

# Embody Abundance in Bali

JULY 20-27, 2024

In this [7-Day Retreat to Bali](#), we will seek to embody ourselves more fully with the rich, sensual landscape that is Indonesia and the equally sensual inner landscape that is the chakra system as our maps.

Every day on our journey together, we will explore each chakra as it truly exists: an embodiment of the totality of our experience, from our thoughts and feelings, to our actions and environments. We will engage with the unique cultural elements that Bali provides, from its beautiful natural landscapes, to the exquisitely designed temples and excursions, to find and connect to what is most unique and sacred within us.



Thank you for your interest in joining Suncear Sretchen of SunSeaAir Wellness and Myda El-Maghrabi of The Shared Edge at [The Edge of the Sun](#) where together we will explore, conjure and build the worlds we see in our dreams.

---

# PROPOSED ITINERARY (SUBJECT TO CHANGE)

### Day 1: Saturday, July 20, 2024

MULADHARA CHAKRA where we arrive and land to ourselves and to our group.

- 2PM Arrive, Check-In, Flower Shower and Welcome
- 6PM Dinner
- 8PM Reiki Sound Bath

### Day 2: Sunday, July 21, 2024

SVADISTHANA CHAKRA where we connect to our inherent sensuality and creativity

- 8AM Yoga
- 9AM Breakfast
- 10AM Boating with Dolphins and Snorkeling
- 12PM Lunch
- 3PM Workshop
- 6PM Dinner
- 8PM Reiki Sound Bath & Satsang

### Day 3: Monday, July 22, 2024

MANIPURA CHAKRA where we connect to our inner power and strength

- 8AM Yoga
- 9AM Breakfast
- 10AM Shopping in Ubud with optional Murti Hunting and Building your Own Altar
- 12PM Lunch
- 4PM Workshop
- 6PM Dinner
- 8PM Reiki Sound Bath & Satsang

### Day 4: Tuesday, July 23, 2024

ANAHATA CHAKRA where we connect to our heart's deepest knowing

- 8AM Yoga
  - 9AM Breakfast
  - 10AM Perfume Making or Flower Offering
  - 12PM Lunch
  - 4PM Workshop
  - 6PM Dinner
  - 8PM Reiki Sound Bath & Satsang
-

### **Day 5: Wednesday, July 24, 2024**

VISUDDHA CHAKRA where we connect to our voice, our expression and our communication

- 8AM Yoga
- 9AM Breakfast
- 10AM Visit to Les Waterfall or Singing/ Chanting
- 12PM Lunch
- 4PM Workshop
- 6PM Dinner
- 8PM Reiki Sound Bath & Satsang

### **Day 6: Thursday, July 25, 2024**

AJNA CHAKRA where we connect dreams and greatest visions

- 8AM Yoga
- 9AM Breakfast
- 10AM Temple Visit with a possible Visit to a Seer
- 12PM Lunch
- 4PM Workshop
- 6PM Dinner
- 8PM Reiki Sound Bath & Satsang

### **Day 7: Friday, July 26, 2024**

SAHASRARA CHAKRA where we connect to our own divinity

- 8AM Yoga
- 9AM Breakfast
- 10AM Visit to Butterfly Park and/ or Blessing & Cleansing Ceremony
- 12PM Lunch
- 4PM Workshop
- 6PM Dinner
- 8PM Reiki Sound Bath & Satsang

### **Day 8: Saturday, July 27, 2024**

DEPARTURE DAY

- 8AM Yoga
- 9AM Breakfast
- 10AM Closing Ceremony
- 11AM Check-Out

[Before our time in Bali together, we will have an online meet and greet to get to know one another. Date TBD]

