eco-resort, a peaceful and relaxing oasis located in the north shore of Bali in the region of Tejakula (Teja means light and Kula means people).

After check-in we will enjoy a fantastic welcome dinner by the sea before winding down in the comfort of our sea bungalow. The perfect place to nurture ourselves after a busy day of travel and take the sights in of traditional Bali fisher village life.

Welcome Dinner included.

6 SEP

LEISURE DAY+ INTRO TALK + WELCOME MOCKTAIL+ INTRO TO PRAYER

Take your time to fully arrive in Bali: sleep deeply, relax on the hammock of your seafront bungalow, take long walks along the beautiful black sand and pebble beach or pamper yourself with all kinds of beauty and massage treatments at the resort spa.

After lunch we will present our journey ahead and will get an introduction on Balinese spirituality. There will be a Balinese ceremony where we will be taught how to pray. We will show our respect to the island of Gods for receiving us and will ask for blessings for our journey ahead.

Breakfast, Lunch, Dinner and welcome mocktail included.

7 SEP

MORNING YOGA + WATER PURIFICATION RITUAL + MEDITATION

For more information contact Zan at 541.482.9311 or by email at sherrie@sherriefrank.com and zanenix@yahoo.com. *Itinerary may vary.*

From now on and until the end of our trip we will enjoy our morning yoga lesson with Anabel and our afternoon meditation with Zan. Sherrie will guide scheduled group time for personal check-in's to connect with each other and facilitation time to assist you in integrating your experience. Anabel teaches the secrets to awakening the deep intuitive wisdom of your heart, accessing your intuition and creating an empowered, compassionate and loving relationship to all parts of yourself. Zan will teach and lead sessions in Hridaya meditation, a heart centered form of meditation that aims to reveal the essence of your being and its strong connection to guiding Universal wisdom.

A very special day awaits us. We start our immersion in Balinese culture and spirituality with a water purification cleansing ritual performed at a very unique and holy temple by the sea called Ponjok Batu, famous for its 7 sweet water holy springs that come out from under the sea. The temple was built in the 15th century and is located on an ancient prayer site as it is shown by the archaeological relics founded in the area dating back to 3000 BC. After the ritual we will enjoy the rest of the day free at our beautiful resort.

Breakfast, Lunch and Dinner included.

8 SEP

MORNING YOGA + CONTRIBUTION DAY + MEDITATION

By travelling with us you are already contributing to Balinese community thanks to the eco-friendly hotels and activities we have chosen that support directly Balinese local families.

Gaia Oasis through its charitable foundation is doing a great work worthy of praise to better the lives and environment of Tejakula community. Today we will be introduced to the foundation and their programs and we will visit personally some of them.

Breakfast, Lunch and Dinner included.

9 SEP

MORNING YOGA + FREE DAY + MEDITATION

This is a nurturing day to devote to yourself, to rest and enjoy the beauty of your surroundings: relax in the hammock of your seafront bungalow, contemplate the fishing boats going out early in the morning or join them to watch dolphins, pamper yourself at the spa with many different kinds of treatments, walk the beautiful pebble beach, swim and let yourself be nurtured by the gentle waves of the North Sea.

Breakfast, Lunch and Dinner included.

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10 SEP

MORNING YOGA + CHECK OUT + TIRTA GANGGA + CHECK IN THJAMPUHAN

After breakfast we will head towards Ubud. The town of Ubud, in the uplands of Bali is known as the cultural and healing capital of the island of Gods. Ubud comes from the Balinese word Obad, meaning Medicine, and has long been known as a mystical place, rich in healing powers. Ubud has become a pilgrimage healing place since it was founded in the 8th century by a Buddhist priest. Royal families from across the island sent their ill to Ubud to be healed, and the tradition continues today—with people from all over the world arriving in hope of curing what ails them.

On the way to Ubud we will visit a popular and well-kept historical site in East Bali: The Tirta Gangga royal water garden, with intricately sculpted gargoyles, pools, towering fountains and lotus ponds filled with tilapia and golden carp.

After our visit to the Royal Garden we will head towards our hotel in Ubud, the legendary hotel Thjampuhan and Spa, established in 1928 by the King of Ubud as a guest house for royal visitors like the German musician and painter Walter Spies. The artistic Bali renaissance started here. This hotel is a tribute to Ubud's artistic heritage and the spirit of Balinese hospitality. An exquisite blend of comfort and nature, the perfect place to keep nurturing us during our journey.

Breakfast and Lunch included. Welcome dinner at hotel Thjampuhan included.

11 SEP

MORNING YOGA + DAY FREE + MEDITATION

Enjoy your free time in Ubud getting familiar with its streets, temples and discovering the big healthy gastronomic and shopping choices that it has to offer.

Breakfast included. Lunch included at Thjampuhan hotel. Dinner on your own in Ubud or at the resort.

12 SEP

MORNING YOGA + ART TOUR + MEDITATION

Art in Bali has traditionally been a sacred form of worship. A long time ago, before Balinese arts created for its aesthetic purposes, arts were meant to be an expression and obligation to the deities. It really is a big part of life in Bali, and the deep spiritual traditions of the island are strongly connected to art. The unique

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aesthetics of the Balinese people can be seen in the paintings, carvings, jewelry, and stonework found everywhere on the island. Different villages and regions of Bali are famous for different crafts, and while Ubud is now seen as the center of Balinese art, different styles can be found around Bali.

