



BALI

2017

Sept. 5th-22nd

*A Journey to
Transcendent Beauty,
Self Nurturing,
and Falling in Love
With Your Own
Deep Wisdom*

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.

Sherrie Frank



Zan Nix



2

Anabel Rodriguez



5 SEP

Arrival to Bali.

3

6 SEP

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, walk the surroundings or just pamper yourself at the Spa. After lunch we will introduce ourselves and our journey ahead.



7 SEP

A special morning awaits us. We will visit a tailor in Ubud that will custom-make for us the traditional Balinese ceremonial dress. We will wear it during many occasions, as it is necessary to attend ceremonies or to enter temples. Afterwards we will enjoy our free time in Ubud.



8 SEP

Today we head to Gunung Kawi, a holy temple where we will perform a water cleansing ritual called Molukat. We will spend the afternoon/evening in Kemenuh village, participate in an offering making class, followed by a delicious traditionally cooked dinner at the family compound and an authentic private Kecak dance performance at the family temple.



9 SEP

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



10 SEP

We continue our Balinese cultural immersion visiting Besakih, also known as "The Mother Temple". Afterwards we head to Kintamani, a mountain village where we will enjoy a panoramic view of Batur Volcano and Lake. We will descend to lake Batur shores to enjoy a hot & cold bath at its hot springs' swimming pools.





11 SEP

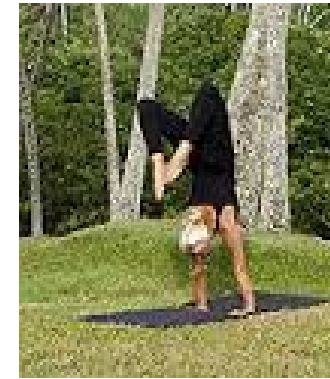
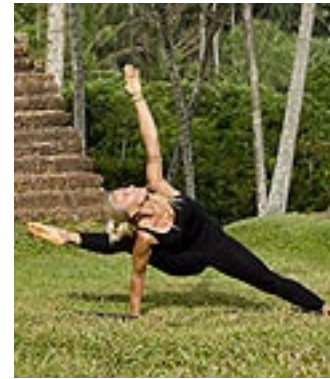
We dedicate the morning to pampering ourselves and to appreciating beauty and self care at a beautiful spa located among peaceful natural surroundings. Each treatment is a conscious offering

for our well-being, where all products are organic and produced with love using their own home grown plants. Free afternoon in Ubud.

12 SEP

Yoga class at Satya Graha Ashram with Therese Poulsen, one of the best Yoga teachers in Bali. We will awaken to the intuitive wisdom of our heart: on the mat and in our daily life. After yoga class

we will visit Bumi Sehat Foundation, an NGO that provides child birth and health services to poor populations. Afterwards we will enjoy a delicious organic meal. Free afternoon in Ubud.



13 SEP

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



14 SEP

Leisure day in Ubud.



15 SEP

Contribution day to balinese community. We will visit KUPU-KUPU foundation in Ubud, an NGO dedicated to improving the lives of Balinese people with disabilities. We will also visit STEP Ubud, a training sustainable tourism hotel located at SMK Payangan School, where students receive real training in hospitality.



