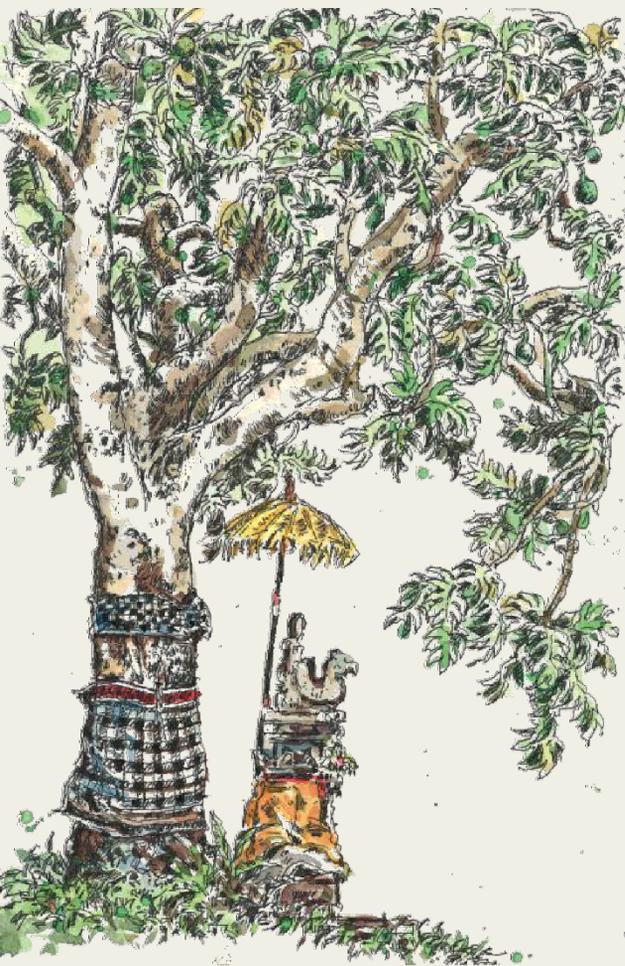


SOA village resort tembok bali



RETURN TO YOURSELF:
A YOGA & WELLNESS RETREAT

A SAMPLE OF FOUR-DAY ITINERARY

NEW AT THE RESORT: RETURN TO YOURSELF RETREAT

YOUR FACILITATOR: SAVITRI TALAHATU € - RYT500, WELLNESS DIRECTOR



Born and raised in Bali, but having called Toronto home for 25 years, Savitri is an inter-disciplinary teacher with 30+ years of teaching experiences. She has taught at the public system, universities and colleges in Canada and in Indonesia. A Yoga Alliance E-RYT500 experienced teacher, Savitri is certified in Hatha (Scaravelli), Kundalini Yoga as taught by Yogi Bhajan PhD, Akhanda (Holistic) Yoga, and Mystical Yoga. Her specialties include: Yoga Philosophy, Pre & Post-Natal, Restorative, Yin, Children's, Women's, Addiction Recovery and Cancer Prevention.

Savitri weaves the physical and philosophical aspects of yoga with daily spiritual practice, making this ancient wisdom applicable for today's lifestyle. Her sessions are holistic and her classes are safe and student-centred, poetic and uplifting, suitable for beginners and seasoned practitioners who would like to deepen their practice with self-inquiry. Savitri has been facilitating yoga and wellness retreats, and training Yoga teachers internationally for many years.

Other than being an educator, she is a certified Lifestyle & Holistic Wellness Coach, Doula, and a Reiki Master since 2003, through SOUL SANCTUARY Yoga | Lifestyle | Holistic Wellness. She founded Kundalini Yoga in Kensington Market in Toronto in 2009 to provide a safe haven for busy city dwellers to learn profound tools for a "happy, healthy, holy" lifestyle. Savitri is passionate about empowering others to make healthy lifestyle choices and inspiring them to find their own gateways to wholeness.

For more information, please contact us via email at enquiry@spavillagetembokbali.com or whatsapp us at +62 813 3852 6692

Meet and greet at Ngurah Rai International Airport

Look out for your name on a wooden sign held by our airport representative who will escort you to our car for transfer to Spa Village Resort Tembok, Bali. We recommend you treat this journey as a half day tour of the mountains of northeast Bali to take in the sights along the way.