---

---

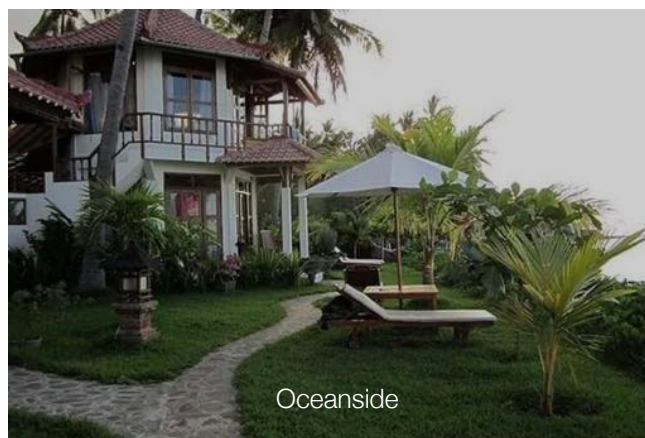
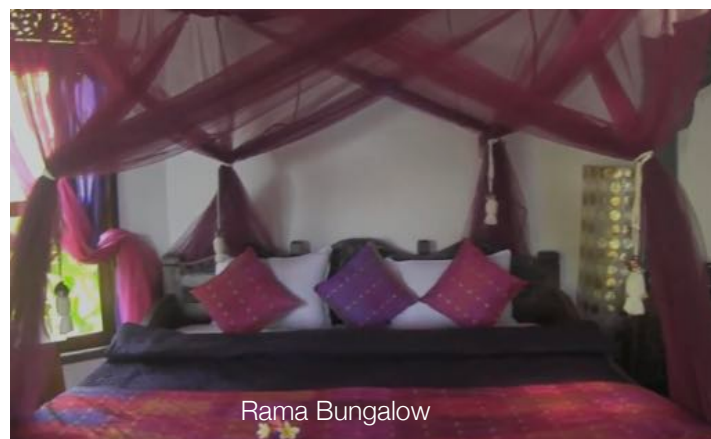
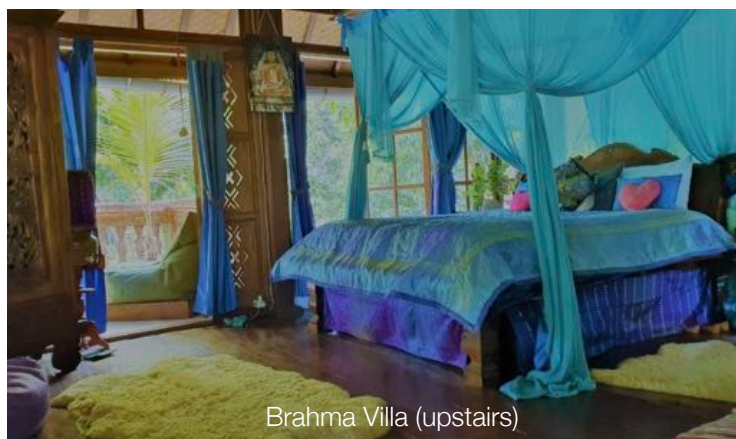
# ACCOMMODATIONS

## Shambala Oceanside Retreat

Accommodations at [Shambala Oceanside Resort](#): is a stunning retreat center steps away from the ocean on the north coast of Bali, Indonesia. All rooms are within 11 villa or bungalow-styled houses on the property. All offer either a garden view or ocean view, are decorated in hand-crafted Balinese style and are available as single occupancy or double. All are equipped with a king bed, 1-2 single beds, and an ensuite bathroom.

The cost listed includes your room, scheduled group transport to and from Denpasar Airport (DPS), any and all of the facilities available at Shambala Oceanside Retreat Center, Access to the Beach, Pool and Local Environs, 3 Meals/Day, Classes, Workshops, Excursions, Tips for Excursion Leaders and Guides, and Opportunities to gather with other participants and time for Solitude.

Cost does not include treatments at the spa, airfare, travel insurance, visa fees, airport transport and accommodations outside of scheduled arrangement, travel expenses, non-group sponsored activities, purchases, unscheduled meals, snacks, beverages, tips for staff, etc.



