

INDEPENDENT TRIPS

## Bali Culture, Yoga & Meditation Experience 14D/13N

Cultural

14 Days / 1 Country

Indonesia

Departure city: **Kuta, Indonesia**

End city: **Kuta, Indonesia**

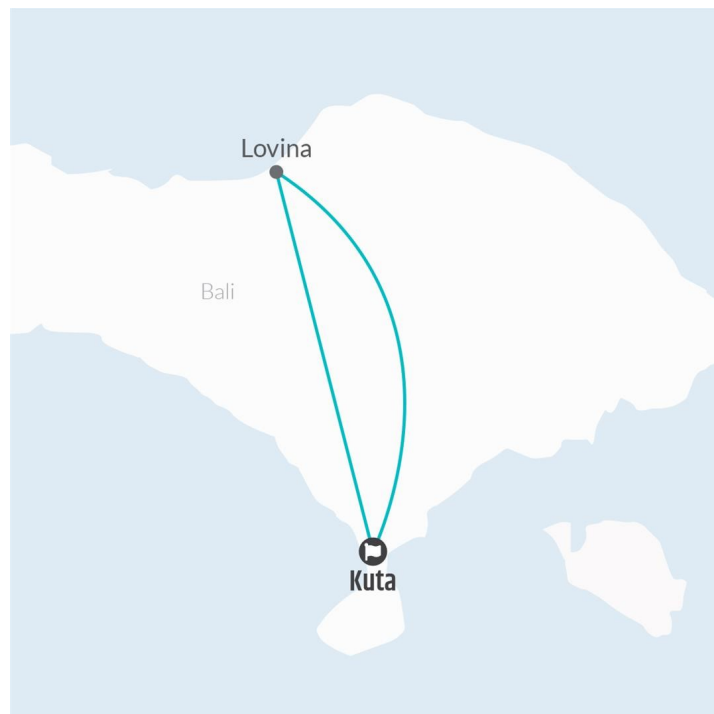


### HIGHLIGHTS

- Discover the highlights of Balinese culture, cuisine, and history
- Learn how to practice yoga and meditation in a weeklong course
- After an active week enjoy a spa and massage treatment

Immerse yourself in genuine Balinese heritage with a week of cultural workshops and historical tours and a week of workshops in yoga and meditation. Let your daily worries melt away as you learn to tap into serenity.

### MAP



## What is included



### Independent Trips

Include all of your accommodation, transport and experiences on a pre-set trip that you can customize to perfectly suit your travel needs.

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### Accommodation: 13

- 13 nights in shared or private accommodation in Lovina depending on package
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### Transport: 1

- Airpor transfers Kuta (Denpasar) airport pick-up & drop-off
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### Meals: 35

- 13 Breakfast(s), 10 Lunch(es), 12 Dinner(s),
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## What is not included

- \*Other meals/drinks
- \*Personal expenses
- \*Tips
- \*Travel insurance

\*Prices for optional activities are subject to change at any time without prior notice. Please confirm these prices before departing on your trip.

# Itinerary

## Day 1: Kuta-Lovina, Bali

(Sunday): Kuta (Denpasar) Airport Pick-Up

Today you will be picked up at the airport (for arrivals between 6am and 8pm) and transferred across the island to your accommodation in beautiful Lovina. Use the rest of the day to relax, explore, and get settled in. Overnight in Lovina.

## Days 2: Lovina, Bali

(Monday-Friday): Introductory Week (5B/5L/5D)

During the introduction week you will be participating in various activities and will get acquainted with the Balinese culture, study the Balinese language and explore Ubud and its beautiful surrounding areas. Through this week you will experience a traditional Balinese show and challenge your artistic and creative side through traditional Batik Painting and also try out your skills as a cook with a traditional Balinese cooking class. Finally, you will make a traditional flower offering and offer your creation at one of the most impressive Balinese temples: The Holy Tirta Empul Temple. At this temple you will also have the opportunity to immerse yourself in Holy Water and pray for good luck.