Journey through the mountains

This route takes you through the mountains across the middle of this magical island. From the airport you will pass **Sanur**, a popular beachside town, towards **Batubulan** village. This charming village of artisans is well-known for its sculptures and carvings produced with skills handed down through the generations and also for the Barong dance, a classic story of good versus evil when the Barong saves the world from the witch Rangda.

The drive continues towards Singapadu village, headed to **Kintamani**. En route you will pass by **Ubud**, regarded as the cultural centre of Bali. While art galleries and museums abound here, other sites to visit include the Elephant Cave (Goa Gajah), an ornately carved cave recognised as a UNESCO World Heritage Site; Poet Mountain (Gunung Kawi), a burial complex located at the bottom of a steep valley with stunning views of paddy fields; and Tirta Empul, a highly revered temple built around hot springs where Balinese go to bathe and purify themselves.

Your northbound journey will provide dramatic views of the active volcano **Mount Batur** as it passes through Kintamani. This area is made up of four villages, with Kintamani, Batur and Penelokan villages sitting on the rim of Mount Batur caldera and Toyo Bungkah village by the edge of Lake Batur. With the climate here being 15°C cooler than the coast, the scenic Kintamani is worth a stop.

Your drive will further take you through the quaint villages of Dause and Bondalem, passing through winding roads towards **Karangasem** that provides majestic views of Mount Agung, before arriving at the Resort. You will be greeted with a welcome foot ritual consisting of a purifying foot wash with black volcanic sand, followed by a warm shoulder massage to prepare you for the Return To Yourself retreat programme ahead.

GETTING STARTED

TBA	Arrival at the hotel
3pm - 4pm	Spa Treatment – 50 minutes Balinese Massage <i>This massage combines historical reference from many cultures, especially Indian, Chinese and European influences, which form the foundation of Balinese traditions. The ritual offers techniques which vary in tempo of acupressure, rolling motions, long strokes and percussion, providing an invigorating and energising experience for the body. Choose to enjoy this massage with or without using oil.</i>
5.30pm - 6.30pm	Hatha Yoga – optional <i>A guided class on meditative physical postures and breathing.</i>
7pm - 8.30pm	Dinner at Wantilan, includes coconut water
8pm - 9.30pm	Warm welcome by Savitri Talahatu Introduction to Return to Yourself and get-to-know each other session

BEAUTY & CREATIVITY

- 7am - 8.30am Kundalini Yoga - Kriya For Intuition
Just as animals rely on their instinct, humans rely on intuition. Modern lifestyle often interferes with this innate ability, replacing inner wisdom with 'facts' and 'data' in order to 'make sense'. This kriya will sharpen your intuition by focusing on the pituitary gland, behind the all-knowing third eye chakra (the seat of intuition).
- 9.30am - 12am Les Waterfall Excursion
A short car ride through quaint Balinese villages. The moderate hike up towards the waterfall from the base takes about ½ hour. On the way, there is a shrine to honour Dewi Sri (the goddess of fertility and growth, wife to Vishnu, the sustainer). A picnic basket is laid out at the foot of the waterfall where you can enjoy a simple lovingly prepared breakfast surrounded by nature.
- 12pm - 12.30pm Pre-Spa Treatment - Segara Giri
In Balinese, Segara means Ocean and Giri means Mountain. The black volcanic sand from our beach is created via interaction of these two powerful forces of nature and every treatment begins with the cleansing of your feet in the sand. The Balinese believe that the feet act as a conduit between energy of the earth and the self, therefore washing the feet is considered a way of purifying the self of any negativity that may rise from the earth. Capturing the essence of Balinese culture through its gentle spirituality that infuses the land, this pre-treatment ritual is a perfect prelude to any spa treatment.
- 12.30pm - 1.30pm Spa Treatment - 50 minute Foot Massage
The theory of reflexology lies in the understanding that feet have reflex points which correspond to internal organs and limbs to balance all functions of the body. By stimulating these points, circulation of the entire body is improved.
- 1.30pm - 2.30pm Lunch at Wantilan with fresh coconut water served
- 2.30pm - 3.30pm Personal Journaling, Siesta or Lounging by the Pool/Beach
- 3.45pm - 5.00pm Mandala Making Wellness Playshop + Afternoon Tea
Using mandala as a tool, participants will examine areas of their life, in no particular order, from education, exercise, family, friends, leisure, relationship, travel and work to find simple ways to achieve work-life balance.
- 5.30pm - 6.30pm Hatha Yoga (Optional)
- 7pm - 8.30pm Dinner at Wantilan with fresh coconut water served
- 9pm - 9.30pm Starlight Gazing at the Pool
Lay weightless on a floating platform accompanied by meditative music under a sea of stars.

