



Inner Peace

GETAWAYS

Reset, Renew, Rejuvenate

6 nights, 7 days

Magical Retreat Itinerary

Ubud, Bali

19th - 25th May, 2023



Laughing Chef



Awaken your Inner Child, Re-Set, Renew, Re-Energise, and join us for an incredible journey into the heart of Bali, the land of the Gods.

Join us for an ultimate getaway in beautiful Ubud, an adventure of a lifetime, a cultural, spiritual and healing journey, with a combination of traditional Balinese culture as we spend time in the traditional villages, enjoy Balinese dancing, sacred, healing waterfalls, blessings with a Sharman and some of the most amazing food on the planet.





**Like a lotus flower,
we too have the ability to
rise from the mud,
bloom out of the darkness
and radiate into the world.**





More than your normal retreat, this will be an amazing week of daily yoga, meditation, breathwork, delicious gluten free and plant-based food, water aerobics, Kirtan. Cacao Ceremony, massages, spa treatments, educational workshops, cooking classes where you pick your own fresh fruit and vegetables at the organic markets. Do as much or as little as you like as we start the day with water therapy, yoga, meditation and breathwork, followed by traditional cultural experiences. Plenty of free time to relax and explore the surroundings at your own leisure.





Ubud, Indonesia is an ideal destination for those looking for an escape from their everyday lives. Located in the heart of Bali, Ubud offers a unique blend of cultural experiences, natural beauty, and adventure. Ubud is renowned for its iconic rice terraces, lush jungles, and vibrant Balinese culture, making it a truly unique destination. The area is home to a number of fascinating temples, including the famous Pura Tirta Empul, which is said to be a sacred site of healing. There are also numerous galleries, museums, and markets to explore, giving you an insight into the history and culture of the Balinese people. If you are looking for adventure, Ubud has plenty to offer.



Itinerary

	FRI 19/5 DAY 1	SAT 20/5 DAY 2	SUN 21/5 DAY 3	MON 22/5 DAY 4	TUE 23/5 DAY 5	WED 24/5 DAY 6	THU 25/5 DAY 7
MORNING		Aqua Therapy	Aqua Therapy	Aqua Therapy	Aqua Therapy	Aqua Therapy	Aqua Therapy
		Purna Yoga	Purna Yoga	Purna Yoga	Purna Yoga	Purna Yoga	Purna Yoga
		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
	Pick up Location/ Transfer Ubud	Tour of water cleansing temple, visiting rice terraces and monkey forests. Ubud tour.	Balinese Cooking Class, visiting the local farmer's market, picking organic produce from the farm. Cooking 3 course meal	Shamanic Healing and visit to the sacred waterfall.	Balinese Cultural Day, Barong Dancing, Balinese Dancing Workshop	Optional Free Day Snorkelling, Cliff Top Cave overlooking the mountain and	Vision Board Workshop, Gratitude Journaling, Manifestation and Laughter Yoga
AFTERNOON	Lunch on the way in Ubud	Lunch overlooking rice terrace	Cooking Class Lunch	Lunch	Lunch at Local Cafe	Lunch at Cliff Top Restaurant	Closing Ceremony
	Arrival and settle in, 20 min foot massage, Balinese Welcome Ceremony and Drink	Rest/Relax/Free Time/Massages	Rest/Relax/Free Time/Massages	Rest/Relax/Free Time/Massages	Rest/Relax/Free Time/Massages	Rest/Relax/Free Time/Massages	
EVENING	Dinner Opening Circle and Intentions	Dinner	Dinner	Dinner at Jimbaran Bay and Ulawatu	Dinner	Dinner	
	Yoga Nidra	Sound Healing	Kirtan		Cacao Ceremony	Fire Ceremony, theme night	





**Within you, there is a stillness
and sanctuary to which you
can retreat at any time and be
yourself.**



What's on offer

- 6 Night's Accommodation in a luxury twin share villas with ensuite and private plunge pool
 - Daily Yoga, Meditation and Movement for all levels
 - Breathwork, Reiki, Energy and Emotional Healing
 - Cacao and Fire Ceremony
 - Practical Fun Workshops and Educational Talks
- Chef Prepared, gluten free, vegetarian organic meals and snacks, unlimited herbal teas and fresh fruit, filtered water, kombucha, keffir water, coconut water, snacks
- Cooking classes/ pick your own fresh organic fruit and vegetable at the markets
- Sacred healing waterfalls, Shamanic blessings, Cacao Ceremony, Kirtan
 - Aqua Aerobics, Massages and Spa Treatments
- Field Excursion and Balinese Village Experience, with traditional Balinese Dancing

Discounted group bookings, flights, insurance and accommodation for before and after the retreat.

Join Jeevi your laughing chef and Emma from Inner Peace Getaways as we come together for this magical journey. We would love you to join us. Will suit anyone over 18, singles, couples, all welcome.





Bookings & Investment

Private Villas with ensuite and private plunge pool

*\$2599 pp Twin Share, 20% Early Bird discount,
normally \$3119

*\$3399 pp Single Room, 20% Early Bird discount,
normally \$4079

Deluxe Rooms with bathtub

*\$2300 pp Twin Share, 20% Early Bird discount,
normally \$2879

*3199 pp Single Room, 20% Early Bird discount,
normally \$3839

50% Deposit to secure room

Book in a time & call with Emma, and be inspired to live a
healthier life!

BOOK MY
RETREAT





**There is a calmness to a life lived
in gratitude, a quiet joy.**





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