

# Rejuvenating Bali

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Province of Bali is a tiny section of Indonesia and is often referred to as the “Island of Gods” and the “Island of Peace”. Many people also know Bali as being “The Morning of the World”.

A place of many natural wonders. The region features some of the world’s most magnificent beaches. You can also explore the area to see lush tropical forests and beautiful waterfalls, visiting religious sites and stop by one of the local museums to see historical artifacts and priceless works of art.

Taking Bali tours for 3 nights and 4 days is one of the best ways to escape from the stress of everyday life while learning about a different part of the world.

# Rejuvenating Bali – Day 1

## **Airport Pick-up**

Private transfer from airport to the hotel.

**Note:** A private luxury car with tour guide can be arranged for the entire duration of the holiday upon request.



## **Accommodation**

your accommodation will be a luxury 4\*/5\* hotel. It will be confirmed to you at the time of your booking.

## **Lunch @ Balinese Home Cooking**

Become familiar with local culture. Enjoy a great culinary experience within traditional Balinese setting. Immerse in broad variety of tasty spices, blended with fresh vegetables and meats directly from farm and local market. It is perfect for those who want to enjoy home cooked foods from traditional recipes.



# Rejuvenating Bali – Day 1



## Pranic Healing

is a highly evolved and tested system of energy medicine developed by GrandMaster Choa Kok Sui that utilizes prana (life-force) to balance, harmonize and transform the body's energy processes. Pranic Healing is a simple yet powerful & effective system of no-touch energy healing that helps your body self-heal. Tri will scan, clear and balance your chakras, helping you reach an optimal state of wellbeing..

## Dinner @ Warung Pondok Madu

Enjoy the authentic Balinese food, fresh seafood selections, and the best BBQ with a different sensation of taste , tender , juicy and full of flavour. Try the selection of drinks ,that are rich in vitamin and nutrients for your body.

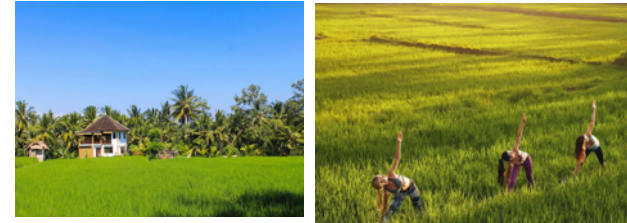


# Rejuvenating Bali – Day 2



## **Breakfast @ the hotel**

Energize your mind and body with delicious breakfast before proceeding with the itinerary for the day.



## **Gentle Jungle Yoga @ Ubud Yoga House**

Gentle hatha yoga poses in our open air bamboo studio surrounded by the jungle. Enjoy the sounds of nature and our jungle view as you practice yoga in this calm and peaceful setting.



## **Lunch @ Sayuri Healing Food**

The plant-based food that we provide is raw-living, mostly gluten-free with some simply cooked elements. Our first choice is to use ethically and organic-grown resources wherever possible, and we incorporate the ancient wisdom of Ayurveda, Traditional Chinese Medicine and Macrobiotic, where we see food as “energy”, therefore helping us to “align with nature”. If we can align with the universal energy, our body, mind & spirit should function perfectly how was always supposed to.

# Rejuvenating Bali – Day 2

## Spa Treatment @ Jembawan Spa

Jembawan Spa offers its guests authentic Balinese spa treatments in a peaceful and beautifully fitted out setting. Our treatments and packages are delivered by trained staff who genuinely care for your satisfaction.



## Dinner

After a long day, a serene and romantic dinner awaits while your mind and soul drowned to the most amazing view, Bali has to offer.

# Rejuvenating Bali – Day 3

## Breakfast @ the hotel

Enjoy a scrumptious breakfast and savour the local delicacies before heading out to the new adventure awaiting for you.



## Blissful Half Day Retreat

Are designed to releasing, purifying, healing, cleansing and detoxifying into your body, mind, and soul. This program combine with daily exercises that critical for your physical wellbeing.

## Lunch @ Uname Ubud by Pramana

is a new healthy dining experience in Ubud. We are committed to serve a mindful cuisines for those seeking an exquisite meals to indulge their tastebuds as well as their body. At the end of savouring your cuisines, get a chance to name the menu as per your liking because at Uname, every dining experience is meant to be personal.



# Rejuvenating Bali – Day 3



## **Spa Treatment @ Tejas Spa Jembawan**

Enjoy the spa's therapeutic treatment where great emphasis is placed on balancing all areas of life and helping the body call upon its energy to heal. The system of Ayurveda massage focuses on “opening “ the knotted nerves or blockages in one's body to refresh, enliven, and energize the body, using a selection of specially prepared Ayurvedic massage oil.



## **Dinner @ Herb Library**

The way we think about what we eat every day is changing because many of us now realize that the way we produce and prepare and eat our food not only influences our planet but can help to prevent illness in ourselves when we get older. Hence, seat and blend into the nature while enjoying a healthy meal prepared delicately for you.

# Rejuvenating Bali – Day 4



## **Breakfast @ the hotel**

Dig into a lip-smacking breakfast, replete with local dishes. Then head out around the city before completing the hotel check-out.

## **Airport Drop-off**

a comfortable transfer from your hotel to Airport is arrange in a private luxury car.



### **Disclaimer:**

- *All images used are for illustration purpose only and might change depending on the availability of the services and facilities in each and every location.*
- *Location and itinerary can change without prior notice depending on the availability.*
- *Terms and condition applies.*



**Thank you!**