



growing world
wellness

Celebrating Health, Culture, and Nature in Bali

April 20th – 29th, 2024

Saturday, April 20th Arrival (Dinner)

2:00pm Arrive at Denpasar, Bali by 2 pm and head to your hotel in Ubud. Settle into the hotel, freshen up, and relax.

Ubud is a thriving village in central Bali that is considered the cultural capital of this tiny island. It is famous as an arts and crafts hub, and much of the village and nearby areas consist of artists' workshops and galleries. Here you find remarkable architecture as well as historical museums, artists, and an array of interesting cafes, local foods, and non-stop ceremonies. The word Ubud comes from the Balinese word for medicine, so it is here that people flock for healing energies, good spirits, meditation, yoga, artistry, and indigenous knowledge.

5:30pm Meet and Greet Welcome Circle with welcome drink.

7:00pm Enjoy your first taste of Balinese cuisine our welcome dinner at a delicious local restaurant.

Sunday, April 21st Harmony & Art (Breakfast/Lunch)

Lori will facilitate a guided yoga and meditation practice !

Welcome to Tri Hita Karana! Let's set the tone and get a bit oriented with our country! This morning we'll review a short orientation to Bali, focusing on practical, helpful tips for your time on the island. We'll also share an introduction to Balinese culture and welcome a guest who will share the philosophy of *Tri Hita Karana--which essentially means the "three causes of well-being" or "three reasons for prosperity." The three causes referred to in the principle are: Harmony with God, with each other, and with the environment. In some ways, this will be our loose theme for our trip as we explore spirituality, relationship, and nature.*

Lunch together at a local Balinese restaurant.

Ready to get grounded in Bali? Let's start at Cantika, a serene spa in the jungle that overlooks a rushing river valley. Enjoy a rejuvenating **massage** using products created on-site using ingredients from their organic garden.

Then we'll have a **private tour and coffee with Agung Rai**, the founder and visionary behind the **world-renowned ARMA Museum**, home to an outstanding collection of traditional Balinese art.

Dine together at Kafe ARMA, a relaxing open-air pavilion on the museum grounds where they offer a delicious range of typical Balinese and Indonesian dishes as well as amazing international cuisine.

Evening Performance of traditional Balinese Legong dance at the palace. *Legong is a refined dance form characterized by intricate finger movements, complicated footwork, and expressive gestures and facial expressions. Legong is thought to have originated in the 19th century as royal entertainment. Legend has it that a prince of Sukawati fell ill and had a vivid dream in which two maidens danced to gamelan music. When he recovered, he arranged for such dances to be performed in reality.*

Monday, April 22nd Nature & Royal Culture (Breakfast/Lunch/Dinner)

Morning Yoga.

Let's move our bodies and take in the scenery! We'll **stroll through winding paths in the lush jungle and through terraced rice paddies on an herbal walk** to where we can also learn about Bali's native plants and how they're used for traditional medicine, food and body care products.

Explore Samuan tiga Temple, the temple of the “meeting of three”. Here we will learn more about the 3 main gods of Hinduism and the philosophy behind the design of all Balinese temples.

Enjoy lunch at a delicious restaurant in town and then have a bit of free time.

Tour of **Royal Blahbatuh Palace and Dinner**. Put on a special outfit to attend an exclusive Royal Palace tour & dinner at the Blahbatuh Palace. The King and other royal members will meet personally with your group and spend an evening in fascinating dialogue about issues facing Bali and its culture in the 21st century.

Evening is free to rest

Tuesday, April 23rd Relationship & Ceremony (Breakfast & Lunch)

Morning Yoga.

Visit a **holy spring temple**, considered a sacred site to purify the soul and mind by the Balinese people. Let the cool waters of the fountains rush over you and spend an extra moment under the *Tirta Asmara*, the fountain believed to open your heart to grow love in your family and in your relationships.

Indulge in a delicious lunch at **Kintamani** with panoramic views of the Mt. Batur volcano.

Rest in the early afternoon.

Take a **workshop on traditional Mask Making at the village of Mas**. Mas is home to the largest number of wood carvers per capital in Bali. They specialize in hand carved Topeng or Balinese Face Mask. You will be able to paint your own mask, and bring it home.

Free for dinner at local restaurant.

