

WOMEN'S WELLNESS & SPIRITUALITY IN BALI

7D/6N - Start from \$3,330 per person

TRIP OVERVIEW

Locations	: Ubud, Bali
Activities	: Wellness & spirituality, culture, nature, sight-seeing, & leisure
Duration	: 7 Days 6 Nights
Price	: Start from \$3,330 per person
Travel Types	: Private Tour

HIGHLIGHTS

This wellness and spirituality itinerary sets for women who seek for well-being and psychological fulfillment. For seven days, your body and soul will be rejuvenated in a city where the most famous shamans and spiritual healers alive – Ubud. Stay in a five-star, polished spa resort; your trip will be full of peace and serenity. Let's say, private yoga and meditation session, exclusive spa & massage, as well as a consultation with an Ayurvedic Doctor are significant parts of this itinerary.

The lush nature and cultural nuance will also cover your trip as you will visit the most scenic rice paddies in Bali, Tegallalang Rice Terraces, and some of the most iconic temples in Bali. Pura Gunung Kawi, an 11th-century temple and funeral monument; Pura Tirta Empul, a complex temple with its holy mountain spring for ritual bathing; and Saraswati Temple, ornate architectural design with its idyllic lotus pond are ones that you will say hello to. These Hindunese temples along with their uniqueness may fulfill your spiritual hunger.

Aside from those low-tense activities above, this trip brings you to some little higher tense activities, such as: Morning fitness, an exhilarating swing that soars over a dense jungle of palm trees, and trekking over mellow hiking trace at Campuhan Ridge Walk or a fantastic bike through farms, lush vegetation, neighborhoods, and rice fields from Kintamani to Ubud that may both rush your adrenaline and create unforgettable memories.

This tour lets you join a Balinese cooking class, where you can shop local ingredients to the local market and learn traditional cuisine of Indonesia. You will also listen to the sound of pyramids built to 1/16th and 1/18th scale to the Great Pyramid of Giza and feel the vibration generated from powerful ancient instruments such as Gongs and Didgeridoos at Pyramid of Chi which can lead to

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a feeling of bliss as well as inner healing. Your vacation here ends with an aqua therapy – a combination of stretching, aerobics, and water jet massages. A seven-day retreat at this splendid oasis will have you feeling completely restored and refreshed.

ITINERARY

DAY 1 : ARRIVAL DENPASAR - UBUD

'Selamat Datang!' Welcome to the capital city of Bali, Denpasar. Upon your arrival, our guide will greet you at Ngurah Rai Airport, and transfer you to your private resort in Ubud, COMO Shambhala Estate. Set in tropical rainforest, this polished spa resort on a 9-hectare estate lies on the banks of the Ayung River 10 km from the town of Ubud and built for a meaningful spa experience. Wellbeing is not just an option at this resort: it's their reason for being, with every aspect designed to help you make lasting, positive life changes, and return home feeling restored. For seven days, this will be your five-star hotel to stay overnight and unwind. After check in, you may spend the rest of the day at leisure.

Meals included: no meals included on this day

DAY 2 : UBUD

After enjoy your healthy breakfast, prepare yourself for a peaceful wellness experience as you will join a private yoga and meditation session at the resort. Take part in your first class and learn the basics of yoga – an ancient physical, mental, and spiritual practice that can transform the body and strengthen mental discipline. Right after yoga, you may start your first consultation with an Ayurvedic Doctor at Shikara followed up with a deep tissue massage at Ojas Spa. This restorative massage will aid in releasing tension within the muscles, removing toxins, and encouraging the muscles to relax and feel soothed. Afterward, enjoy your spare time at the resort before you join Pranamaya Meditation – a pranamaya class which introduces yogic breathing techniques that prepare the body and mind to receive the benefits of meditation. After a day of wellness retreats, savor a healthy dinner recipe and have a good night.