---

## Available Rooms

Radha Villa	Cost
Single Occupancy	\$2200
Shared Occupancy	\$1800pp

The Radha Villa is a 2-Story building, comprised of a Garden Level and Upper Level.

- Radha Garden Level has 1 Single Bed with a Garden View and 1 Single Bed with an Ocean View. [Here is the video link for the Radha Garden Level Rooms](#)
- Radha Upper Level has 1 King Bed with an Ocean View. [Here is the video link for the Radha Upper Level Room.](#)

Krishna Villa	Cost
Single Occupancy	\$2200
Shared Occupancy	\$1800pp

The Krishna Villa is a 2-Story building, comprised of a Garden Level and Upper Level.

- Krishna Garden Level has 1 Single Bed with a Garden View and 1 Single Bed with an Ocean View. [Here is the video link for the Krishna Garden Level Rooms](#)
- Krishna Upper Level has 1 King Bed with an Ocean View. [Here is the video link for the Krishna Upper Level Room.](#)

Pura Kecil Bungalow	Cost
Single Occupancy	\$2200
Shared Occupancy	\$1800pp

The Pura Kecil Bungalow is a Single-Story House on the Oceanfront with a Private Patio.

- The Pura Kecil Bungalow has 1 King Bed and 2 Single Beds. [Here is the video link for the Pura Kecil Bungalow](#)

Rama Bungalow	Cost
Single Occupancy	\$2200
Shared Occupancy	\$1800pp

The Rama Bungalow is a Single-Story House with a Private Patio and slight ocean view.

- The Rama Bungalow has 1 King Bed and 1 Single Bed. [Here is the video link for the Rama Bungalow](#)
-



---

Vishnu Bungalow	Cost
Single Occupancy	\$2200
Shared Occupancy	\$1800pp

The Vishnu Bungalow is a Single-Story House with a Garden View.

- The Vishnu Bungalow has 1 King Bed and 1 Single Bed. [Here is the video link for the Vishnu Bungalow](#)

Sita Bungalow	Cost
Single Occupancy	\$2200
Shared Occupancy	\$1800pp

The Sita Bungalow is a Single-Story House with a Patio and Garden View.

- The Sita Bungalow has 1 King Bed and 1 Single Bed. [Here is the video link for the Sita Bungalow](#)

Buddha Bungalow	Cost
Single Occupancy	\$2200
Shared Occupancy	\$1800pp

The Buddha Bungalow is a Single-Story House with a Garden View.

- The Buddha Bungalow has 1 King Bed and 1 Single Bed. [Here is the video link for the Buddha Bungalow](#)

Quan Yin Villa	Cost
Single Occupancy	\$2200
Shared Occupancy	\$1800pp

The Quan Yin Villa is a 2-Story building, comprised of a Garden Level and Upper Level.

- Quan Yin Garden Level has 1 King Bed and 1 Single Bed with a Garden View. [Here is the video link for the Quan Yin Garden Level Rooms](#)
  - Quan Yin Upper Level has 1 King Bed and 1 Single Bed with a Garden View. [Here is the video link for the Quan Yin Upper Level Room.](#)
-

---

Brahma Villa	Cost
Single Occupancy	\$2200
Shared Occupancy	\$1800pp

The Brahma Villa is a 2-Story building, comprised of a Garden Level and Upper Level.

- Brahma Garden Level has 1 King Bed and 1 Single Bed with a Garden View.

[Here is the video link for the Brahma Garden Level Rooms](#)

- Brahma Upper Level has 1 King Bed and 1 Single Bed with a Garden View. [Here is the video link for the Brahma Upper Level Room.](#)

Babaji Bungalow	Cost
Single Occupancy	\$2200
Shared Occupancy	\$1800pp

The Babaji Bungalow is a House on Stilts.

