



TOUR NAME: BALI YOGA & WELLNESS JOURNEY
TOUR DAYS: 10 DAYS/ 09 NIGHTS
TOUR STYLE: PRIVATE

BALI - NUSA DUA – CANGGU – UBUD

TOUR SUMMARY:

The focus of this ten day tour of Bali is wellness. Enjoy yoga sessions while staying in beautiful and unique resorts. Travelers will be immersed into the Balinese culture and history during visits to famous temples, villages, and traditional health practices. Travellers will leave Bali rejuvenated & armed with more knowledge towards greater wellness and with a better understanding of the Balinese & Hindu culture.

TOUR HIGHLIGHTS:

- Participate in yoga sessions amidst stunning natural settings
- Learn about Djamoé, and its history and uses in ancient treatments
- Visit the unique Tanah Lot Temple, situated on a rock in coastal waters
- Explore traditional villages and the Monkey Forrest
- Readings with the world-famous Ketut Liyer, the Balian featured in Eat, Pray, Love

TOUR PRICE:

VALID UNTIL OCT 31, 2016

Price per person on twin sharing basis: **USD 1020**
Single Supplement: **USD 500**

High season surcharge will apply for 20th Dec, 2015 – 5th Jan, 2016 & 15th Jul – 31st Aug, 2016

TOUR LODGING INFO: 9 Nights

Accommodation will be provided on a twin sharing basis

| CITY | NIGHTS | HOTELS |
|-------------|---------------|--|
| Nusa Dua | 02 Nights | Grand Mirage Resort (Deluxe Garden) |
| Canggu | 03 Nights | Tugu Hotel (Dedari Suite) |
| Ubud | 04 Nights | Furama Villas Ubud (Deluxe Pool Villa) |

TOUR PACKAGE INCLUDES:

- Accommodation at listed hotels
- Daily breakfasts as per itinerary
- Private arrival and departure transfers
- Private transportation and sightseeing
- Services of English speaking guides
- Yoga session and 2 hrs massage on Day 2
- Djamoé class on Day 3
- Yoga class and Visit to Tanah Temple on Day 4
- Yoga session on Day 5
- Full day tour to Mas, Monkey forest on Day 7
- Private readings with the world-famous Ketut Liyer at his family compound on Day 8
- Applicable entrance fees and donations
- Tax and service charge



TOUR PACKAGE DOES NOT INCLUDE:

- International or domestic air fares
- Airport taxes
- Visa fees
- Tips and gratuities
- Items not mentioned as being included
- Items of personal nature
- Travel insurance
- Optional tours

TOUR ITINERARY:

DAY 01: BALI - ARRIVAL

Upon arrival at Denpasar Airport, your tour guide will be waiting for you at the main gate. After a warm welcome, the guide will take you directly to your hotel for check-in. During the transfer the tour guide will give you some brief information about your hotel, its surrounding and about Bali. Check-in at your hotel and rest of the day is free for your own leisure. Your hotel is located in the Southern part of Bali with beautiful views of the Indian Ocean. Enjoy the pristine private beach during your stay at this 5 star beachfront resort. Overnight in Nusa Dua

DAY 02: NUSA DUA (B/-/-)

This morning enjoy breakfast at your hotel. Take part in a morning yoga session and then relax your mind and your body with a 2 hour, island inspired, massage by the sea. This soothing and comforting massage is based on centuries-old Indonesian traditions. Later today you can choose to participate in some of the optional activities within your resort. This includes the Seawalker, a unique guided underwater tour, guided ocean kayak tours, motorized watersports, beach sports, cooking demos, water aerobics, cultural lessons, bicycles for rent, and much more. Overnight in Nusa Dua

DAY 03: NUSA DUA – CANGGU (B/-/-)

After breakfast at the hotel, the rest of the day is free at own leisure until the appropriate time to be transfer to next hotel in Canggu. After settling in in Canggu, enjoy a Djamoë class where you will learn about the history and practical uses of this ancient treatment and then have an opportunity to make your own healing creation. Djamoë is a mixture of traditional herbs and spices, which are used for healing and rejuvenation. Djamoë includes some mixtures that are drank and others that are applied to the various parts of the body. The Djamoë itself consists of leafs, roots, flowers and barks of significant trees. Over the course of many generations, the Javanese have conducted informal research through trials and experiences to discover the optimal uses of these herbs and spices. This method is popularly used by the "Keraton" royal family as well as local villagers, as these herbs and spices are consistently found throughout this Indonesian island. Overnight in Canggu

DAY 04: CANGGU (B/-/-)

This morning, after a relaxing yoga class at the Waroeng Djamoë Spa, pay a visit to the Tanah Lot temple. The name Tanah Lot means "land in the middle of the sea" in Balinese, as the temple is built on a small outcropping of rock in the coastal waters. This intricate temple is one of the most famous in Bali and it is well worth a visit. It is one of seven sea temples that dot the coast of Bali and it is one of Bali's most photographed attractions. After returning to the hotel, the remainder of the day is at leisure. Perhaps head to the spa at your hotel which takes advantage of the unparalleled natural beauty with al fresco treatment areas and features a number of treatments that originate from traditional Balinese techniques including herbal baths and aromatherapies. Overnight in Canggu

DAY 05: CANGGU (B/-/-)

