



Celebrating Love, Culture, and Nature in Bali

April 8-18, 2024

Monday April 8th, Arrival (Dinner)

2:00pm Arrive at Denpasar, Bali by 2 pm and head to your hotel in Ubud. Settle into the hotel, freshen up, and relax.

Ubud is a thriving village in central Bali that is considered the cultural capital of this tiny island. It is famous as an arts and crafts hub, and much of the village and nearby areas consist of artists' workshops and galleries. Here you find remarkable architecture as well as historical museums, artists, and an array of interesting cafes, local foods, and non-stop ceremonies. The word Ubud comes from the Balinese word for medicine, so it is here that people flock for healing energies, good spirits, meditation, yoga, artistry, and indigenous knowledge.

5:30pm Meet and Greet Welcome Circle

7:00pm Enjoy your first taste of Balinese cuisine our welcome dinner at a delicious local restaurant.

Tuesday, April 9th Harmony & Art (Breakfast,Lunch and Dinner)

Following our orientation, Shasta and Greg will facilitate a conversation as we set our own intentions for what harmony we each desire on this trip!

Lunch together at a local Balinese restaurant.

Ready for an afternoon of art, beauty, and local connection? Let's start at Cantika, a serene spa in the jungle that overlooks a rushing river valley. Enjoy a rejuvenating **couples massage** using products created on-site using ingredients from their organic garden.

Then we'll have a **private tour and coffee with Agung Rai**, the founder and visionary behind the **world-renowned ARMA Museum**, home to an outstanding collection of traditional Balinese art.

Dine together at Kafe ARMA, a relaxing open-air pavilion on the museum grounds where they offer a delicious range of typical Balinese and Indonesian dishes as well as amazing international cuisine.

Evening Performance of traditional Balinese Legong dance at the palace. *Legong is a refined dance form characterized by intricate finger movements, complicated footwork, and expressive gestures and facial expressions. Legong is thought to have originated in the 19th century as royal entertainment. Legend has it that a prince of Sukawati fell ill and had a vivid dream in which two maidens danced to gamelan music. When he recovered, he arranged for such dances to be performed in reality.*

Wednesday, April 10th Nature & Royal Culture (Breakfast, Lunch and Dinner)

Let's move our bodies and take in the scenery! We'll **stroll through winding paths in the lush jungle and through terraced rice paddies on an herbal walk** to learn where we can also learn about Bali's native plants and how they're used for traditional medicine, food and body care products.

Welcome to Tri Hita Karana! We will hear a lecture on Hinduism by a local expert and learn how Hinduism arrived in Bali. Let's set the tone and get a bit oriented with our country! This morning we'll review a short orientation to Bali, focusing on practical, helpful tips for your time on the island. We'll also share an introduction to Balinese culture and welcome a guest who will share the philosophy of *Tri Hita Karana--which essentially means the "three causes of well-being" or "three reasons for prosperity."* The three causes referred to in the principle are: *Harmony with God, with each other, and with the environment. In some ways, this will be our loose theme for our trip as we explore spirituality, relationship, and nature.*

Explore Samuan tiga Temple, the temple of the "meeting of three". Here we will learn more about the 3 main gods of Hinduism and the philosophy behind the design of all Balinese temples.

Enjoy lunch at a delicious restaurant in town and then have a bit of free time.

Tour of **Royal Blahbatuh Palace and Dinner.**

Evening is free to rest and meander.

Thursday, April 11th Relationships & Ceremony (Breakfast and Lunch)

Visit a quiet yet **beautiful Balinese temple** where you'll learn more about the 3 main gods of Hinduism and the philosophy behind the design of all Balinese temples. In the main temple area, join a **couples blessing ceremony led by a local Balinese priest**.

Continue on to a **holy spring temple**, considered a sacred site to purify the soul and mind by the Balinese people. Let the cool waters of the fountains rush over you and spend an extra moment with your partner under the *Tirta Asmara*, the fountain believed to open your heart to grow love in your family and in your relationships.

Indulge in a delicious lunch at **Kintamani** with panoramic views of the Mt. Batur volcano.

Take a **workshop on traditional Mask Making at the village of Mas**. Mas is home to the largest number of wood carvers per capital in Bali. They specialize in hand carved Topeng or Balinese Face Mask. You will be able to paint your own mask, and bring it home.

Free time for dinner.

In the evening, participate with your partner in **Agni Hotra, a fire ceremony** from the ancient Vedic texts that energizes and purifies the environment and offers healing and prosperity to each individual as well as to their relationships.

