



Spa Calendar – Signature Service

Commence the Journey in 2009

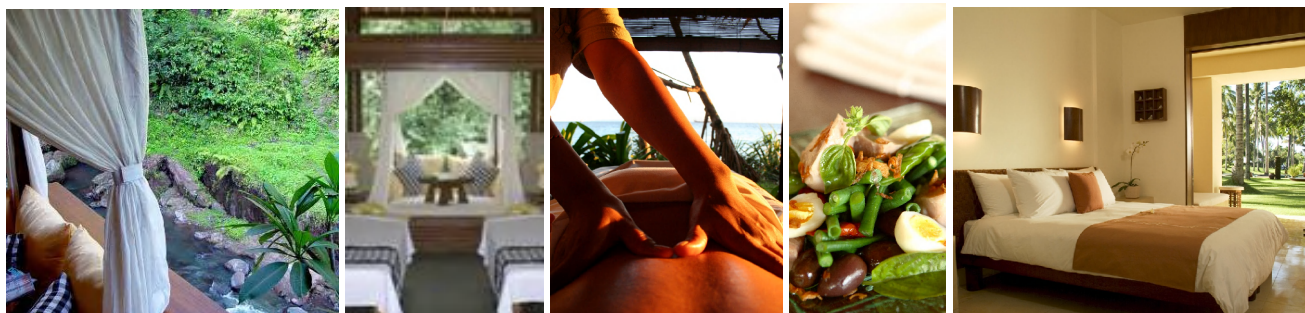
20 February 23 April 10 June 20 August 05 October 10 December

Lifestyle Enhancement Retreats, Bali

Retreat to the tropical environment of Bali where you'll enhance your life through experiences with the culture, people and tradition. Learn to relax through spa treatments, add a new cooking style to your repertoire, and meditate in an historical temple and much much more within luscious locations of inner Bali.

Spa Travel Inclusions:

- ❖ Concierge meet and greet on arrival and departure at Bali International Airport
- ❖ Bali 30 day Visa
- ❖ All private transfers within Bali
- ❖ 2 Nights accommodation Alila Manggis with the following inclusions:
- ❖ Daily breakfast
- ❖ Welcome dinner
- ❖ Organic Cooking class including lunch
- ❖ Nightly jamu turndown
- ❖ One session Alila Spa morning Tai Chi
- ❖ Spiritual Meditation to a historical temple as featured below
- ❖ 4 Nights accommodation at Maya Ubud Resort & Spa with the following inclusions:
- ❖ Daily breakfast
- ❖ 60 minute spa treatment including relaxing Balinese massage followed by floral bath
- ❖ 120 minute Maya Escape treatment including soothing massage, choice of body scrub and pampering fragrant bath
- ❖ Complimentary daily activities at Maya Ubud
- ❖ 1 Spa cuisine lunch
- ❖ 3 Course dinner on final evening
- ❖ Spa Travel documentation



Costings per person from:

Single \$3478
Double \$2401

Spiritual Meditation:

Meditation Program

Through the spiritual journey, East Bali invites you to feel the harmony, learn the focus of life and receive spiritual healing. A remarkable place has been chosen for your exclusive meditation where a feeling of peaceful energy is experienced. The Spiritual Journey is an evening meditation at a Balinese Historical Temple bringing you close and down to the earth. Upon arrival, the priest and a Balinese yogi will guide you inside of The Historical Temple. Rituals and blessing will take place before commencing meditation inside the temple. This is to purify your body, mind and soul, to feel the *Prana* energy and the vibration. At the end of the session, the Balinese yogi will be glad to share time with stories about the temple or spiritual discussion based on Karma or with relaxation of muscles and stimulation of blood circulation after the meditation program.

The Retreat Location

The Historical Temple is a naturally secluded place with dramatic views of the ocean and hill panoramic. It is a sacred temple located at the regent of Karangasem - east Bali. The historical temple has a story of "Moksa" which means the Immortality, received by one of the Royal daughter of Puri Karangasem century years ago. The Historical Temple holds belief by the community as a spiritual site and encounters - for healing, self-reflexion and blessing.

i-Note for Spiritual Bali Temple Meditation

- ❖ Wear comfortable clothing (white colour is recommended). A sarong will be provided.
- ❖ Women menstruating at this time, are not allowed to join the program
- ❖ It is recommended to eat vegetarian meals (no pork/ meat), when planning to join the Meditation program
- ❖ Cleanse and wash body and hair before the evening meditation in temple.
- ❖ Participants should be in temple 1 hour before the meditation time

Inclusions

Sarong for Participants, 1 (one) time Evening Meditation Program with Yogi, The Temple arrangements

OPTIONAL ORPHANAGE VISIT:

Gain awareness and experience the intent and lifestyle of a Balinese orphanage. Located in varying towns around Bali the orphanages assist, aid, comfort and support children who have either no parents or who come from a poverty stricken family.

The children's time is divided between schooling, learning the Balinese culture, personal hygiene, playing with other children and developing responsibilities for farming and agricultural purposes for future survival.

Children being placed in orphanages are offered a safe, homely and nurturing environment.

If you wish to visit an orphanage please advise Spa Travel at time of reservation.



Signature Service: Experience Spa Travel's Signature Service with bespoke packages for six or more persons. Your journey will be created with awareness, communication and an individual touch just as we all deserve.

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For all your reservation needs:

Phone: 1300 13 11 16
[Alila Manggis Facts](#)

Email: [Spa Travel Reservations](#)
[Maya Ubud Resort & Spa Facts](#)

All travel arrangements are non-refundable, subject to availability, conditions and cancellation fees apply. All prices are quoted in Australian dollars and are subject to change. Other prices for different room types, duration of stay or number of persons is all available on application. Spa Travel or Travel With A Difference is no way responsible for any unforeseen operations of airlines, hotelier, tour operator or retreat facilitator. Whether travelling within Australia or overseas travel insurance is highly recommended, contact us or visit www.SpaTravel.com.au and click into resources to access QBE travel insurance on line. Credit card payments may incur a transaction fee 1% visa, mastercard and 3% Amex. Travelling overseas visit www.smarttraveller.gov.au for country security information or to register you being abroad. If travelling to countries that may expose you to major illnesses or disease visit your preferred travel medical practitioner well in advance. Are you visiting a country that requires a visa? Lic No. 32425

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