



BALI

**8th- 26th
September 2019**

**A journey to
transcendent beauty,
self nurturing, and
falling in love with
your own
deep wisdom.**

Arrival to Bali

SEPTEMBER 8TH



Sherrie Frank



Zan Nix



Anabel Rodriguez

Journey with us to Magical Bali

A place where the spirituality of the culture creates an opening to our souls deepest wisdom and clarity.

We will guide you and support you through talks, personal integration practices, yoga and meditation.



SEPTEMBER 9TH

This will be a nurturing day to rest and relax at our luxury wellness resort.

Take your time to fully arrive in Bali: sleep deeply, relax by the swimming pool, practice yoga, walk the surroundings or just pamper yourself at the gorgeous Spa.

After lunch we will introduce ourselves and our journey ahead.



SEPTEMBER 10TH

A very special morning await us.

After our daily yoga class we will visit a Balinese Boutique to purchase the traditional Balinese ceremonial dress.

There will be many occasions during our trip to wear it as it is necessary to attend ceremonies or to enter holy temples.

Afterwards we will enjoy our free time in Ubud, getting familiar with its streets, temples and discovering the big healthy gastronomic and shopping choices that it has to offer.



SEPTEMBER 11TH

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.

Today it is a very special day because we will contribute hands on with an orphanage in Ubud.

We will be able to give direct support to the children that are always the most vulnerable ones in any society.





SEPTEMBER 12TH

We dedicate the morning to pampering ourselves and to appreciating beauty and self care at a beautiful spa located among peaceful natural surroundings.

Each treatment is a conscious offering for our well-being, where all products are organic and produced with love using their own home grown plants.

Free afternoon in Ubud.

SEPTEMBER 13TH

After our morning yoga practice we head to Tirta Empul, a holy temple where the natural hot springs and waterspouts deliver holy water that the Balinese usually collect for their daily offerings.

The temple complex has been declared World Heritage site by UNESCO. Here we perform a water cleansing ritual called Melukat followed by a high priest blessing.



Afterwards, we will spend the afternoon/evening in Kemenuh village, to get a real introduction into Balinese daily life.

We are welcome to observe and participate in an offering making class (canang), followed by a delicious traditionally cooked dinner at the family compound and an authentic private Kecak dance performance at the family temple.

SEPTEMBER 14TH

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. We will also participate in a ceremony, guided by internationally known Balinese spiritual master Pak Gusti Putu Karet, that will connect us to the Universe.



SEPTEMBER 15TH

Visit to the Jimbaran Caves and purification ritual with internationally known Pak Gusti Putu Karet, an honored Balinese spiritual teacher.



SEPTEMBER 16TH

Leisure day in Ubud. Enjoy on your own a day trip through the island.





SEPTEMBER 17TH

This morning we head towards the beautiful north shore of Bali, a peaceful and relaxing oasis to take in the sights and sounds of traditional fishing village life. Check in.



18TH- 20TH SEPTEMBER

This is the time to devote to yourself: keep on with your daily yoga and meditation practice, relax on the hammock of your sea front bungalow, take long walks along the beautiful black sand and pebble beach, contemplate the fishing boats going out early in the morning or join one of them to watch the dolphins, pamper yourself with all kinds of beauty and massage treatments at the resort spa, swim and let yourself be nurtured by the gentle waves of the North Sea.



21TH-25TH SEPTEMBER

After breakfast we will head towards Munduk, our final destination in the mountains. This place is heaven. This is a beautiful opportunity to keep devoting 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.

At Munduk Moding Plantation you will get the space and time you need to allow your body to fully relax and make an imprint of all the experiences lived.

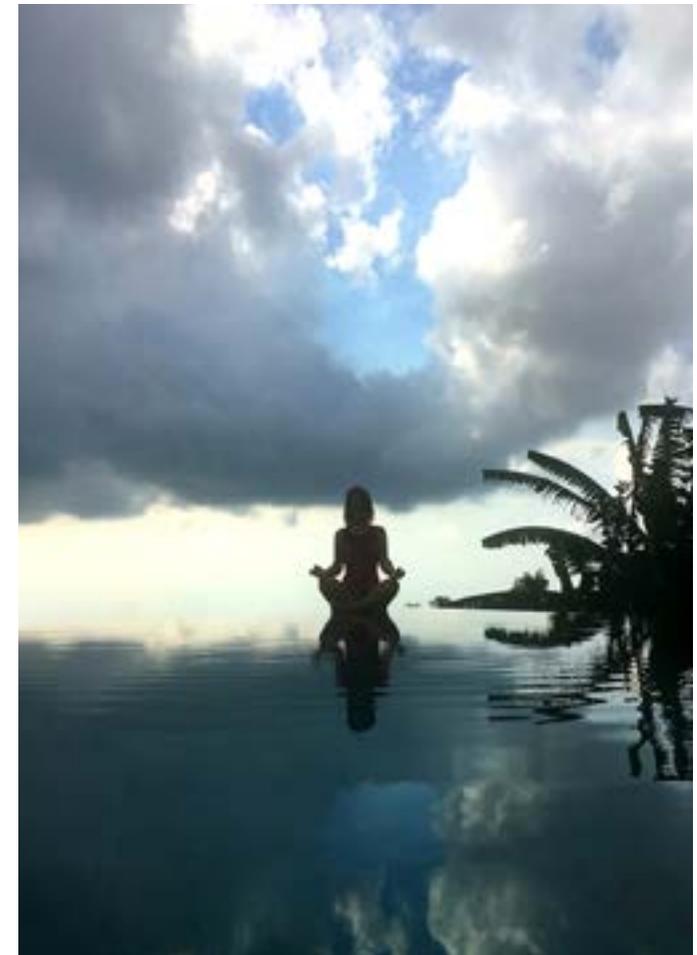
Together we will share a special integration ceremony that will serve as a closure to our deep transformational journey.



We will enjoy a fabulous waterfall tour visiting the most important waterfalls in the area. Be ready for a swim.



SEPTEMBER 26TH
Check out Munduk Moding Plantation and transfer to airport.





For a full itinerary visit
www.spiritualbalitour.com