



Melasti Ceremony

I want to celebrate our own personal uniqueness, supporting each other at this special time and place at this stage in our lives. Let us pause and give ourselves time to recognize what amazing women we have all become on this journey. How do we intend to have the next chapter of our life to unfold? Bali can be a magical place to set your intentions.



Julitui Rice Fields

March 2-12, 2016

Arrive – March 2, 2016

Check Out – Morning of March 12, 2016

Included in this retreat;

1 - Accommodations are based on double occupancy. A private room is available for a supplemental add-on of USD 600.

2 - You will be picked up by private car and an English speaking driver at Denpasar airport on arrival and driven to your accommodations.

3 - Daily Breakfast at your accommodation included.

4 - One Spa Treatment - A decadent and delicious way to fight jet lag.

5 - Melasti Ceremony – Sacred temple symbols carried to the ocean in huge processions. The Balinese, dressed in white temple clothes representing purity, give offerings to the ocean. Quite a magical experience!

The exact date of this ceremony is not definite until a few days before but traditionally takes place two-three days before the day of silence.

6 - Ogoh Ogoh Parade – Giant representations of internal whimsical demons are paraded through the streets. A raucous celebration goes late into the night before Nypei – The Day of Silence in all of Bali. A Carnival atmosphere with lots of noise including music and firecrackers to help chase away the demons in our life!

7 - Traditional Dance Performance - Performed in front of a Temple at night, watch ancient stories told through dance, incredible costumes, amazing makeup and music.

8.-Sightseeing Trip to Jatiluwih rice field terraces – the one you often see on postcards!

9.- Visit to Holy Water Temple and a Blessing in Holy Water (if you don't mind getting fully immersed)

10 - A choice of one of these two activities;

A. Learn the culture of Bali through their unique spices and food. A cooking class not only teaches you the recipe, but the what and why of the culture through the food here. AND you get to eat everything you make at the delicious lunch following the class. Recipes of all the dishes is included to dazzle your guests at home.

B. Raft down the Ayung River. The rafting trip is a bit strenuous because of the steps down to the river and the walk back up the steps. If you are a nature girl and fit and you will enjoy! Choose what activity is best for YOU!

11 - Sunset or sunrise rice field walk, dependent on weather conditions.

12 - Easy bike ride down from the volcano area, through small remote villages with little traffic, after a breakfast overlooking lake Batur and views of the Kintamani Volcano. We visit a coffee plantation to learn about the process and experience a delicious taste testing. Included is a visit to an authentic Balinese compound to learn about typical family life there. All this is followed by a sumptuous Indonesian buffet, set at a lovely restaurant in the rice fields.

13 - A visit to the Sacred Monkey Forest. Set in a lush jungle in the heart of town; see hundreds of monkeys with their families. Great photo opportunities here.

15 - Private transportation to and from all the above listed outings from your accommodations.

16 - Closing Circle and dinner.

None of the above is mandatory of course. You may feel the need to have spa treatments every day, laze by the pool, take a yoga class, shop, sketch, paint or read a book. That is what we need sometimes and that behavior is encouraged! There is no need to do anything you don't feel like here in Bali, where Rubber Time is self explanatory.

Not included in the cost

1. VOA (Visa On Arrival) at airport US\$35 (good for 30 days.)

- 2. Meals and drinks other than daily breakfast at our accommodations, lunches included with Cooking Class and Rafting Trip and Closing Circle dinner. Meals typically cost USD \$5-10!**
- 3. Purchase of traditional sarong and kebaya (a long sleeved tunic, often made of lace) and a sash. This is mandatory clothing if you choose to go to a temple or a ceremony. It shows respect for the culture and costs approximately USD \$50.**
- 4. Departure Tax – Yes, sorry to say, but they do have one – US \$20 as you leave the airport.**
- 5. Transportation to airport for your departure flight, equivalent to 25.00 USD**
- 6. Airfare – This seems obvious but better put it in writing as they say!**

Want to stay on after the initial retreat dates? Do consider this option as once you have bought your airfare you will see it is quite inexpensive here and you will feel comfortable to stay on because you will know the lay of the land by then. Have frequent flyer miles?

Just a few options if you do stay longer;

- 1. Sunrise trek up Mt Batur. Approximately USD 45. See the sun come up and the steaming cauldron at the top. Wonderful scenery- not to be missed if you are a nature girl and in tip top shape physically.**
- 2. More spa treatments (a delicious option) extremely reasonable prices and so worth it! Good massages for about USD 10. and up**
- 3. Salsa Dancing! A big scene here with good dancers and talented musicians. Approx. USD15. for semi private, 30.-35 for one hour private, Take a lesson first, followed by a night of dancing. Some amazing dancers and musicians = fun! Food and drinks available in nice venues, or just come and watch.**
- 4. World class Yoga and fitness classes. Many to choose from, app. USD 15. per class. A discounted package price is available.**
- 5. Did I mention shopping? Oh yes..... Till you drop!**
- 6. A visit to one of the tiny outlying islands. app. USD 100. R/T via a fast boat. Stay overnight or stay several at The Gili Islands. Good snorkeling and a laid back island atmosphere. Scuba diving certificate course (PADI) available there and othe areas of Bali. Dive trips available if you are certified.**

I limit the number participants to only 6 women to create a more intimate group. First come, first served. A USD 500. deposit to my PayPal account will insure that you don't miss this once in a life time experience.

Contact me via smartalexcoach@gmail.com if you want to be the first on the list and I will give you PayPal details.

So how much will all this fabulousness cost you?

Retreat Price USD 1,699.

Please feel free to email me if you have any questions.

I will send out a number of notices to the participants regarding details of what to pack, what to expect and some pre-flight jet lag helpers, etc.

Please be aware you must have a passport valid for at least 6 months from the time of your arrival and two blank pages available! Immigration is very strict about this and travelers are turned away if they have not met these requirements!

Giving back

There is no greater gift than giving, especially when it comes from the heart. Retreat With Me in Bali embraces the spirit of "giving back" throughout the support of local women's organizations here in Bali. A percentage of the profits are dedicated to helping women help themselves. Simply by signing up for one of our retreats, you do the same and make a universal connection with another human being.

I look forward to seeing you in Bali!