

RETREAT – BALI, INDONESIA - DATE APRIL 20-27, 2018 / 7 NIGHTS & 8 DAYS



Experience a blissful peace during a symphonic gong bath under a huge pyramid nestled in idyllic tropical surrounds, silently walk through an ancient Buddhist temple soaking up the energies, rejuvenate and relax with a spa treatment, plus take a dip in the sparkling pool and watch the clouds float by. All of this is waiting for you and so much more. Now is the time, WHY NOT?

WHAT'S INCLUDED?

- 7 nights at the lush beautiful BLUE KARMA RESORT Bali
- Airport transfers or equivalent in 20 km radius
- Welcome gift
- Daily breakfast, yoga, afternoon tea, all day unlimited infused and still water
- Free hourly shuttle to ubud
- Welcome mocktail party
- Visit to 11th century Balinese temple, silent walk within GUNUNG KAWI
- Dinner and sound healing session at the PYRAMIDS OF CHI
- Dinner and traditional Balinese dance performance at the famous BLANCO MUSEUM
- Classes in making Balinese JAMU and BOREH
- Daily RICE FIELD WALKS
- Additional day trips available to book at your own expense

WHATS NOT INCLUDED:

- Airfare
- Trip insurance
- Alcoholic beverages
- Meals other than specified above/ full board available upon request
- Transportation other than what is included above
- Travel insurance must be purchased and proven.

PRICING:

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|---------------------|-------------|
| • Regular Single | USD 2380.00 |
| • Single Early Bird | USD 2280.00 |
| • Regular Double | USD 1795.00 |
| • Early Bird Double | USD 1720.00 |
| • Regular Triple | USD 1595.00 |
| • Early Bird Triple | USD 1550.00 |

TERMS & CONDITIONS:

- **REGULAR & EARLY BIRD PRICES AVAILABLE**
- \$ 1000 deposit required to hold reservation
- Early Bird rates apply with full payment by January 19, 2018
- \$1000 Deposit with application holds Early Bird rates through January 19, 2018 and Regular rates through March 19, 2018
- Full payment due on booking after March 19, 2018*
- Deposits non-refundable after March 19, 2018, payments non-refundable after April 1, 2018

DAILY ITINERARY

Daily Free Activities*

- Vinyasa Yoga in Blue Karma Shala with Sue 7:00am - 8:00am
- Guided Rice Field Walk- return to Blue Karma Resort 7:15am - 8:15am
- Breakfast in Blue Karma Restaurant 7:30am -11:00am
- Guided Rice Field Trek to Ubud 9:45am - 10:45am/ return by hourly shuttle from Ubud to Blue Karma Resort
- Monday & Wednesday at 1:30pm. Learn to make traditional healing Boreh Scrub with local master at Blue Karma Resort** *please reserve space day ahead*
- Tuesday, Thursday & Saturday at 1:30pm - Learn to make the healthy local drink Jamu at Blue Karma Resort** *please reserve space day ahead*
- Blue Karma Community Classes: Monday- Saturday 3:00 pm. Join in for Painting, Balinese Dance or Yoga classes that are arranged for the children of the community. Meet the beautiful Balinese children of the neighborhood!
- Afternoon Cakes & Infused Waters in Blue Karma Restaurant 4:00pm - 6:00pm
- Yin and Restorative Yoga in Blue Karma Shala with Janananda 5:00pm - 6:00pm (*except Monday April 23& Thursday April 26*)
- 20% Food and Spa services at Blue Karma Resort

Friday April 20 / Day 1

- Check in to Blue Karma *any time* after 2:00pm. Welcome Drink and refresher towel upon arrival
- 5:00pm - Mocktail Party with Snacks at the beautiful Blue Karma Resort Pool
- 6:00pm - Welcome Circle

Saturday April 21 / Day 2

- 6:45am - 8:00am - Vinyasa Yoga in Blue Karma Shala with Sue
- 7:30am - 11:00am - Breakfast at Blue Karma Restaurant
- Playtime: choose an-add on adventure, lounge by the pool, take a walk through the rice fields. Shop and sightsee in Ubud- Totally up to you!
- 1:30pm - Jamu Class at Blue Karma Resort*
- 4:00pm - 6:00pm - Afternoon Cakes & Infused Waters in Blue Karma Restaurant
- 5:00pm - 6:00pm - Yin and Restorative Yoga in Blue Karma Shala with Janananda
- 6:30pm - Sound Healing Meditation followed by Dinner at the Pyramids of Chi

Sunday April 22 / Day 3

- 6:45am - 8:00am - Vinyasa Yoga in Blue Karma Shala with Sue
- 7:30am - 11:00am - Breakfast at Blue Karma Restaurant
- Playtime up to you!
- 4:00pm - 6:00pm - Afternoon Cakes & Infused Waters in Blue Karma Restaurant
- 5:00pm - 6:00pm - Yin and Restorative Yoga in Blue Karma Shala with Janananda

Monday April 23 / Day 4

- 6:45am - 8:00am - Vinyasa Yoga in Blue Karma Shala with Sue
- 7:30am - 11:00am - Breakfast at Blue Karma Restaurant
- Playtime up to you!
- 1:30pm - Boreh Class at Blue Karma Resort*
- 4:00pm - 6:00pm - Afternoon Cakes & Infused Waters in Blue Karma Restaurant

- 6:30pm - Trip to Ubud for a Traditional Balinese Dance Performance followed by dinner at Ronzi at the Blanco Museum

Tuesday April 24 / Day 5

- 6:45am - 8:00am - Vinyasa Yoga in Blue Karma Shala with Sue
- 7:30am - 11:00am - Breakfast at Blue Karma Restaurant
- Playtime up to you!
- 1:30pm - Jamu Class at Blue Karma Resort*
- 4:00pm - 6:00pm - Afternoon Cakes & Infused Waters in Blue Karma Restaurant
- 5:00pm - 6:00pm - Yin and Restorative Yoga in Blue Karma Shala with Janananda
- Evening - Optional Music and Dancing in Ubud

Wednesday April 25 / Day 6

- 6:45am - 8:00am - Vinyasa Yoga in Blue Karma Shala with Sue
- 7:30am - 11:00am - Breakfast at Blue Karma Restaurant
- Playtime up to you!
- 1:3 pm - Boreh Class at Blue Karma*
- 4:00pm - 6:00pm - Afternoon Cakes & Infused Waters in Blue Karma Restaurant
- 5:00pm - 6:00pm - Yin and Restorative Yoga in Blue Karma Shala with Janananda

Thursday April 26 / Day 7

- 6:45am - 8:00am - Vinyasa Yoga in Blue Karma Shala with Sue
- 7:30am - 11:00am - Breakfast at Blue Karma Restaurant
- Playtime up to you!
- 3:00pm - 6:00pm - Trip to Gunung Kawi with Silent Walk into the temple
- Evening Pizza and Pool Party

Friday April 27 / Day 8

- 6:45am - 8:00am - Vinyasa Yoga in Blue Karma Shala with Sue
- 8:30am - Until We Meet Again Circle
- 7:30am - 11:00am - Breakfast at Blue Karma Restaurant
- 10:00 am - Check out

**** Schedule subject to change. Meals not listed are not included in the retreat package. Half and full board options at Blue Karma Resort are available (half board = lunch or dinner \$30 USD full board = lunch and dinner \$55 USD per person per day) inquire with your booking.***

Website: www.whynot-retreats.com