

Ultimate's Spiritual Journey - Bali :



6 days / 5 nights accommodation including daily buffet breakfast, private round trip airport transfer, shuttle services to and from Ubud central market from 9am until 5pm every hour on the hour, daily scheduled activities, daily afternoon tea with Balinese sweets at Bar Bedulu from 4pm until 5pm, 24-hour internet access in the library and Wi-Fi internet connection in all rooms, villas and public areas, use of fitness center facilities; and the following special programs:

Day 1 Private airport pick up Arrive and relax

Day 2 Morning yoga and meditation

Enjoy 1-hour Balinese massage

Relax in the resort

Day 3 Morning yoga and meditation

Morning walk to traditional village

In the afternoon visiting a nearby orphan house

Day 4 Morning yoga and meditation

Relax at the resort

One hour spa treatment of your choice

Day 5 Morning yoga and meditation

Offering making

Become a Balinese learning how to Balinese dress

Exploring nearby temples

Day 6 Morning yoga and meditation

Depart

CALL US TO HAVE THIS ARRANGEMENT INCLUDED IN YOUR HOLIDAY TO BALI

(See inclusions below)

Daily Yoga and Meditation

It is important to start your day with yoga and meditation. This gentle form of exercise helps you commence the day physically and mentally relaxed, cantered and balanced, and ready for the excitement the remainder of the day will bring. The yoga session is private and personalized for you.

Spa Pampering

Two spa treatments at award winning Spa at Maya are awaiting you. Our professionally trained and highly skilled therapists will gently work on relaxing every tired muscle with therapeutic massage techniques, invigorating body scrubs, rejuvenating facials and luxuriating in flower or herbal baths.

Morning Golden Hour Walk

Experience the real Balinese way of life, observe their activities and see a traditional market. Enjoy a morning stroll through nearby villages accompanied by a resort guide who will point out and explain the various aspects of the villages visited, observe the activities of the rice farmers, the women going about their daily chores and admire the beautiful flora of the island.

Visiting Orphanage

Like any place on earth, Bali also has its share of under-privileged children. We will visit a nearby orphanage. A gift for the children is prepared by your resort guide.

Flower Temple Offerings

Offerings play an integral part in the Balinese way of life. Offerings are made daily to appease the gods and demonstrate respect for the deities. Learn how the Balinese make their temple offerings which follow intricate forms and shapes. Bring along your own creation to place during your temple visit.

Balinese Dress

Become a Balinese for a day and learn how to wear traditional Balinese costume as worn during special ceremonies and temple festivals and creating a wonderful photo opportunity and a prized memento of your visit. Your body measurement will be taken shortly upon your arrival.

Visiting a local Temple

Religion is the essence of Balinese life and everything the Balinese do revolves around this. Each compound has its own house temple and each village has a variety of temples for various functions and ceremonies. All this will be explained by our resort guide as you leisurely tour the area and visit some of the most sacred and ancient temples in the vicinity.

Visiting a Balinese Healer or Priest

One of the highlights of this program is visiting a Balinese healer or priest. Ubud's power to heal is legendary. These deeply spiritual and religious people will perform *melukat*, a recharging, purification and blessing ceremony with holy water.