

October 12-22, 2016

# Bali Bliss Experience

## Cultural & Spiritual

## Nature & Nurture



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**Sample itinerary**  
**10 days - October 2016**  
**6- 8 people**  
**7 nites Ubud, Bali / 2 nites Sanur Beach, Bali**

Daily: 7-10am Meditation; Breakfast; Yoga or Hike

Day 1 - Arrive in Bali, pick up at airport or meet in Ubud - 4:30  
Settle at Incredibly beautiful Ubud private home/villa on the river  
Massage at lovely local spa  
Dinner at a wonderful renowned restaurant

Day 2 & 3 - UBUD

10:00 A. Chakra Healing; Vedic Astrology Reading; Reflexology;  
8:00 B. Cooking Class (market shopping/ cooking/ lunch)  
3:00 Relax at Villa; pool  
6:30 Nite 2 - Balinese Traditional Dance Performance / Dinner  
Nite 3 - Dinner (Bali bale style dinner over rice paddies...featuring duck)

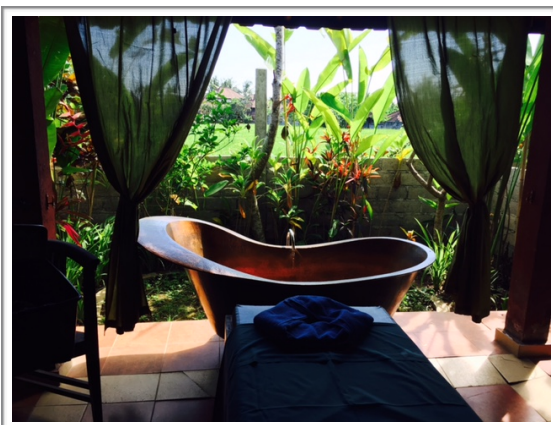
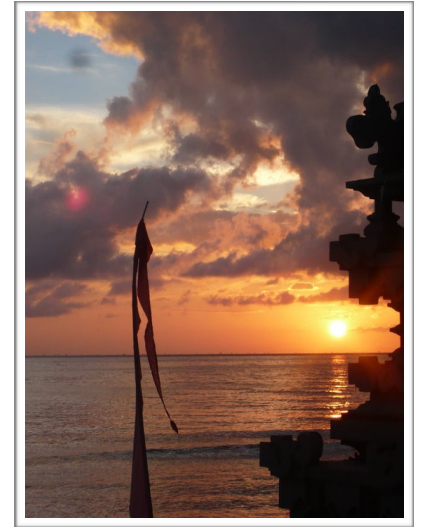
Day 4 - Hike Mt Batur Volcano; Hot Springs; Bike downhill to villages; Massage; Dinner at Villa  
2:30 am rise and shine to hike volcano at 4:30am; 6:00 am arrive top to watch sunrise  
8:30 - 10:30am Breakfast and relaxing at local Hot Springs  
11 - 4:00 Bike downhill from Kintamani thru villages; coffee and lunch stop; shopping  
4pm - Arrive at spa for massage and flower bath  
6pm - Dinner prepared by Komang at the Villa

Day 5 - 10 am Sabtu Holy Waterfall & Temple  
Vegetarian Lunch  
3pm - Crystal Bowl Sound Session with Awahoshi  
5pm - Spa Royal Treatment; massage; scrub; bath  
7:30 - Dinner at Sushi Restaurant

Day 6 - 10:30 am Shop in Ubud - Lunch  
1:30 - Bali Textile Tour - Driving/Scenery  
5:30 - Arrive at Pandita Holy Man home; dress in  
ceremonial clothing;  
Agni Hotra Full Moon Fire Ceremony  
Simple Dinner with Local Balinese at Pandita

Day 7 - Museum Art Tour; Lunch; Artisan/Craftsman Tour  
Villa; pool; river; massages  
6:30 Happy Hour & Dinner at Villa

Day 8 - Pack up & leave Villa  
1pm Lunch at Sanur Beach  
3pm check into Hotel  
Hang at pools and beach  
Dinner & Music



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Day 9 - Boat to Snorkel at Nusa Lumbung  
Dinner on the Beach

Day 10 - Breakfast  
Bike along beach, shop, kayak  
Lunch at Beach  
Check out

Airport or Transfer

**Cost: \$ 4,000 pp**

Includes: Lodging; Transportation; Food; Activities  
Does not include: Airfare or travel insurance  
(required)