- The Babaji Bungalow has 1 King Bed. [Here is the video link for the Babaji Bungalow](#)

To ensure you get the accommodations that will best suit your stay, [please send in your \\$500 deposit](#) as soon as possible, requesting which room you would like and with whom if applicable. We will do our best to help you get the room requested. An invoice for the balance will be sent to you soon after confirmation of your deposit, including any discounts if applicable.

[More information on our payment and cancellation policy is listed below](#)

---

---

# POSSIBLE ACTIVITIES (SUBJECT TO CHANGE- NOT ALL ACTIVITIES LISTED WILL BE OFFERED)

## Root Chakra- Connecting to Earth and Groundedness



Hiking in and around the volcanoes and waterfalls of Kintamani

## Sacral Chakra- Connecting to Water and Creativity



Sunrise with the Dolphins



Bathing in Hot Springs

---



---

## Solar Plexus- Connecting to Fire and Inner Goddess



Fire Ceremony



Creating an altar to your inner goddess

## Heart Chakra- Connecting to Air and the Power to Love



Perfume Making



Making Flower Offerings

---

## Throat Chakra- Connecting to Ether and Expression



Balinese Dance Class



Chanting

## Third Eye- Connecting to the Universal Mind and Vision



Temple Visits



Meeting a Seer

---



---

## Crown Chakra- Connecting to the Ultimate and Self-Realization



Water Blessing Ceremony



Butterfly Park

Please note that we will do our best to arrange as many activities as are listed within our itinerary as possible. However, depending on scheduling and availability for the various activities, transport, etc., we may not be able to do all of them. There will be no additional cost to you for any of the scheduled group activities (there will be no refund though, however, for any activities listed not done.) And, of course, if you'd prefer to do something other than what's listed, you are more than welcome. Please be advised, however, that all scheduling and costs will be upon you solely. A revised itinerary of scheduled group activities will be sent out to retreat participants.

In addition, while we would love to stick to our itinerary, committing to the flow of our Chakra system, 'Earthy' activities such as hiking during 'Root Chakra Day', or bathing in hot springs during watery "Sacral Chakra Day" might (again due to scheduling and availability) be switched around, so we might be visiting temples on 'Solar Plexus Day' or visiting the Butterfly Park on 'Heart Chakra Day'. It is a good reminder that the Chakras are dependent upon one another and even though certain intentions or activities might be directed to one particular chakra, all are affected.

Our daily yoga classes, workshop, and reiki sound bath, will follow the itinerary regardless of the day's activities.

And, of course, everything is optional!

---

---

## FAQ'S (PLEASE READ)

### Before Travelling to Indonesia (For US Travelers. For all other travelers please refer to your own country's guidelines for travelling to/from Indonesia)

- Make sure that your passport is valid for at least 6 months.
- A tourist visa is required to travel into Indonesia, allowing you to stay for up to 30 days. You can [apply for a visa online here](#) or pay for it in cash (preferably in IDR (Indonesian Rupiah)) upon arrival. The cost is Rp500.00 or approximately \$32 USD.
- No vaccines are required at this point but [stay up to date with vaccine requirements](#).
- Please be aware that **NO** mind-altering substances **OF ANY KIND** are allowed on Shambhala premises, nor, for the most part, Indonesia itself. Indonesia has a **VERY** strict drug policy where even the smallest amounts are punished with strong verdicts of incarceration and the death penalty. Yes, even for tourists!
- If you are bringing prescription medication, especially if they are narcotics, you are required to declare it at Customs and present a note from your prescribing doctor. [More info can be found here](#).
- **We highly, highly recommend** you get travel insurance to cover your expenses and losses in the event you must cancel your retreat reservation or any unforeseeable occurrence during the retreat. We recommend getting insurance that covers the cost of your trip, medical care while at the retreat, updated Covid restrictions, as well as any additional coverage you might need.

A few suggestions:

- [Travelex](#)
- [Squaremouth](#)
- [Allianz](#)

The above list is, by no means, exhaustive; please do your own due diligence and research with the various companies, including speaking to providers and representatives if need be. While we understand finding the right option for you might be an additional burden and more time-consuming, yet, if needed, it will provide you an enormous amount of assurance, security and support in an ever-changing landscape.