After a morning yoga session enjoy the remainder of the day to relax at the resort. Learn more about the Balinese culture during optional dance or cooking classes. Or you can enjoy surfing lessons before relaxing at the spa with massage treatments right at your resort. Overnight in Canggu

DAY 06: CANGGU – UBUD (B/-/-)

After breakfast at your hotel, the rest of the day is free at own leisure until you leave for your next hotel. Your next hotel is located just minutes away from Ubud, the cultural centre of Bali. This tranquil hillside retreat is situated high up in the lush green Ayung River valley, in the traditional hill village of Payangan. It blends both contemporary and traditional architecture, and has beautiful private gardens and terraces. Overnight in Ubud



DAY 07: UBUD (B/-/-)

Set out on a full day of private touring to Mas, the Monkey Forest, and several other villages. Mas is an area famous for woodcarving, and you will have an opportunity to visit the local museums, galleries, and shops there. Carving was actually once an art solely of the Brahman caste and the woodcarving skill is still considered a gift from the gods. The most important gallery here is the Njana Tilem Gallery, founded by the son of Bali's master woodcarver, Ida Bagus Njana. A few doors down is the Ketut Puja Gallery, founded by his apprentices. Depending on your interests, you may also wish to visit the stone carving town of Batubulan or several of the studios of prominent traditional painters in Batuan. Conclude the day with a visit to the Monkey Forest; as its name suggests it is home to a playful group of monkeys. Though visitors are discouraged from feeding them, the monkeys seem to know that most people can be persuaded to hand over a peanut or other tasty morsel. In the evening, you will see a dance performance at Ubud Palace. Overnight in Ubud

DAY 08: UBUD (B/-/-)

Breakfast at your hotel then use the day today to relax in your hotel. Today by special arrangement, we have set up readings with the world-famous Ketut Liyer, the Balian featured in Eat, Pray, Love. Ketut will give private readings outside in his family compound, and you can also buy art drawn by Ketut or his granddaughter, or carved by one of his sons. Overnight in Ubud

DAY 09: UBUD (B/-/-)

Today you will enjoy breakfast at your hotel and then have the rest of the day at leisure. Enjoy the comfortable sun beds at the emerald green infinity pool which appears to float above the valley below. Also take a look at the art gallery at your hotel, which showcases contemporary Indonesian art. Perhaps today you will take an optional tour back into Ubud, to explore more of this arts and crafts hub. Overnight in Ubud

DAY 10: DEPARTURE (B/-/-)

Today enjoy your breakfast and relax at your resort before you have to leave for the airport. Our airport representative will assist you with check-in and the departure tax payment.

END OF OUR SERVICES

Why Indus Travels for your Tour?

- Well over 70% of our clients have travelled with us in the past or have had Indus recommended by friends and family. Repeat business and recommendations are an essential part of our business. When you book with us you are assured of quality arrangements if only for the fact that we simply cannot afford to risk our excellent reputation.
- Our Travel Consultants possess extensive first-hand regional knowledge of Asia, the Middle East, Europe, Africa, the Indian Subcontinent, Central and South America.
- We are India's Ministry of Tourism 2007, 2008, 2009, 2011 & 2012 recipient of the Best Tour Operator to India from the America's.
- Indus has been voted among the top 20 Best Adventure Tour Operators in Canada by retail travel agents in Canada.
- We're in constant contact with our in-country partners while you're traveling. If anything should go wrong with your health, wellbeing or arrangements, we're on it.
- Our tour directors & guides are among the most knowledgeable, charming and fun people you will meet on tour. We worked hard to find them so that you don't have to.

TOUR CANCELLATION POLICY:

You may cancel your booking at any time prior to commencement of the tour by notifying us in writing, which must be signed by the person that signed the Reservation Form. If you cancel on or before 45 days before the first day of the tour, we will retain your deposit to cover our costs. In addition, if the cancellation notification is received less than 45 days prior to the first day of the tour, additional cancellation charges shall be as follows:



Amount of Cancellation Charges:

- 45-30 Days before the first day of the tour 50%
- 29-15 Days before the first day of the tour 75%
- Less than 14 Days before arrival 100%

CHANGES BY YOU:

If you request any changes to your travel arrangements once we have confirmed a booking, all out of pocket charges, including charges imposed by our suppliers, will be payable by you, plus an amendment fee of **\$ 50.00** per revision per booking. If after the commencement of your tour you request any changes to your travel arrangements, we will do our best to implement them, but we cannot guarantee that it will be possible. In the event of such change(s) being made, you will be liable for any cancellation charges that may be levied for the previously booked service and for any costs incurred by us and our suppliers in attempting to secure any revised arrangements. Any name changes must be provided to us in writing and are subject to any airline fees or penalties.

HOW TO BOOK:

If you are happy with the arrangements outlined within this itinerary and would like to book, please forward your completed booking form and the deposit. If you would like to revise the itinerary, feel free to contact us and we can prepare another version which will hopefully match your requirements. The deposit is 25% of the total cost, plus any applicable insurance premiums and can be paid by cheque, bank transfer or credit card.

PASSPORTS & VISA FEES:

All Passengers are responsible for securing proper documentation prior to joining the tour. Passports are required; in addition travelers are advised to check with local consulates for full details regarding Visa requirements. Please note securing a valid visa for entry is sole responsibility of the traveler.