



Bali Ubud Yoga & Massage Retreat at Ubud Aura Retreat Centre

Daily Itinerary

Day 1 – Groups arrives Denpasar, tour escort to meet group for VIP customs clearance and transfer in bus to Ubud (1.5hrs) Check into the beautiful Retreat Centre, Ubud Aura, relax, orientation meeting, and group dinner at local restaurant.

Day 2 – Morning yoga/meditation class. breakfast. Orientation walk of Ubud Town, visiting shops and markets. Lunch at the Buddha Cafe. Afternoon free pool time and/or massage at Bodyworks. Sunset meditation class at the Yoga Barn. Evening dinner at local restaurant.

Day 3 - Morning yoga/meditation class, breakfast, excursion to Hindu temples. Lunch, afternoon visit to Bodyworks for massage. Early dinner followed by evening visit to Ashram Munivara.

Day 4 - Morning yoga/mediation class. breakfast. Mid morning Balinese cooking class at the Casa Luna Restaurant. Afternoon free time or massage at Bodyworks. Evening visit to Balinese Spiritual Healer in local village. Dinner at local village restaurant.

Day 5 – Morning yoga/meditation, breakfast, Free shopping time, massage at Bodyworks, early dinner at local restaurant, followed by visit to Ashram Munivara for satsang.

Day 6 – Morning yoga/meditation, breakfast, psychic readings at hotel and or massage at Bodyworks. Lunch at Kafe. Afternoon Art Galley excursion of Ubud. Special night of Dinner & poetry reading at Bar Luna.

Day 7 – Morning yoga/meditation, breakfast. Walking tour of Ubud rice paddies and villages. Lunch, afternoon massage at Bodyworks. Evening visit the “Yoga Barn” for movie and/or spiritual talks

Day 8 - Morning yoga/meditation, breakfast, Art Galley Ubud tour. Lunch. Massage, at Bodyworks, free time. Japanese dinner and cultural evening at “Mishi’s Retreat.

Day 9 - Morning yoga/meditation class, breakfast. Massage /spa treatments at Bodyworks. Lunch at Kafe. Afternoon FREE time. Evening dinner at local restaurant.

Day 10 – Morning yoga/meditation, breakfast. Free time. Lunch, final Bodyworks massage. Free time to pack/shop. Evening transfer to airport for departure back to Australia

Retreat Date: 14th July - 24th July 2012 - 10 nights

Retreat Price - \$2,995 AUD - (Tour Deposit - \$300)

Fully inclusive of international airfares ex Australia, airport transfers, 9 nights accom on twin share basis with bfast, evening meal, all yoga classes, 5 x massages pp, sightseeing tours, ashram visits, 1 x psychic reading, 1 x Balinese cooking class.