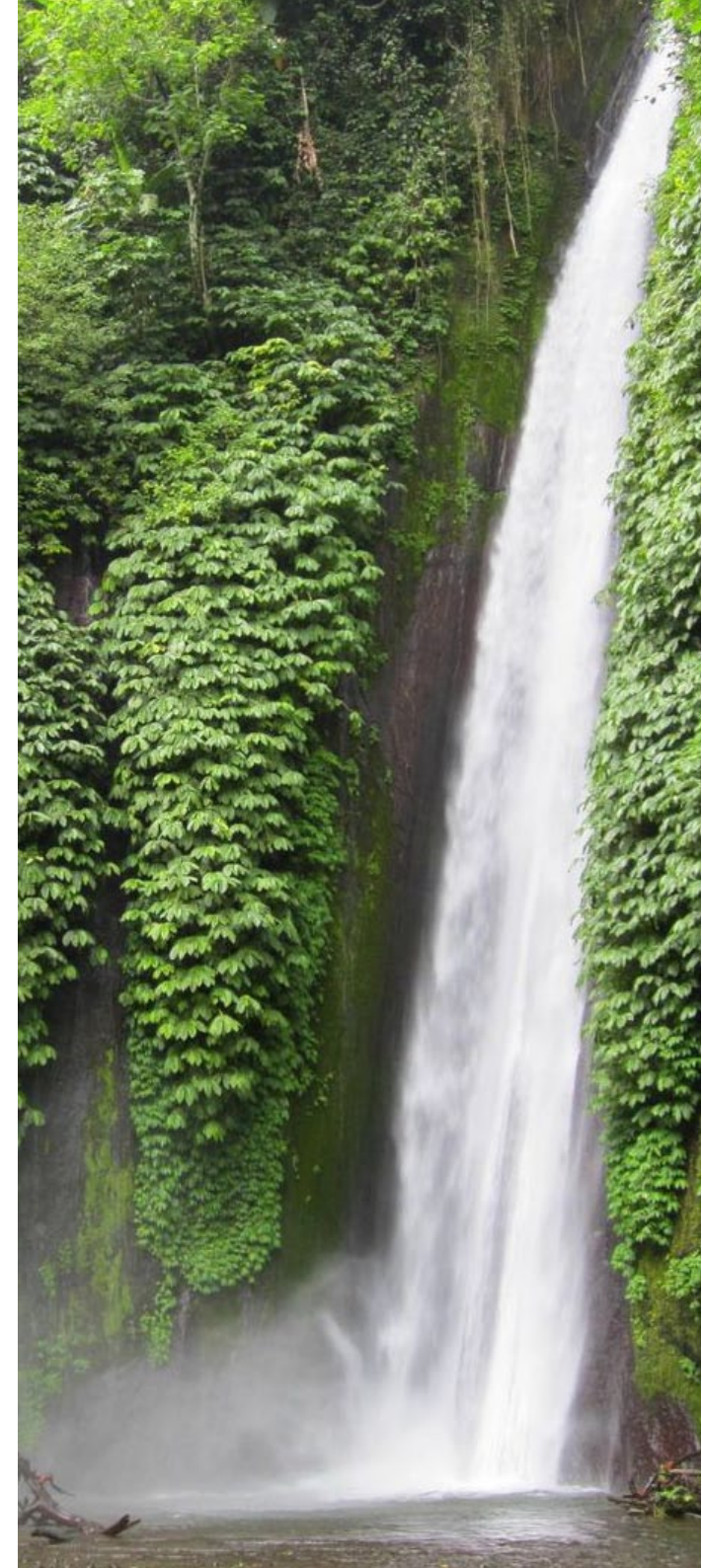
16 SEP

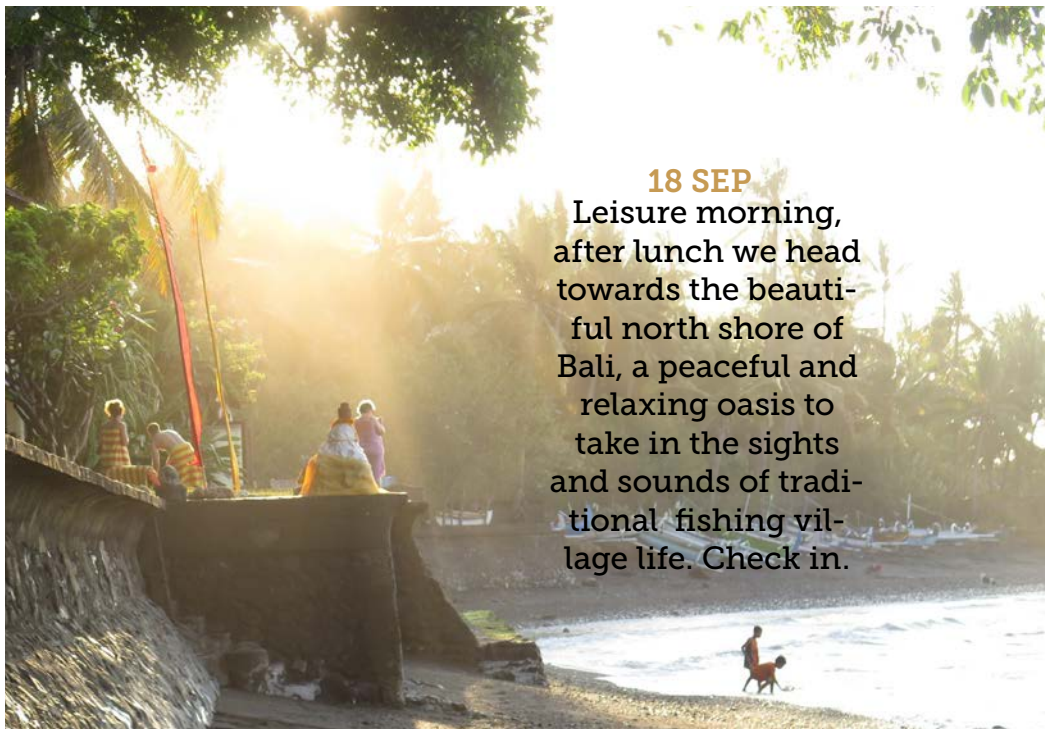
Check out. This morning we visit the famous seaside temple, Tanah Lot. Afterwards we continue up the hills towards our final destination, Munduk. On the way we will fill our eyes with the beauty of Jatiluwih rice terraces, one of UNESCO World Heritages. Check in at an eco-resort run by Balinese that honor tradition and the environment.



17 SEP

In the morning we will enjoy a light trekking to the beautiful Red Coral Waterfall. Free afternoon to discover the beautiful surroundings of Munduk or to join any of the many cultural or leisure activities that the eco-resort has to offer.





18 SEP
Leisure morning, after lunch 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.



19-22 SEP

This is the time to devote to yourself: relax on the hammock of your seafront bungalow, take long walks, join the fishing boats going out early in the morning to watch dolphins, pamper yourself with all kinds of massage treatments, swim and nurture yourself by the gentle waves of the North Sea. You will get the space and time you need to allow your body to fully relax, 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. On the morning of the 22nd we will check out and be transferred to the airport.

DETAILED ITINERARY

