



Bali Yoga Retreat

April 26 – May 5

Join us for this soul-nourishing journey of self-discovery and exploration in the heart of Bali!

Serenity in Bali: 7 Nights, 8 Days Yoga Retreat with Daily Exploration



Beirut Yoga Center

DAY 1:

01

Welcome to Bali! Arrive at our serene 5 stars abode for the coming 5 days at “Nandini by hanging gardens”, nestled amidst lush greenery

02

Welcome dinner with fellow retreat participants



Nandini by Hanging Gardens



Cooking class



Local market

DAY 2:

Sunrise Yoga and Cultural Immersion

01

Start your day with a rejuvenating sunrise yoga to unwind and set the tone for a peaceful retreat

02

After breakfast, Head to Pemulan farm for Cooking class activity

03

Embark on a cultural excursion to Ubud's traditional markets - organic farm tour and harvesting ingredients

04

Heading to Kintamani (sightseeing Mount Batur view)

- o Visit Akasa Kintamani Café for chill and Enjoy
- o Visit Famous Native village at Penglipuran Village

05

Evening restorative yoga to relax and unwind

06

Dinner out



Penglipuran Village

DAY 3:

Wellness Day

01

Begin the day with a holistic yoga and meditation session

02

After Breakfast, Visit The Sacred Monkey Forest

03

Visit Ubud Palace (Puri Saren) and Ubud Market



The Sacred Monkey Forest



Puri Saren



Bali Swing



Goa Gajah Temple

04

Visit Bali Swing and Coffee
Plantation

05

Visit Goa Gajah temple
(optional)

06

Evening Yoga

07

Dinner out

DAY 4:

Nature Connection

01

Morning and evening yoga sessions

02

No tours or excursions on this day, free leisure at hotel, Massage and Shopping



Massage



Uluwatu Temple

DAY 5:

Farewell to Ubud

01

Morning Yoga

02

After breakfast, proceed to check-out from Ubud

03

Lunch at Tlaga Singha River Club – set menu

04

Sunset visit to the Uluwatu Temple for a traditional Kecak dance performance

05

Check in to hotel Kuta at “The Anvaya Resort”

DAY 6:

Adventure Day

01

Morning Yoga session with a focus on strength and balance

02

After breakfast, Heading to Kuta at with stop by Batik Bidadari (traditional indonesia clothes handmade)

03

Visit Celuk silver village - handmade silver jewellery gallery from Bali

04

Visit Handara Gate and Ulundanu Temple



Handara Gate



Celuk silver village

06

Lunch set menu Vegetarian / Crispy Chicken at Secret Garden Village (Secret Garden Village is a complex of tourism destination with Edu-vacation' concept) beside lunch, you will have a coffee tour and Oemah Herborist factory (nature product)

07

Visit Tanah Lot Temple

08

Evening Sunset beach yoga for restoration and balance

09

DINNER



Tanah Lot Temple



Tirta Gangga Waterpalace

DAY 7:

Explore The Islands

01

Morning yoga

02

After breakfast, proceed to Eastern Bali tour

03

Visit Besakih a great mother temple

04

Visit Tirta Gangga Waterpalace

05

Visit Tenganan Native Village

06

Early Dinner at Garpu Restaurant by Ramayana Candidas

DAY 8:

Spiritual Retreat

01

Sunrise yoga overlooking the Campuhan Ridge

02

Explore the Goa Gajah Elephant Cave and the sacred Tirta Sudamala Temple

03

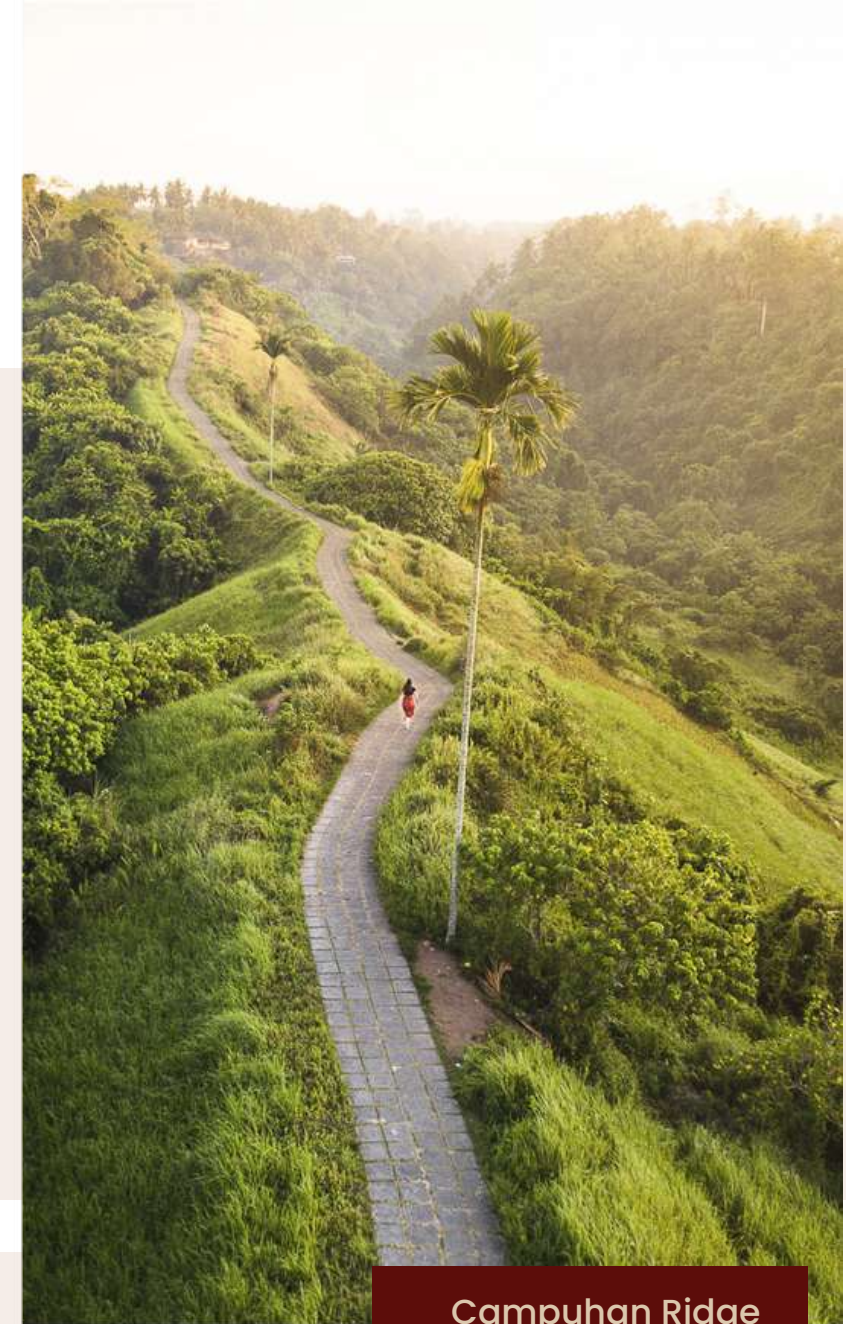
Farewell dinner with a traditional Balinese dance performance

04

Breakfast and farewells, departing with a heart full of Bali's tranquility



Tirta Sudamala Temple



Campuhan Ridge

Retreat Inclusions:

- 01 Twice daily yoga and meditation sessions
- 02 Guided cultural and adventure excursions without entry fees
- 03 Transport in a Private Air-conditioned Vehicle with the service of an English speaking Chauffeur Guide or National Guide
- 04 Airline Ticket (Qatar Airways) & Accommodation in 5 stars hotels
- 05 Meals mentioned above
- 06 All Government Taxes



Summary of the activities

COOKING CLASS | KINTAMANI VILLAGE TOUR

organic farm tour and harvesting ingredients

Visit Famous Native village at Penglipuran Village

Visit The Sacred Monkey Forest

Visit Ubud Palace (Puri Saren) and Ubud Market

Visit Bali Swing and Coffee Plantation

Visit celuk silver village – handmade silver jewelry gallery from Bali

Visit Tanah Lot Temple

Visit Besakih a great mother temple

Visit Tirta Gangga Waterpalace

Visit Tenganan Native Village

Watersport activity – (include banana boat and snorkeling & diving is an option)

Flower ceremony with priest

Rice fields

Schedule and timing of the activities might change depending on the group's interests and flexibility.

For More Info Contact Us (03029735)