Meals included: no meals included on this day

DAY 3 : UBUD

As the sun rises, a freshly prepared breakfast and tropical juices will be specially served for you over the enchanting rice fields at Terracotta Restaurant. Lush green nature and rice paddies of Tegallalang will soothe your eyes and freshen your mind while you have your breakfast. An immersive exploration of the green rice paddies will be perfect for you; hence after breakfast, this tour will let you experience a morning trek over the Tegallalang Rice Terraces. Since the terrace is considered as the most scenic spot in Bali, you may freeze as many pictures as you want here! Afterward, you will visit Pura Gunung Kawi, an 11th-century temple and funeral monument near

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Ubud. It has ten rock-cut shrines which craved into 23 feet high sheltered in a sheer cliff face. Then, we will take you to one of the most renowned temples in Bali – Pura Tirta Empul. This temple consists of the temple complex and holy mountain spring that allow visitors to join ritual bathing in the holy water which believed can purify your soul. After traveling over the temples, we will set off to Zen Hideaway or Bali Swing, where you can sense your adrenaline rushes while trying an exhilarating swing that soars over a dense jungle of palm trees.

Meals included: Breakfast, Lunch, and Dinner

DAY 4 : UBUD

Today, you will join a Balinese cooking class at Kayun Restaurant in the Village of Mas. Start by heading over to the local market; you will handpick your ingredients for the class accompanied by a professional chef. Back to the kitchen, you will learn the basic tips and tricks of traditional Balinese cooking before shown how to light a wood-fire stove. You will then try your hand at crafting these specialties from scratch as you prepare a delicious feast made up of traditional Indonesian flavors. Next up, this tour will take you to meet one of Bali's most famous shamans and spiritual healers, Tjokorda Gede Rai. He lives in the village Puri Negari which is about a 20-minute drive from Ubud. Balinese people believe that disharmony between an individual and their surroundings can lead to sickness, accidents, and general misfortune. Healers and shamans like Tjokorda Gede Rai use traditional herbal medicines to help heal those who visit them. In Puri Negari Village, they also practice palm reading and fortune telling. You will have time for a consultation with the healer as well.

Meals included: Breakfast, Lunch, and Dinner

DAY 5 : UBUD

This morning after breakfast, you may choose between two activities: Walk in the countryside with natural scenery to unwind and fresh air to inhale at Campuhan Ridge Walk, or go off 'the beaten path' by a fantastic bike ride through farms, lush vegetation, neighborhoods, and rice fields from Kintamani to Ubud. Then, we will set off to Pyramid of Chi, where you can experience the power of sound inside the two Pyramids built to 1/16th and 1/18th scale to the Great Pyramid of Giza. Unwind yourself by listening and feeling the vibrations and frequencies generated from powerful ancient instruments such as Gongs, Didgeridoos, Pow Wow Drums, and Tibetan bowls inside. The energy can lead to a feeling of bliss as well as inner healing. Next up, we will head out to Ubud Palace to watch a captivating Bali traditional dance performance – Barong and Legong.

Meals included: Breakfast, Lunch, and Dinner

DAY 6 : UBUD

Enjoy a private yoga and silent meditation with your professional instructor this morning. Then, you will visit Sacred Monkey Forest, a sanctuary in Bali where you can spot the Balinese long-tailed monkey known scientifically as 'Macaque' and set off to one of the most scenic temples in Bali,

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Saraswati Temple. There is a pathway nestled on the lotus pond which leads to the temple with ornate architectural designs. Afterward, you may choose an optional activity, i.e., visit the Ubud Market. This is one of the best marketplaces in Bali, where you can explore it the way the locals see it, and you can buy a typical souvenir of Bali. Then, pamper yourself in a sumptuous private spa & massage treatment that can rejuvenate your mind and body with a picturesque vista of Ubud.

Meals included: Breakfast, Lunch, and Dinner

DAY 7 : DEPARTURE

This is the last day of your wellness and spirituality tour in Bali. We want to satisfy you by serving an impeccable breakfast to savor. Then, you will enjoy a free program, or you may do an aqua therapy, a combination of stretching, aerobics, and water jet massages. Afterward, it is time to say goodbye – our guide will transfer you out to the airport. We hope your journey with us is creating unforgettable memories, and we will be glad to see you again in another remarkable place in Indonesia!

Meals included: Breakfast

TERMS & CONDITIONS

TOUR INCLUDE

- Accommodation with daily breakfast at selected hotels.
- Meals as mentioned in the itinerary, except for alcoholic drinks.
- Private tours, transfers, and all services as mentioned in the itinerary.
- Service of a private driver and air-conditioned vehicles.
- Entrance fees for all the mentioned sights.
- Professional English speaking guides.
- Personal travel insurance (domestic insurance).
- Professional english speaking guides.
- Service charges and government VAT tax.

