

Spirit of Bali Itinerary

Nov. 5 version; (This itinerary is subject to change.)

Day 1. Saturday, May 2, arrive to Denpasar, Bali. Take a taxi to Griya Santrian Resort in Sanur and check into your deluxe room. Because of the travel distance to Bali, we strongly suggest that you arrive one or two days early to recover from jet-lag. We can get you the group room rate for early arrivals. (No group meals today.)



Day 2. Sunday, May 3, free day to relax at the beach, enjoy a spa treatment, our Indonesian tour company Bali Om can organize an optional snorkel trip for you. Welcome meeting and dinner at 5pm. (Breakfast, Dinner)

Day 3. Monday, May 4. Full-day boat trip to Nusa Penida Island. One of the most beautiful islands in the world. Here we visit three important temples as pilgrims: Goa Giri Putri with its unique prayer area in a cave dedicated to Kwan Yin; Penataran Ped, known as a 'Universal Temple' where all forms of prayer are welcomed, and Pura Puncak Mundi, a temple with spectacular views. Free evening. (Breakfast, Lunch)



Day 4, Tuesday, May 5. Depart Sanur, drive to Ubud.

Check into the Alaya Resort, both beautiful and centrally located. This afternoon we visit the beautiful Tirta Empul water temple complex with its healing spring water. Group dinner at **Bridges Restaurant**. (Breakfast, Dinner)



Day 5, Wednesday, May 6. Morning mini-seminar with Jonette. This morning our group works together with Jonette and her guides at the Alaya's yoga pavilion. Lunch on your own. 2:30 pick-up for a special sound healing ceremony at the **Pyramids of Chi**. This time is a gift to yourself. Float deeply on the sea of sound, as your spirit is transported to a moving state of transcendent peace. Group dinner. (Breakfast, Dinner)

Day 6, Thursday, May 7. Full moon mini-seminar with Jonette, afternoon temple visit with a priest. Balinese traditionally celebrate both the new moon and full moon. This afternoon we'll experience the beauty of Bali's spiritual culture with a priest at a main temple in Ubud. Free evening to explore the Monkey Forest, shops and restaurants. (Breakfast)



Day 7, Friday, May 8. Mt. Batur Volcano hike and hot springs.

Bali is above all else an island of active volcanos. Pay homage to the power and majesty of the fire element by partaking in our sunrise volcano hike and mountain top ceremony. This is a difficult hike, but it is well worth it and one of the main reasons we are called to Bali. If you cannot do the entire hike, you can at least be in the energy of the incredible Mt. Batur. 2am departure. Next, we enjoy lunch and relax our muscles in the area's natural hot springs. (Picnic Breakfast, Lunch)

Day 8, Saturday, May 9. Free day, Evening mini-seminar. Perhaps start the day with an optional downhill cycling tour. 8am departure, includes lunch. Or enjoy relaxing by the pool, shopping, or spa services. Evening mini-seminar with Jonette at the Alaya yoga pavilion (Breakfast)



Day 9, Sunday, May 10. Rafting, and Cooking Class. See Bali's rural countryside from the river as we raft through rice fields and jungle. Refresh under waterfalls, paddle through white water. Lunch is included. For a different turn, this afternoon we take a Balinese cooking class as we create our own dinner as a group. (Breakfast, Lunch, Dinner)

Day 10, Monday, May 11. Ulan Danu floating temple at Lake Beratan. Depart at 9am for our drive, first to our jungle swing experience and lunch. Then we make our way to one of Bali's most important sacred sites— Ulan Danu floating temple on the shores of a Lake Beratan, known as the Lake of the Holy Mountain. The temple is used for offerings to the Balinese water, lake and river goddess Dewi Danu. Buddha's stature is also enshrined in this temple.



We celebrate the wisdom we have gained and the love we have shared in our final group Farewell, a traditional Indonesian dinner at Tropical Ubud in the Monkey Forest. (Breakfast, Lunch, Dinner)

Day 11, Tuesday, May 12. Depart. Perhaps there is last minute shopping before we say goodbye to our friends who have been part of this paradise spiritual adventure. The hotel can help you organize a driver/taxi to the airport. (Breakfast)

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