Friday April 12th Cooking & Massages (Breakfast, Lunch, Dinner)

Time to cook together! Stroll the morning market with your partner to gather ingredients so we can try our hand at making some delicious traditional Balinese and Indonesian dishes in a **couples cooking class** at Ubad Ubud. Ubad means medicine. In this case we will be introduced to wonderful ingredients for cooking and traditional medicine. Enjoy your culinary creations from the cooking class for lunch.

Banjar Workshop .

Then exchange with the **PKP Women's Center**. We will spend the late afternoon sharing with the founder, hearing her story and dreams to create a space where Balinese women can support each other and learn new skills. Dinner will be catered here by the women's center!

Saturday April 13th To Pemuteran (Breakfast, Lunch and Dinner)

Share the gift of laughter with your partner in a **rejuvenating laughing yoga and meditation session** with Kadek Suambara, one of the youngest people in Balinese history ever to be selected as a high priest and spiritual leader of his village near Ubud.

Head to **Pemuteran** on the Northwest corner of the Island (about 4 hours away), sightseeing along the way. Stop at the **Made Sumidayasas art studio** to see the lovely color expressionist art. Visit the historical Ulun Danu Beratan Temple, renowned for its appearance of floating atop Lake Beratan. Lunch together in Bedugul, a cool, mountainous region of Bali. If time permits we will feel the cool misty air or take a refreshing dip at a rushing waterfall en route to Pemuteran.

Settle into your accommodations in Pemuteran.

Pemuteran is a small fishing village on the northwest coast of Bali. It lies between a gorgeous mountainous region to the south and Menjangan Island in the north, an area considered one of the top dive sites in the world. Pemuteran has the largest area of shallow coral reefs in Bali and is easily accessible, free of strong currents and waves making it perfect for swimming, snorkeling and diving. Pemuteran is home to the largest artificial coral reef project in the world, and the village's model of community-based tourism and conservation has been recognized by the United Nations.

Enjoy a relaxing beachside dinner as a group.

Sunday April 14th Beach & Snorkeling! (Breakfast and Dinner)

Snorkel and Beach! Experience a presentation on the Biorock Coral Restoration Project, an amazing initiative using technology to speed the growth of coral reefs. Experience the coral restoration project firsthand while snorkeling above the structures in Pemuteran Bay.

Lunch on your own.

Stay on the beach or option to visit a local turtle hatchery where they are working toward increasing the number of sea turtles in Bali's oceans. Learn how Pemuteran village transformed from being an area with destructive environmental practices to an area known for its care of the environment.

Enjoy a **special dinner with a local Balinese family at their home.**

Participate in a unique night blessing ceremony to Melanting Temple, Bali's temple for prosperity.

Monday April 15th Boat & Snorkel (Breakfast & Lunch)

Head out on a **boat trip to Menjangan Island**, a small island that is home to one of the world's most biodiverse array of coral reefs and marine life in the world. Spend the morning **snorkeling** over the reefs.

Enjoy lunch on the island, looking back at West Bali's beautiful coastline.

We'll head to a different side of the island for another opportunity to snorkel over another diverse coral site.

Dinner and evening are free to rest and restore.

Tuesday April 16th To Sanur (Breakfast & Lunch)

Head back South about 4 hours to Sanur, stopping along the way. We'll take a break along the drive at a coffee plantation and try many unique varieties of coffees and teas grown there.

Stop for lunch along the way to Sanur and enjoy a hands on **Soap Making Class**. Learn how to make a fancy cupcake soap...and yes bring it home!

Sanur is a seaside town in southeast Bali made up of a long stretch of beach with calm, shallow waters. Colorful jukung fishing boats rest on the sand and a paved path snakes along the beach for several kilometers. Sanur is home to great restaurants (many with live music), a wide variety of shops, and a relaxed atmosphere despite being closer to the major cities of south Bali. It's a perfect spot to pick up last-minute gifts, lounge by the beach or the pool, explore sights along the beach walkway, and enjoy a final sunset dinner.

Arrive in Sanur, settle into your beachfront hotel, and enjoy free time to relax, explore the Sanur boardwalk, or swim at the beach or in the pool.

Dinner and evening are free to enjoy each other and the beach.

Wednesday April 17th Restore Your Way! (Breakfast & Dinner)

The day is yours to explore the Sanur boardwalk, swim at the beach or pool, do some last minute souvenir shopping in the markets, get a massage, or just soak in your final day in Bali with your partner.

Lunch on your own and Afternoon free.

Wrap -up Facilitation Circle with Shasta and Greg.

Final sunset dinner together on the beach to share memories and reflect on your experience in Bali.

Thursday April 18th Head home (or extend your trip!) (Breakfast)

Time to prepare for the journey home, exchange contact info with new friends, and reflect on the memories you created!

This Journey is Powered by..._____

