



UPTOWN YOGA

*Authentic Bali*

RETREAT

MAY 20-30, 2023



## *Where We Go*

East Bali is full of breath taking, lush scenery. On this retreat, we will slip away from the common tourist spots and dive into the richness of the less traveled, untouched areas. Beginning each day with a connection to nature, inspiring new ways of Be-ing.

Your day will consist of morning meditations, yoga classes in the most beautiful places with plenty of time to relax by the pool or beach. Our excursions will take us from iconic rice patty terraces, to barefoot living on white sand beaches, to exploring the colorful underwater world and swimming with sea turtles.

Enjoy daily yoga meditation classes. Fresh food and cultural tours including a visit with a Balinese Shaman, hiking rice terraces, visits to temples, snorkeling (or diving) in the beautiful corals in Amed, barefoot living on the white sand beaches of Gili Meno.

# What We Do



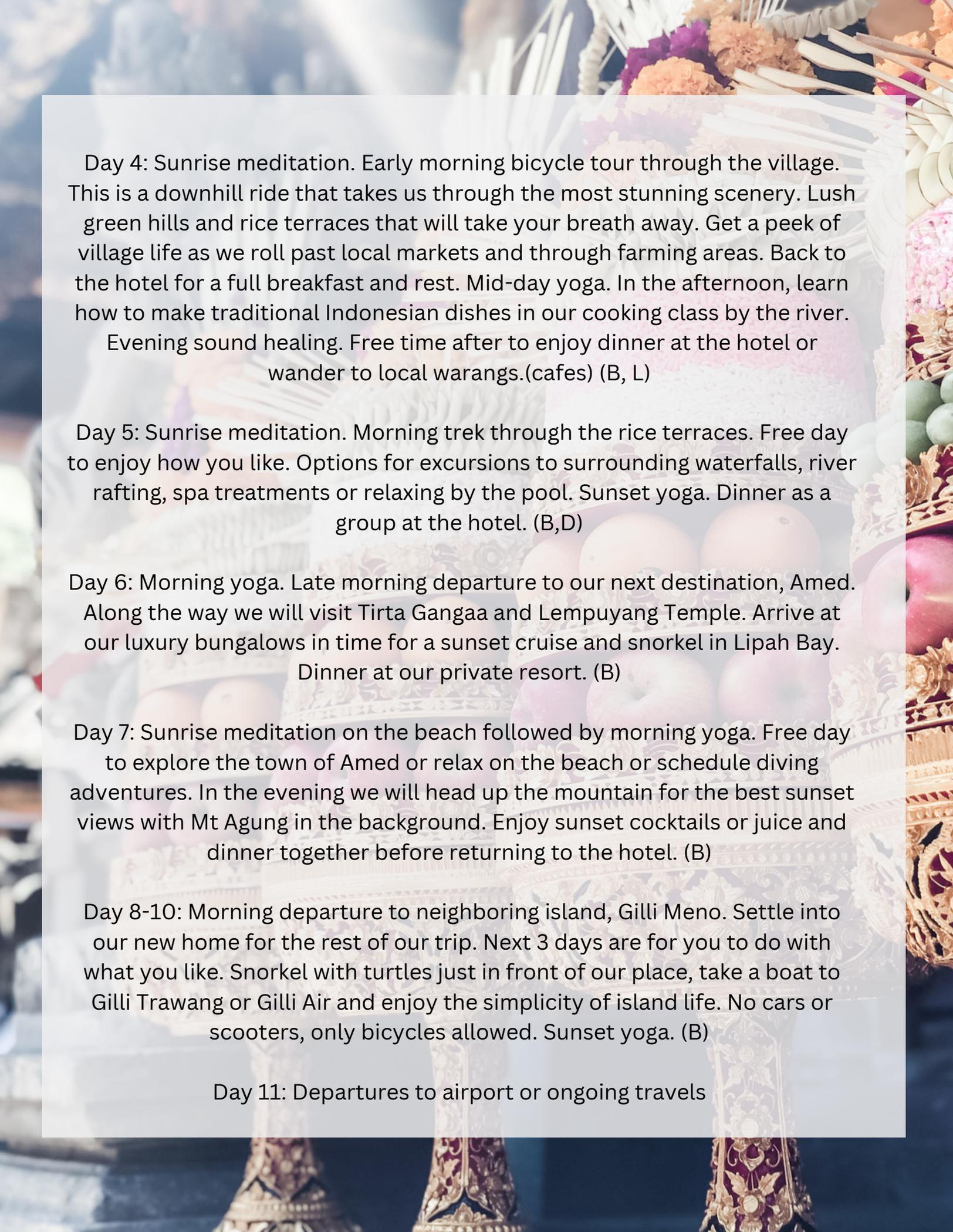
## A peek at our days

Day 1: Arrival and transfer to hotel in Ubud, the spiritual epicenter of Bali. You will have the day to explore your surroundings before we meet for in the evening for our welcome dinner. Walk to the Ubud Art Market and shop for Bali handicrafts, stop into a spa for a massage, or flower bath or grab a fresh coconut or smoothie bowl at a cafe. In the evening, we will enjoy dinner at a traditional Balinese garden restaurant. (D)

Day 2: Ceremony is a big part of the Balinese culture. Today we will participate in a private Water Ceremony, learn about it's importance and how to make traditional offerings from palm leaves. Afterward, everyone will have a private session with a Balinese Shaman, if they choose. Return to Ubud late afternoon for more shopping, spa time or relaxing by the pool. Free time for dinner. (B, L)

Day 3: Morning yoga. After breakfast, take a walk to the Monkey Forest. Late morning departure to the village of Sideman. Check into our hotel overlooking the rice terraces. Enjoy a relaxing afternoon by the pool or exploring the river near by. Sunset yoga in one of the most beautiful yoga shalas. Dinner with the group at gorgeous restaurant close by. (B, L)

*\*included meals denoted by B,L,D*



Day 4: Sunrise meditation. Early morning bicycle tour through the village. This is a downhill ride that takes us through the most stunning scenery. Lush green hills and rice terraces that will take your breath away. Get a peek of village life as we roll past local markets and through farming areas. Back to the hotel for a full breakfast and rest. Mid-day yoga. In the afternoon, learn how to make traditional Indonesian dishes in our cooking class by the river.

