

# LOVE, PRAY, EAT

In UBUD

*Bali*

- Lucia Giovannini Powered By BlessYou -



# Spirituality, Vitality, Wellbeing



## 8 DAYS RETREAT

When : 17 to 24 Aug 2020

Where : Ubud, Bali

Time : 8 days

### **Bali:**

Temples, oceans,  
lakes, forests, volcanoes.



*8 days in the spiritual centre of Bali to refind yourself with purification ceremonies, temple blessings, meditation in unspoilt natural surroundings, time to relax, recharge and unwind.*



## **INCLUDED ACTIVITIES:**

- Daily meditation practice, Chi -kung, Tai-chi.
- Daily teachings from “A Whole New Life™” method
- Visits and activities mingled with group seminar sessions.
- 1 therapeutic massage in a traditional massage centre in Ubud.
- One traditional blessing ceremony (in conjunction with a lunar phase).
- Meetings with Brahims and traditional healers.
- Visit to the sacred water temples (1.5 hrs from Ubud) with a purification ceremony included in the visit.
- Visit to Gunung Kawi (1 hr from Ubud) one of the oldest temples on the island, set in the forest at the foot of a sacred mountain and surrounded by lush vegetation.
- Hotel accommodation in double room with private bathroom.
- Breakfast included.

## **EXTRA ACTIVITIES:**

- Airport transfers (aprox 30-35 each way)
- Dinners arranged in local vegan and/or raw organic food restaurants where the cooks work whilst singing matras. (aprox 10-15 euro per meal).
- Yoga lessons at the famous Yoga Barn which offers more than 15 lessons per day ( aprox 8 euro per lesson fro a 1.5 hr lesson)
- Car Hire with driver : aprox 40 euro/day.
- Motorbike Hire with driver : aprox 4 euro/ day
- Bicycle tours: aprox 2 euros/day
- Trip to the beach: white sands and volcanic sand beaches within reach by roughly 1.5 hrs from Ubud.
- Less than 2 hrs to the volcanic beach at Lovina where you can see dolphins swimming!
- The Gili slands can be reached in about 1.5 hrs by a fast motor boat. These are 3 small islands immersed in a fantastic sea where you can swim with turtles and thousands of colourful fish!

# P R O G R A M M E

## 1<sup>st</sup> DAY

Arrival in Bali, Transfer to hotel a **Ubud**,  
Some relaxation time and time to get  
settled in and then the course kicks off at  
4 pm. Accommodation in hotel.

## 2-7<sup>th</sup> DAY

**Days devoted to spirituality, vitality and  
to wellness immersed in the  
beautiful and tranquil surroundings of  
the island**

Wake up to burst of colours and the  
flavours of delicious tropical fruits, the  
sight of the palm trees swaying in the  
breeze, the smell of incense, the sound of  
sacred chanting of the many ceremonial  
processions passing by, the breath-taking  
views.

**A journey to relaxation and awareness;**

Therapeutic massages that stimulate and  
re-balance the energy channels in the  
body and detox the organism, in the most  
ancient, traditional spa on Ubud; Prayers  
and meditation in the Hindu  
temples, blessing ceremonies with



*“Bali: known as the ‘island of wonders’ for its extraordinary concentration of sites of natural beauty, such as the rice terraces that make it an immense zen garden and also the spirituality the place is steeped in, that can be felt in every centimetre of this magical land scattered with temples, altars, ceremonies and rites, offerings and prayers”*

famous local healers, Tai Chi and Chi Kung exercises, awareness exercises, breath-work, long walks in the rice paddies, excursions to discover the magic of the Island of the Gods.

Two days dedicated to trips to antique temples in the forest and water temples.

Optional group Lunch and dinner.

Hotel accomodation with breakfast.

A range of optional extra activities are possible in free time, such as cookery courses, shopping in the local markets and traditional music and dance concerts, yoga classes etc..

## 8<sup>th</sup> DAY

### **Last session and gift-giving ceremony**

Course ends by lunchtime

Late afternoon airport transfer for those with return flight.

It's possible to extend the trip. If you want to include a beach stay we recommend Sanur (about an hour from Ubud) or the fabulous Gili islands - a few hours by ferry. We have swum there with turtles many times!

Car or minibus transfers for the trips during the programme.



## USEFUL INFO

### ACCOMODATION

Ubud, Hotel Ananda Cottages  
(rooms with private bathroom )

### INCLUDED

- Assistance in Ubud
- Visits as per the programme
- Hotel breakfast
- Accomodation in double room
- Car or minibus transfers during the programme
- Workshop on personal growth
- Activities as per the programme (massages, Tai Chi, meditation, trips, visits to temples, purification ceremonies e blessings)
- Various materials
- Use of the 3 thermal pools of at the hotel
- Free Wifi in the hotel

### NOT INCLUDED

- Airport transfers (quotation on request)
- Meals an any other excursions not indicated in the programme
- Drinks and mineral water
- Any tips for drivers, guides, porters,
- Personal expenses such as phone calls, laundry
- Any airport taxes
- International flights
- Any other not indicated in the programme

## UBUD

Ubud has always been the spiritual and cultural heart of Bali. It's an ancient village set inland that is full of temples, art and artisan artefacts and surrounded by rice fields and tropical forests. It became famous in the film Love, Pray, Eat and is a popular destination for writers, artists and travellers. In recent years it has been defined by various spiritual leaders as the spiritual hub of the world and this is what you feel when you stay here. Ubud also is home to some famous centres for yoga, pilates, detox programmes, cookery courses, as well as massages, spas and traditional healers, markets, traditional dance events and fantastic local artisan products.

### OUR SELECTED HOTEL: ANANDA COTTAGES

Ananda means 'blessing' in Sanscript and e l'Ananda Cottages was built around the family temple

on a land declared sacred for centuries, in fact from as far back as the XI century by the famous Brahim priest Markandya Rsi. It is situated in a magical context, set between rice fields and forest and only 2 km from the centre of Ubud and about 1 hour from the airport. The rooms are furnished in traditional Balinese style, they have single or double beds, balconies with views across the rice fields, mjni-bar and private bathroom with bath. There is free internet in the hotel and free parking as well as bicycle hire, a wellness centre a bar and restaurant, 3 solariums and 3 swimming pools with thermal water. The room where the course is held is a beautiful structure of wood and straw and is in the middle of the forest and rice fields

### THE FOOD

Ubud is a mecca for vegetarian, vegan and raw food. There are in fact many restaurants that rank among the top globally in this category. (and with really affordable prices too!).

### HOW TO REGISTER:

- Requested reservation fee of USD 790 (non- refund- able) when making reservations and the rest is due 3 months before the start of the retreat - under penalty of loss of reservation.
- In order to guarantee availability of hotel and flights it is important to make the reservation the earliest possible and at least 90 days prior to departure.
- Prices are based on exchange rate of January 2019 and are subject to change.

### CANCELLATION POLICY:

- You can cancel anytime before making the full remaining payment (3 months before the retreat) with no penalty fee except for the non-refundable reservation fee.
- After that you can still cancel but no refund whatsoever is provided for any cancellation not due to our default.
- **It is mandatory to have personal insurance (such as Globy Mondial Assistance). Insurance may be bought at your travel agency.**



For Enrollments Contact: [education@blessyou.me](mailto:education@blessyou.me)