INTEGRATION

6.30am - 7am	Sunrise Meditation
7am - 8.30am	Kundalini Yoga - Kriya For Elevation <i>This set of exercises is an excellent tune-up. It systematically exercises the spine and aids in the circulation of prana (universal life force) in the body and balances all the chakras (the body's energy vortices).</i>
8.30am - 9.30am	Breakfast at Wantilan with green juice served
9.30am - 12.30pm	Tour to Ponjok Batu Temple for a purification ceremony <i>Journey by car to this black sandstone temple, one of Bali's most important sea temples and experience a Balinese cleansing and purification ceremony.</i>
1pm - 2.30pm	Lunch at Wantilan with fresh coconut water served
3pm - 4pm	Spa Treatment - 50 minutes Malay Massage <i>The art of traditional Malay is passed on from generations. The technique consists of long kneading strokes that focus on the muscles and pressure applied to various points on the body. This treatment uses lengis nyuh (coconut oil), a powerful anti-oxidant which protects, heals and softens the skin.</i>
4.15pm - 5.15pm	Wellness Playshop + Afternoon Tea <i>Participants will be encouraged to examine their lifestyle to find simple ways to promote work-life balance, using various activities.</i>
5.30pm – 6.30pm	Sunset Cruise in a Traditional Jukung <i>Set sail in a traditional Balinese boat, the jukung, as you bob along the calm waves of the Bali Sea. There is a vibrant energy from this spot where the whole of Mount Agung can be seen. Embrace the energy and peace of the waves as the sun sets behind the island.</i>
7pm - 8.30pm	Dinner at Wantilan with fresh coconut water served
8.30pm - 9.30pm	Sharing Session (Questions, concerns, clarifications, experiences, etc.)

FAREWELL

6.30am - 8am	<p>Kundalini Yoga - Kriya For Ten Bodies</p> <p><i>This kriya will help you visualise various bodies as layers of clothing, with the physical body being the overcoat you wear in this lifetime. We all know the physical body because we can see, touch and feel it. Our other bodies are equally real for a sensitive/intuitive person. Practising this kriya will make you more sensitive to your other bodies: the three mental bodies (negative, positive and neutral minds), and six energetic bodies (soul, arc line, auric, pranic, subtle and radiant bodies). Being intuitive will make us a fierce and fearless decision maker.</i></p>
8.30am - 9.30am	<p>Breakfast at Wantilan with green juice served</p>
10am - 11am	<p>Bountiful, Blissful, Beautiful Meditation</p> <p>Fond farewell on departure from the Resort</p>

Journey down the coast

Your southbound journey will provide stunning views of both the sea and mountains. You will pass through the lush agricultural village of **Brina** before reaching the small fishing village of **Tulamben**, one of the most popular dive sites in Bali. Next, stop at the magnificent **Tirtagangga**, the water palace built in ancient times by the king of Karangasem.

The journey continues through the regency of **Karangasem** around the base of the majestic Mount Agung – the highest mountain on the island and one of great spiritual significance to the Balinese. Slightly off-route is **Pura Besakih**, the most important Mother Temple to the Hindu Balinese. Continue towards **Candidasa** the seaside town on the edge of the freshwater lagoon, then head onwards to **Tenganan**, where the Balinese Aga, an original Balinese community retaining ancient Balinese culture said to be from the pre-12th century, reside.

From there, you will travel through the popular resort town of **Sanur**, the final leg of the journey that will take you through to Ngurah Rai International Airport for your flight.

We recommend you treat this trip as a half day tour of the East Coast of Bali and stop for some refreshments as well as to take in the sights that pique your interest. Your driver will be more than happy to accommodate but please do time your departure accordingly.