Evening sound healing. Free time after to enjoy dinner at the hotel or wander to local warangs.(cafes) (B, L)

Day 5: Sunrise meditation. Morning trek through the rice terraces. Free day to enjoy how you like. Options for excursions to surrounding waterfalls, river rafting, spa treatments or relaxing by the pool. Sunset yoga. Dinner as a group at the hotel. (B,D)

Day 6: Morning yoga. Late morning departure to our next destination, Amed. Along the way we will visit Tirta Gangaa and Lempuyang Temple. Arrive at our luxury bungalows in time for a sunset cruise and snorkel in Lipah Bay. Dinner at our private resort. (B)

Day 7: Sunrise meditation on the beach followed by morning yoga. Free day to explore the town of Amed or relax on the beach or schedule diving adventures. In the evening we will head up the mountain for the best sunset views with Mt Agung in the background. Enjoy sunset cocktails or juice and dinner together before returning to the hotel. (B)

Day 8-10: Morning departure to neighboring island, Gilli Meno. Settle into our new home for the rest of our trip. Next 3 days are for you to do with what you like. Snorkel with turtles just in front of our place, take a boat to Gilli Trawang or Gilli Air and enjoy the simplicity of island life. No cars or scooters, only bicycles allowed. Sunset yoga. (B)

Day 11: Departures to airport or ongoing travels

# Where We Stay



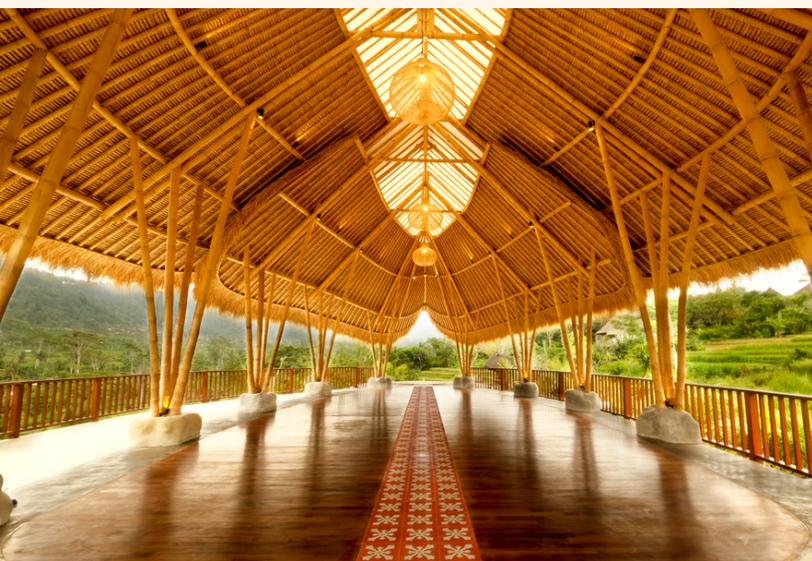
We will be staying in multiple areas in Bali. All of our boutique hotel partners have beautiful outdoor spaces, comfortably appointed rooms and spectacular spa services. Rooms come with all the comforts of ensuite bathroom, a/c and wifi.

## Single Room

\$3100

## Double Room

\$2600 per person



# FAQ's

## Getting to Bali

- Fly into Denpasar airport (DPS). Look for flights that arrive early on May 20th to get the most out of your first day. If you want to arrive earlier, we can arrange another night at our first hotel for an additional charge.
- Flights leaving Bali should be scheduled for after 8pm on May 30th. Should you want to stay overnight, we can arrange another night at a hotel for additional charge.

## What's Included?

- Transfers to and from airport
- 10 nights in boutique hotels
- Daily yoga + meditation
- Planned excursions + activities
- Meals as denoted on itinerary
- Drinking water
- All taxes + gratuities

## What to Bring

- Yoga Clothes
- Swimsuits
- Reef safe sunblock
- Refillable water bottle
- Shorts/sundresses
- Sneakers or sandals for hiking
- Flip flops
- Cash for shopping- large bills with no tears or writing
- Headphones/book
- Sunglasses/ Hat
- Yoga Mat (or borrow at resorts)

## Gratuities + Extras

- Tips for staff, guides and drivers are included In your price
- Spa services, additional excursions, & extra meals are at your own expense.
- Most places take credit cards. Small shops and spas operate on cash only.
- Hotels accept credit cards, should you want to charge services to your room.
- Gratuities on extra services, excursions and extra meals is not included.

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## Ready to book?

- Email [jen@uptownyoga.com](mailto:jen@uptownyoga.com)
- Spot is secured with \$600 non- refundable, non-transferrable deposit
- Full payment is due by April 1st.
- Refunds on payments are not available after April 1st.
- Should you need to cancel before April 1st, payments will be refunded in full minus the deposit.