

## Bali 2018 Itinerary

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**April 15 – Sanur** is a seaside town in the southeast of Bali. Its long stretch of beach offers a long stretch of shallow waters. Colorful jukung fishing boats rest on the sand, backed by a paved cycling path. The leafy main street Jalan Danau Tamblingan is lined with art galleries, shops and restaurants. Your hotel in Sanur is right on the beach and close to the main street. The best of both worlds!

After checking in to Mecure Beach Resort, you can get settled and enjoy relaxing by the pool or beach.

Meet at 7:00 p.m. in the lobby for a group welcome dinner, meet your group, and get an orientation to Sanur.

(Dinner included)

### **April 16 – Sanur – Rise and Shine!**

Start your day with a yoga practice and breakfast.

Have some free time to relax and enjoy the day. Enjoy the beach, cycle along the beach path, treat yourself to a spa treatment, or wander the markets and shopping area of Sanur.

Have a late lunch and meet at 4:00 p.m. in the hotel lobby for our visit to the beautiful Uluwatu Temple (Pura Luhur Uluwatu). This is one of six key temples believed to be Bali's spiritual pillar, renowned for its magnificent location, perched on top of a steep cliff approximately 70 meters above sea level. We will stay for the sunset performance of the Kecuk dance based on the famous epic Hindu story of the Ramayana.

Return to hotel approximately 8:30

\*Note Breakfast and Yoga Practice are included every day  
(Excursion to Uluwatu Temple & Kecuk fire dance included)

### **April 17 – Sanur**

Start your day with a yoga practice and breakfast.

Enjoy the rest of the day at your leisure.

### **April 18 – Candi Dasa**

After breakfast we depart Sanur and travel to Candi Dasa a seaside town on the northeast coast of Bali. Enroute we visit a batik village, silver village and a traditional Balinese family compound to learn about family life in Bali.

Arrive in Candi Dasa and check into Candi Beach Resort and have some time to enjoy the beach and pool.

(Transfer and excursions included).

\*Note daily yoga practice will either occur prior to departure from Sanur, or sunset in Candi Dasa.

### **April 19 - Candi Dasa**

After an early morning yoga practice and breakfast we depart the hotel for an excursion into the country side. Start with a guided hike through the quiet of the rice paddies with Mount

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Agung in the background. After lunch we will make a stop at what is said to be the original Bali village, Tenganan Village. At this ancient village we will be guided through and learn more about the customs and traditions of ancient Balinese culture that are still practiced today. Traditional weaving & paintings, which are unique to this village, are on display and of course available for purchase. End with a tour of local coffee plantation where you will have opportunity to try Luwak coffee.

Late afternoon return to hotel  
(Excursions as noted are included)

### **April 20 – Candi Dasa**

Morning yoga practice and breakfast, and the rest of the day is yours to do as you wish. Enjoy the beach, pool or make this a spa day. Candi Dasa is home to some great diving and snorkeling and this is your opportunity to book a morning or afternoon snorkeling trip.

### **April 21 – Ubud**

Ubud is in the uplands of Bali and is known as a center for traditional crafts and dance. The surrounding rainforest and terraced rice paddies, dotted with Hindu temples and shrines, are among Bali's most famous landscapes.

After our morning yoga practice and breakfast we say good-bye to Candi Dasa and depart to Ubud. Enroute we will visit the beautiful Tirta Ganga Royal Water Garden. We will also visit the Mother Temple - Pura Besakih. This temple complex on the slopes of Mount Agung is the most important, largest and holiest temple of Hindu religion in Bali, and one of a series of Balinese temples.

After a scenic trip through the countryside we arrive in Ubud in the late afternoon and check into Alaya Hotel, located in the heart of Ubud on Monkey Forest Road.

Evening is free to explore the town center.

(Transfer and excursions to Tirta Ganga Water Gardens and Pura Besakih included)

### **April 22 – Ubud**

After yoga practice and breakfast, we depart for a guided hike through the rice paddies outside of Ubud. Our local botanist guide will introduce you to the native plants and rice farming practices, this most important crop to the Balinese. We will stop at a lovely organic restaurant, set in the midst of the rice fields for lunch. After lunch we will continue to a fun and informative botanical class where we make traditional products from natural ingredients that are good and safe enough to eat!

After return to the hotel, evening is free to continue exploring Ubud on your own.

(Transfers to excursion, guided walk, lunch, and botanical class are included)

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### **April 23 – Ubud**

After breakfast, leave the hotel for a guided market tour for insight into how Balinese people approach cooking and the spices and foods that you have tasted along your journey. In this hands on cooking class we will prepare traditional Balinese dishes and enjoy them for lunch. Return to the hotel mid - afternoon. Today enjoy an early evening yoga practices.

(Market tour, cooking class and lunch are included).

### **April 24 – Ubud**

After breakfast we depart on day excursion into the countryside. We visit Tegallalong rice terraces and then put on our helmets for a cycling trip to explore the backroads and beautiful countryside. After a stop for lunch we head back to our hotel arrive back mid-afternoon. Today's included yoga class is at a local yoga studio. You pick the time and the style of yoga from the day's schedule.

(All excursions, equipment and lunch included)

### **April 25 – Ubud**

After our yoga practice and breakfast enjoy some free time in Ubud. Have a late lunch and mid-afternoon we meet at the hotel for an offering class. The ritual of presenting offerings to the Gods is an integral part of daily life for every Balinese. This informative class will teach the construction of the simplest offering and explain the meaning behind the ritual. In late afternoon we will depart for Tirta Empul Temple and have the choice to experience a water purification ceremony. This is a special experience. Balinese from all over the island come on pilgrimages to bathe in the holy springs at the temple and cleanse themselves spiritually. A beautiful way to end our Yoga Within group experience in Bali. After our return we will share a farewell dinner.

(Offering class, guided experience at Tirta Empul Temple and dinner included)

### **April 26**

Today we end our Bali experience. Some will be returning home and other will be travelling onto other adventures.

*“Travel not to escape life, but to live life”*