## Days 3: Lovina, Bali

(Monday-Friday): Introductory Week (5B/5L/5D)

During the introduction week you will be participating in various activities and will get acquainted with the Balinese culture, study the Balinese language and explore Ubud and its beautiful surrounding areas. Through this week you will experience a traditional Balinese show and challenge your artistic and creative side through traditional Batik Painting and also try out your skills as a cook with a traditional Balinese cooking class. Finally, you will make a traditional flower offering and offer your creation at one of the most impressive Balinese temples: The Holy Tirta Empul Temple. At this temple you will also have the opportunity to immerse yourself in Holy Water and pray for good luck.

## Days 4: Lovina, Bali

(Monday-Friday): Introductory Week (5B/5L/5D)

During the introduction week you will be participating in various activities and will get acquainted with the Balinese culture, study the Balinese language and explore Ubud and its beautiful surrounding areas. Through this week you will experience a traditional Balinese show and challenge your artistic and creative side through traditional Batik Painting and also try out your skills as a cook with a traditional Balinese cooking class. Finally, you will make a traditional flower offering and offer your creation at one of the most impressive Balinese temples: The Holy Tirta Empul Temple. At this temple you will also have the opportunity to immerse yourself in Holy Water and pray for good luck.

## Days 5: Lovina, Bali

(Monday-Friday): Introductory Week (5B/5L/5D)

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## Days 6: Lovina, Bali

(Monday-Friday): Introductory Week (5B/5L/5D)

During the introduction week you will be participating in various activities and will get acquainted with the Balinese culture, study the Balinese language and explore Ubud and its beautiful surrounding areas. Through this week you will experience a traditional Balinese show and challenge your artistic and creative side through traditional Batik Painting and also try out your skills as a cook with a traditional Balinese cooking class. Finally, you will make a traditional flower offering and offer your creation at one of the most impressive Balinese temples: The Holy Tirta Empul Temple. At this temple you will also have the opportunity to immerse yourself in Holy Water and pray for good luck.

## Days 7: Lovina, Bali

(Saturday & Sunday): Free Days (2B/2D)

Enjoy two full free days to relax, rejuvenate, and explore the stunning surroundings of Lovina on your own. Breakfast and dinner will be provided at your accommodation. Overnights in Lovina.

## Days 8: Lovina, Bali

(Saturday & Sunday): Free Days (2B/2D)

Enjoy two full free days to relax, rejuvenate, and explore the stunning surroundings of Lovina on your own. Breakfast and dinner will be provided at your accommodation. Overnights in Lovina.

## Days 9: Lovina, Bali

(Monday-Friday): Yoga & Meditation (5B/5L/5D)

Balinese Yoga is one of the most famous activities on the island. Bali has rightly been identified by many travelers around the world as a unique place for reflection and contemplation. This enchanting environment empowers an ambiance within which you can experience true tranquility. The yoga principle stretches further than just physical exercises. It teaches different paths of yoga, postures, breathing techniques and meditation to liberate yourself from stress, anxiety and physical ailments. During this week, participants will practice this balance and learn from our experts in healing techniques of yoga and meditation to have a healthy body and mind. Meditation is the art of focusing your mind, restraining your thoughts and looking deep into yourself. Practicing it can give you a better understanding of your purpose in life and of the divine, as well as provide you with certain physical and mental health benefits.

After the introduction week, participants will have an active week filled with meditation and yoga sessions. Daily activities are centered on the mind and body in which yoga, meditation and healthy food will run through it like a river.

The day-to-day schedule looks as follows:

06:00 Morning Yoga and meditation, (introduction to Yoga and Meditation on Monday) 08:00 Break with fresh fruits and tea 08:30 Breakfast and free time 12:00 Lunch and free time 16:00 Afternoon Yoga and meditation 18:00 Break with fresh fruits and tea 18:00 Dinner

Massage & Spa treatment on Friday afternoon.

## Days 10: Lovina, Bali

(Monday-Friday): Yoga & Meditation (5B/5L/5D)

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Massage & Spa treatment on Friday afternoon.

## Days 11: Lovina, Bali

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Massage & Spa treatment on Friday afternoon.

## Days 12: Lovina, Bali

(Monday-Friday): Yoga & Meditation (5B/5L/5D)

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Massage & Spa treatment on Friday afternoon.

## Day 14: Lovina-Kuta, Bali

(Saturday): Kuta (Denpasar) Airport Drop-Off (B)

Check out of your accommodation on Saturday morning. Your experience ends with a drop-off at the Denpasar airport. We wish you health and happiness for your journey onward!