Today we visit some of the most important art villages in Bali which are mostly located in Ubud surroundings. We will admire the process of woodcarving, stone carving, painting and silver jewelry making.

Breakfast and lunch included. Dinner on your own in Ubud or at the resort.

13 SEP

MORNING YOGA+SPA+LEISURE AFTERNOON + DEEP CONNECT AND MEDITATION

We dedicate the morning to pampering ourselves and to appreciating beauty and self-care at a special spa located among peaceful natural surroundings, where all products are organic, and each treatment is a conscious offering for our well-being.

Breakfast included. 2.5 hours treatment included.

14 SEP

MORNING YOGA + LEISURE MORNING + INTRO TO CAVES RITUAL

Today will be a free day to enjoy our yoga daily practice and all the wonders that Ubud has to offer us. We will gather in the afternoon to have a short introduction to the special purification ritual that will be carried on the following day by internationally known Balinese spiritual master Pak Gusti Putu Karet.

Breakfast included. Lunch and dinner on your own in Ubud or at the resort.

15 SEP

JIMBARAN CAVES + TIME AT BEACH IN JIMBARAN

Today we visit the Jimbaran Caves with internationally known Pak Gusti Putu Karet, an honored Balinese spiritual teacher. We journey deep down into the sacred Jimbaran Caves to two separate pools of water for ancient Balinese rituals, an unforgettable and mystical experience. After the purification ritual in the caves we will enjoy lunch at a local restaurant by the sea breezes of Jimbaran beach. We head to Ubud in the late afternoon for reflection and integration time. **Breakfast and lunch included. Dinner on your own in Ubud or at the resort.**

16 SEP

MORNING YOGA + DAY FREE + MEDITATION

Enjoy your last free day in Ubud with our recommendations.

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Breakfast included. Lunch and dinner on your own in Ubud or at the resort.

17 SEP

CHECK OUT TJAMPUHAN HOTEL+ JATILUWIH RICE TERRACES + CHECK IN MUNDUK MODING PLANTATION

Check out Tjampuhan hotel. This morning we head towards Munduk, a remote area in the North of Bali set on a ridge running down from the north western rim of the Bedugul caldera.

On the way to Munduk we will fill our eyes with the beauty of Jatiluwih rice terraces. Jatiluwih has been named one of UNESCO World Heritages: the site maintains the local culture heritage through a water irrigation system traditionally called by SUBAK. Check in at Munduk Moding Plantation, a luxury eco-resort run by Balinese that honours traditional Balinese culture and environment. Named best eco-luxury resort in 2016 by The World Luxury Hotels Association.

Breakfast and lunch included. Welcome Dinner at Munduk Moding included.

18 SEP-20 SEP

RELAXING AND INTEGRATING TIME AT MUNDUK MODING PLANTATION+ DAILY YOGA + WATERFALL TOUR + DEEP CONNECT AND MEDITATION

We finish our trip by the mountains for a reason. Balinese believe Gods live in the mountains, closer to heaven and certainly our resort, with the beautiful lush surroundings, waterfalls and lakes that surround it, is like heaven. This is a beautiful opportunity to devote to yourself, to deepen your yoga practice, to soak into the beauty and luxury of our eco-resort: enjoy the infinity pool, pamper yourself at the gorgeous spa, take a guided walk on the coffee plantations or take advantage of the many cultural activities that the resort has to offer: cooking, crafts, kite making class, etc.

In addition, we will enjoy a fabulous waterfall tour visiting the most important waterfalls in the area. Be ready for a swim.

At Munduk Moding Plantation there is space and time to allow your body to fully relax and make an imprint of all the experiences lived.

Together we will share a special integration ceremony that will serve as a closure to our deep transformational journey. **Breakfast and Dinner included.**

21 SEP

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CHECK OUT MUNDUK MODING PLANTATION + TRANSFER TO AIRPORT

After breakfast we prepare us for our journey home, departing for the airport via a private transfer with dreams of returning soon to the Island of the Gods.

TOUR INCLUSIONS:

- ☐ Accommodation at Luxury and Superior category resorts.
- ☐ Meals as specified in the program.
- ☐ Local English-speaking guide on tour days.
- ☐ Private transport with air conditioning.
- ☐ Activities as described in the program.
- ☐ Entrance fees to the places specified in the program.
- ☐ One group transfer on arrival and departure days (Passengers arriving in different flight will be responsible for their own transport).
- ☐ Daily yoga lessons, except on check in and check out days.
- ☐ Tips

TOUR EXCLUSIONS:

- ☐ Air travel
- ☐ Travel insurance
- ☐ Visa
- ☐ Optional activities or mentioned as not included in the program
- ☐ Personal expenses (laundries, telephone calls etc.)
- ☐ Services not specified in the program

TOUR HOTELS

UBUD: Tjampuhan Hotel and Spa

www.tjampuhan-bali.com

NORTH BALI: Gaia-Oasis Resort

www.gaia-oasis.com

MUNDUK: Munduk Moding Plantation

www.mundukmodingplantation.com



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