### Upon arriving to Bali

- Shambhala Oceanside Retreat Center is 3+ hours by car from the airport. We suggest arriving into Bali **at least** one day before the retreat and staying at a hotel near the Denpasar Airport (DPS). We recommend [Kumala Pantai in Kuta](#), a 20-minute taxi ride from the airport. You can book a room there using [this link](#). From there, we can arrange a pick up to Shambhala (approximately \$16 pp) the day of the retreat.
  - To reiterate: The amount you have paid to The Edge of the Sun includes your room, scheduled group transport to and from Denpasar Airport (DPS), any and all of the facilities available at Shambhala Oceanside Retreat Center, Access to the Beach, Pool and Local Environs, 3 Meals/Day, Classes, Workshops, Excursions and Opportunities to gather with other participants and time for Solitude. The cost **does not** include treatments at the spa, airfare, travel insurance, visa fees, airport transport and accommodations outside of scheduled arrangement, travel expenses, non-group sponsored activities, purchases, unscheduled meals, snacks, beverages, tips, etc.
-

# LIABILITY WAIVER + RELEASE AGREEMENT

In consideration of my participation in The Edge of the Sun's 'Embody Abundance in Bali' Retreat hosted by Suncear Scretchen and Myda El-Maghrabi from July 20-27, 2024 with its associated events and activities (collectively, **The** "Retreat,") and the services of Suncear Scretchen and Myda El-Maghrabi and their agents, owners, officers, volunteers, participants, employees, sponsors, and all other persons or entities acting in any capacity on its behalf, as well as its successor and assigns (collectively referred to as "The Hosts"), I, on behalf of myself, my spouse, my children, my parents, my heirs, assigns, personal representative and estate (collectively referred to as "Participant"), hereby agree to release and discharge Suncear Scretchen and Myda El-Maghrabi as follows:

## 1. Waiver of Liability and Release

I hereby release and forever discharge The Hosts from any and all liability, claims, and causes in action, which arise or may hereafter arise or are in any way connected to my involvement in The Retreat. I understand that this Agreement discharges The Hosts from any liability or claim that I may have against The Hosts with respect to any bodily injury, personal injury, illness, death, or property damage that may result from my involvement in The Retreat, whether caused by the negligence of The Hosts, or otherwise. I also understand that The Hosts do not assume any responsibility for or obligation to provide financial assistance or other assistance, including but not limited to medical, health, or disability insurance in the event of injury or illness. I understand and acknowledge that the Activities in which I will voluntarily engage in The Retreat bear certain known inherent Risks that contribute to the unique character of these Activities, and that The Hosts cannot eliminate, alter, or control these inherent risks. These Risks include those inherent in yoga activities as well as those inherent in any and all additional recreational activities as well as those related to travel to and from The Retreat.

## 2. Definitions

"Activities" include, but are not limited to the following activities which may be provided and/or sponsored by The Hosts: yoga, hiking, high altitude hiking, horseback riding, excursions, transportation in The Hosts or other vehicles, training, classes, instruction, traveling to and from The Retreat, and all other activities associated with the Retreat. "Risks" include, but are not limited to those known risks inherent to the Activities specifically listed below, vehicular travel and traffic, road and trail conditions, known and unknown health conditions, allergies, sudden weather changes, rain, snow, wind, hail, lightening, high altitude or motion sickness, dehydration, heat stroke, snake bite, bee and other insect stings and/or bites, wild and domestic animals, inaccessibility to immediate medical attention, falling rocks and trees, equipment failure, driver error, rider error, Participant error, food provided, facilities, actions of other people, and acts of God.