TOUR EXCLUDE

- International airfares to and from our start and end points + departure taxes if applicable (*Notes: The price of this tour does not include any international airfares to and from our start and end points; however, our reservations specialists are more than happy to help arrange international flights on your behalf and advise on scheduling. We book hundreds of flights each year on*

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behalf of our guests, and we know the best routes to take to ensure you arrive on time. We only book with IATA-approved airlines that have met with international standards of safety and dependability).

- Personal expenses (mini bar, laundry, room services, additional food & drink at the hotel/ restaurant, etc).
- Early check-in and late check-out at hotels.
- Visa fees.
- *Tipping to guides and drivers (Notes: on the final day of your tour, you will have an opportunity to contribute in giving tip fund discretionarily. We believe that between US\$ 5-10 per day is an appropriate amount. However, this is just a suggestion and remains entirely up to the judgment and discretion of the guests. We do ask that you kindly refrain from offering tips to guides or drivers at any time, except during cases of exceptional service, when it should be arranged through the office. Tipping of your travel specialists for their hard work is also welcome, and is at your discretion).*

WHAT TO BRING

- **Clothing** - The tropical climate means you can safely leave all of your warm weather gear at home. Bring cool cottons, T-shirts and shorts. Likewise, a lightweight fleece could be useful for pre-dawn trekking or if there is a cool wind on the mountain – even if you don't need it, it will be useful for the plane. Adventure Archipelago is respectful of the local cultures and customs; bring clothes that cover your shoulders and knees for village or temples visits. Finally, you might want to bring at least one smart-casual outfit for sunset cocktails and evening meals. Ladies: beach throw-overs, kaftans and sarongs are always useful; choose fabrics that dry easily. Also, bring a lightweight sundress or two – several destinations offers a great setting for a photo shoot, live it up.
- **Bags** - A day backpack is essential on day hikes to carry things such as your water bottle, camera, binoculars, and rain jacket. A waterproof wet/dry bag is a good idea for your phone, camera, etc.
- **Footwear** - Pack comfortable trainers, trekking sandals, sturdy walking shoes or hiking boots for hikes and walks. Bring socks to wear inside your walking shoes to avoid getting blisters. Many travellers appreciate the added stability of a walking stick or hiking pole; lightweight telescopic poles are easy to pack. You might also want waterproof sandals or reef shoes for wet landings and water activities. Flip-flops are great for the beach. Note: Standard practice is to go barefoot on the boat.
- **Sun Protection** - You'll be spending plenty of time out in the scorching tropical sun, so be sure to pack sunscreen with a high enough SPF to protect your skin from the sun's damaging rays,

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which are stronger in the water, and some sun-protective clothing as well. Cover-ups, sarongs, sun shirts, and other such clothing will ensure that you come back from your trip with just happy memories and photographs – and not sunburn. A good hat is essential; a wide brimmed hat or cap will keep the strong equatorial sun off your face and neck. Sunglasses keep your eyes protected and add a little glam to your photos. A strap to hold your glasses can be a good idea on more active adventures. Just in case you fail to avoid getting sunburnt, bring an aloe-based lotion to soothe burned skin.

- **Swimwear** - Don't forget your swimsuit/bikini/shorts/trunks/Speedos —and preferably more than just one swimsuit, so that one or two can be drying while you are wearing another. Luckily, swimsuits and/or swim trunks don't take up too much space in your luggage. The water is warm but a rash guard (or a wetsuit) will protect you from the sun, abrasions and stings.
- **Skin & Hair Protection** - Ladies, it's important that you take good care of your skin and hair. The sun, seawater and salty air may be beautiful to experience but it can be tough on your body and will wreak havoc on your locks. Bring moisturising lotion to soothe skin parched by the sun and the saltwater; bring a leave-in conditioner to de-tangle your hair with ease because the water, mask, and hair-ties will leave it in knots. Also consider bringing a scarf or headband to hold back unruly hair, or hair-ties/pins to keep your hair off your face and therefore prevent water seeping into your mask.
- **Camera Equipment** - If you are photo enthusiast bring all of the camera and video equipment that you will use as you can expect exceptional opportunities for photography. If you prefer the ease of a point & shoot, bring that. If you want to take underwater photos you might want to invest in a waterproof camera/GoPro or waterproof housing to capture photos of the incredible marine life. It's also a good idea to bring a spare memory card.

For further information, you can contact us :

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