In the evening, participate in **Agni Hotra, a fire ceremony** from the ancient Vedic texts that energizes and purifies the environment and offers healing and prosperity to each individual as well as to their relationships.

Wednesday, April 24th Cooking & and Ubad (Breakfast/Lunch/Dinner)

Morning Yoga with Lori.

Time to cook together! Stroll the morning market to gather ingredients so we can try our hand at making some delicious traditional Balinese and Indonesian dishes in a **cooking class** at Ubad Ubud. Ubad means medicine. In this case we will be introduced to wonderful ingredients for cooking and traditional medicine.

Enjoy your culinary creations from the cooking class for lunch.

Enjoy an introductory cultural workshop in a village banjar, or community center. *The banjar is where villagers prepare offerings and foods for ceremonies, meet and discuss village affairs, practice music and dance, and just hang out and chat with each other.* We'll invite teachers to help us **experience traditional Balinese gamelan music, Legong dance, woodcarving, and offering-making** so we can participate in the activities central to Balinese culture!

Then exchange with the **PKP Women's Center**. We will spend the late afternoon sharing with the founder, hearing her story and dreams to create a space where Balinese women can support each other and learn new skills. Dinner will be catered here by the women's center!

Thursday, April 25th To Pemuteran (Breakfast/Lunch/Dinner)

Share the gift of laughter with each other in a **rejuvenating laughing yoga and meditation session** with Kadek Suambara, one of the youngest people in Balinese history ever to be selected as a high priest and spiritual leader of his village near Ubud.

Head to **Pemuteran** on the Northwest corner of the Island (about 4 hours away), sightseeing along the way. Visit the historical Ulun Danu Beratan Temple, renowned for its appearance of floating atop Lake Beratan. Lunch together in Bedugul, a cool, mountainous region of Bali. If time permits, we will feel the cool misty air or take a refreshing dip at a rushing waterfall en route to Pemuteran.

Settle into your accommodations in Pemuteran.

Pemuteran is a small fishing village on the northwest coast of Bali. It lies between a gorgeous mountainous region to the south and Menjangan Island in the north, an area considered one of the top dive sites in the world. Pemuteran has the largest area of shallow coral reefs in Bali and is easily accessible, free of strong currents and waves making it perfect for swimming, snorkeling, and diving. Pemuteran is home to the largest artificial coral reef project in the world, and the village's model of community-based tourism and conservation has been recognized by the United Nations.

Enjoy a relaxing beachside dinner as a group.

Friday, April 26th Beach & Snorkeling! (Breakfast and Dinner)

Morning Meditation.

Snorkel and Beach! Experience a presentation on the Biorock Coral Restoration Project, an amazing initiative using technology to speed the growth of coral reefs. Experience the coral restoration project firsthand while snorkeling above the structures in Pemuteran Bay.

Lunch on your own.

Stay on the beach or option to visit a local turtle hatchery where they are working toward increasing the number of sea turtles in Bali's oceans. Learn how Pemuteran village transformed from being an area with destructive environmental practices to an area known for its care of the environment.

Enjoy a **special dinner with a local Balinese family at their home.**

Go on an optional special night trip to Melanting Temple, Bali's temple for prosperity, and participate in a unique blessing ceremony there.

Saturday, April 27th Boat & Snorkel (Breakfast & Lunch)

After our morning Yoga session with Lori, head out on a **boat trip to**

Menjangan Island, a small island that is home to one of the world's most biodiverse array of coral reefs and marine life in the world. Spend the morning **snorkeling** over the reefs.

Enjoy lunch on the island, looking back at West Bali's beautiful coastline.

We'll head to a different side of the island for another opportunity to snorkel over another diverse coral site.

Dinner and evening are free to rest and restore.

Sunday, April 28th To Sanur (Breakfast & Dinner)

Head back South to Sanur, stopping along the way. We'll take a break along the drive at a coffee plantation and try many unique varieties of coffees and teas grown there.

Stop for lunch on own along the way to Sanur and enjoy a hands-on **Soap Making Class**. Learn how to make a fancy cupcake soap...and yes bring it home!

Wrap -up Facilitation Circle with Lori.

Final sunset dinner on the beach to share memories and reflect on your experience in Bali.

Tuesday, April 29th Head home (or extend your trip!) (Breakfast Included)

Time to prepare for the journey home, exchange contact info with new friends, and reflect on the memories you created!

This Journey is Powered by..._____