Risks inherent in yoga activities are dangers or conditions that are an integral part of yoga activities, including but not limited to minor muscle strains, muscle sprains, bruises, abrasions, post-exercise muscle soreness, joint injuries, torn muscles, heat-related illnesses, broken bones, ACL injuries, back injuries, stroke, heart attack, paralysis, death, and injury or death caused by any of the following: equipment that breaks or otherwise fails, slips

---



---

and falls, lack of nutrition or hydration, negligence on the part of Participant or other people around Participant, terrain, facilities, temperature, weather, condition, equipment, actions of other people including, but not limited to, participants, volunteers, spectators, and teachers.

Risks inherent in backcountry recreational activities are dangers or conditions that are an integral part of backcountry recreational activities, including but not limited to sudden weather changes, rain, snow, wind, hail, lightning, Participant's physical condition and physical exertion for which Participant is not prepared, hypothermia, hyperthermia, high altitude and/or motion sickness, dehydration, heat stroke, snake bite, bee stings, insect bites and/or stings, wild and domestic animals, distance and inaccessibility to immediate medical attention, travel over rough terrain, falling rocks and trees.

### **3. Indemnification and Hold Harmless**

I, both on my own behalf and as the parent or legal guardian of a participant of a Retreat, hereby agree to indemnify and hold harmless the Hosts and each of them from any loss, liability or damage, including reasonable attorney's fees incurred in any suit, demand or legal action arising out of any alleged injury, damage or death resulting from engaging in any Activities or participation in The Retreat, whether such injury damage, death is alleged to or did result from the negligence or carelessness of any person.

### **4. Medical Care**

I hereby release and forever discharge The Hosts from any liability, claims, and causes in action that arise or may hereafter arise on account of any first aid, treatment, or service rendered or not rendered in connection with my involvement in a Retreat.

### **5. Certification and Assumption of Risk**

I hereby certify that I am physically fit, have trained sufficiently for participation in The Retreat and have not been advised otherwise by a qualified medical person. I hereby assume all risks of participation in the Activities and the Retreat, including without limitation all Risks, whether such risks are caused (a) by the negligence or carelessness of, or (b) from dangerous or defective equipment or property owned or provided in any way by the Hosts. I agree that my involvement in the Retreat is purely voluntary, and I elect to participate in the Retreat in spite of the Risks, including any risks related or attendant to travel to or from The Retreat.

### **6. Waiver, Release and Agreement Not to Sue**

I, and on behalf of my executors, administrators, heirs, successors and assigns, hereby fully release, waive any claims I or they may have against, discharge and agree not to sue the Hosts or each of them from any and all liability to me or my executor, administrator, heirs, successors and assigns for any and all damage, injury or death of myself or the participant while at, participating in, while en route to or from a Retreat or while participating in the Retreat or any Activities, whether caused by negligence or carelessness of the Released or otherwise.

---

---

## 7. Personal Property

I acknowledge and agree that I am responsible for my equipment and all personal property during the Retreat and that The Hosts is not responsible in any way for such property whether it is lost, stolen or damaged.

## 8. Disasters

I acknowledge that events and occurrences can occur beyond the control of The Hosts that may impact the Retreat and or me. These events and occurrences include, without limitation, fire, wind, hail, snow, hurricanes, tornados, severe rain, flood, smoke, earthquakes, landslides, acts of war, acts of governments, terrorist acts, and loss of electricity and or other utilities (collectively, "Disasters.") What constitutes a Disaster shall be determined by The Hosts in their sole discretion. I further acknowledge and agree that The Hosts and the Released shall not be responsible for any injury, loss, damage or expense associated with a Disaster.

## 9. Waiver of Coronavirus Related Illness; Indemnification

I understand that irrespective of protective measures that The Hosts may or may not take, you may be exposed to Covid 19 by another retreat attendee, one of both of the hosts, and or an individual to whom you may be exposed during, or traveling to or from the retreat. I agree to waive and release The Hosts from any liabilities or damages you may incur in the event I contract Covid 19 at any time during travel to, attending or after attending the retreat. I further agree to indemnify and hold harmless The Hosts, its officers, directors, staff, employees, contractors, and partners from any loss, liability or damages it or they may incur as a result of my failure to receive a negative test for Covid 19 prior to the retreat as provided above, attending the retreat with any Symptoms, not respecting Participant Requests, and not immediately departing the retreat if you develop any Symptoms.

## 10. Words and Images

I understand that during The Retreat I may be photographed, videotaped and or my words may be recorded and I authorize and allow The Hosts and its sponsors to use such images, words and likenesses for marketing, on websites, in brochures or other writings and any other legitimate purpose.

## 11. Interpretation and Governing Law

This document shall be construed broadly to provide a release and waiver to the maximum extent permitted under New York law. If any portion of this document shall be held as invalid it is agreed that the balance shall continue to be in full force and effect. This document shall be governed by the laws of the State of New York, except with respect to its provisions on choice of law and venue for any legal action shall be in the state or federal courts of Queens County or New York as applicable.

Print Participant's Full Legal Name: \_\_\_\_\_

Participant Signature: \_\_\_\_\_

Participant Age: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Parent/ Legal Guardian (If participant is under 18 years of age) : \_\_\_\_\_

---

## PAYMENT + CANCELLATION POLICY

### Payment Policy

**All prices are per person and includes** your room, scheduled group transport to and from Shambhala Oceanside Retreat Center, any and all of the facilities available at Shambhala, access to the beach, pool and local environs, 3 meals/day, classes, workshops, excursions, activities, tips for excursion/ group leaders or guides, opportunities to gather with other participants and time for solitude.

**Cost does not include** treatments at the spa, airfare, travel insurance, visa fees, airport transport and accommodations outside of scheduled arrangement, travel expenses, non-group sponsored activities, purchases, unscheduled meals, snacks, beverages, purchases, unscheduled meals, snacks, beverages, tips for staff, etc.

A non-refundable \$500 deposit is required to reserve your space on the retreat. If you submit your deposit within the Early Bird time period, your discount will be reflected in your invoice. You will receive an invoice for the remaining balance, payable either in full or via a payment plan through Visa, Mastercard, PayPay, Venmo or Zelle. Full Payment is due 30 days prior to the retreat date. If you do not provide payment in full by 30 days prior to the retreat you risk losing your reservation.

### Cancellation Policy

If you wish to cancel your retreat reservation, you must notify us at [info@theedgeofthesun.com](mailto:info@theedgeofthesun.com) at least 31 days prior to the retreat start date. A full refund minus your deposit and a 5% processing fee, will be provided for any cancellation we receive in writing at least 31 days prior to the retreat start date. We are sorry but we cannot refund any payments for cancellations made 30 or fewer days prior to the start of the retreat.

Exceptions to our cancellation policy cannot be made for ANY reason, including Covid protocols, weather, terrorism, civil unrest, health changes, personal emergencies or otherwise. There is no refund for arriving late or leaving a trip early. It is for this reason that we highly recommended obtaining travel insurance before your departure.

We ('the Hosts') reserve the right to make any changes deemed necessary; including, but not limited to: advertised excursions, arranged transportation, advertised meals, etc. In the rare case of a Retreat cancellation, The Hosts will offer a transfer to another retreat (if possible) or a full refund of your payment. The Hosts are not responsible for any expenses or damages incurred as a result of retreat cancellation including preparation costs, airline tickets, travel documents or other expenses. The Hosts reserve the right to cancel any retreat prior to departure in the event that there are too few people booked, in which case you will be given a full refund of any and all payments made to The Hosts. You will not be entitled to claim any additional amounts or seek any compensation for any injury, loss, expenses or damages (either direct or consequential) or for any loss of time or inconvenience which may result from such cancellation (including but not limited to visa, passport and vaccination charges, or departure, gear purchases, airport and airline taxes).

---

---

If you have any further questions or concerns, please don't hesitate to reach out to us, Suncear or Myda, at [info@theedgeofthesun.com](mailto:info@theedgeofthesun.com)

---