



# Bali

April 9<sup>th</sup> to 18<sup>th</sup> 2020  
\$2289.00 Land Only

*Path of the Lotus*

*Spiritual Retreat with*

*Reverends Lee Wolak & Marigene Derusha*

Be gentle  
Find peace  
Take what you need  
Give what you can  
Soften your grip and let go  
Find your authentic self



**10-day Spiritual Retreat with  
Reverend Lee Wolak**

Discover a softness within yourself  
Cradled by the exquisite beauty of Bali  
Dive Inward, Explore Outward



## **Day 1 – April 9<sup>th</sup> 2020**

After arrival, we will travel to Eastern Bali. Enjoy a ride along the coast through beautiful rice fields to Candi Dasa, a secluded and peaceful seaside area. Our home will be a beautiful beachfront hotel, the Rama Ocean View. All rooms are decorated with Balinese harmony in mind. This will be our home base for the first part of our Bali retreat. After check-in and relaxation, dinner will be on your own at the oceanfront restaurant.

### **Included:**

- Transport from airport to Candi Dasa
- Check into hotel Rama Ocean View

## **Day 2 – April 10<sup>th</sup> 2020**



Each day begins with prayer practice and meditation led by Reverend Lee, followed by breakfast and our daily meeting where we will discuss our day and how it relates to our intention. You will receive your sarongs and sashes and learn how to wear your temple attire.



Today is our day of peace and rejuvenation at the Rama Ocean view. We will be treated to welcome massages at the beautiful spa and have time to unwind from the long flight by the pool or in the beautiful Buddha gardens.

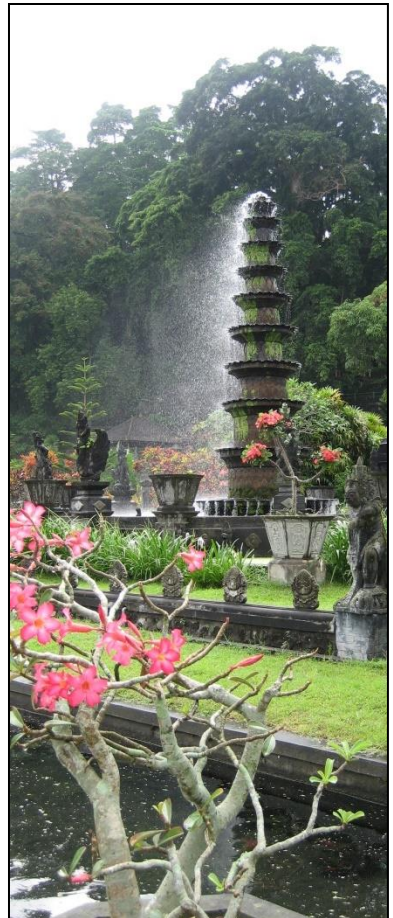
In the afternoon we will have a prayer ceremony in the hotel temple with the local priest who will bless our journey together as a group. Following, we will have our welcome dinner together at the Oceanfront restaurant.

**Included:**

- 7:30 am – 8:30 am Prayer Practice and meditation
- 8:30 am – 9:30 am breakfast
- 9:30 am – 10:30 am Morning Meeting
- Welcome Massage
- 5:00pm Blessing Ceremony
- Welcome dinner

**Day 3 – April 11<sup>th</sup> 2020**

Morning prayer practice and meditation followed by breakfast and our meeting will be scheduled as usual. In the afternoon we will be traveling to the water palace in Tirtagangga, which means sacred waters of the Ganges. Tirta Gangga water palace is a maze of pools and fountains surrounded by a lush garden and stone carvings and statues. The center piece of



the palace is an eleven-tiered fountain. The area around Tirta Gangga is noted for its rice paddy terraces. These waters are considered to be holy and are used for religious ceremonies.

**Included:**

- 7:30 am – 8:30 am Prayer practice and meditation
- 8:30 am – 9:30 am breakfast
- 9:30 am – 10:30 am Morning Meeting
- Afternoon Tour to Tirtagangga

**Day 4 – April 12<sup>th</sup> 2020**



Morning prayer practice and meditation followed by breakfast and our meeting will be scheduled as usual.

Offerings are a large part of Balinese Spirituality, and today we will have the

opportunity to make our Balinese offerings, followed by Balinese dance lessons, which is also a form of offering. Our dinner together will be a Balinese feast followed by a Balinese Dance performance.



**Included:**

- 7:30 am – 8:30 am Prayer practice and meditation
- 8:30 am – 9:30 am breakfast
- 9:30 am – 10:30 am Morning Meeting
- 2:30 Balinese offering-making
- 4:00 Dance lessons (optional)
- 6:30 Dinner and Balinese performance

## Day 5- April 13<sup>th</sup> 2020



After our morning program, we will head to the village of Ubud, the artistic and cultural center of Bali. We will spend the day in Ubud, which is the home to Bali's famous art museums and is a shopper's paradise. The Ubud market has an exotic and vast array of locally produced handicrafts. You will have the chance to shop on your own or visit the monkey forest or visit some of the local galleries. We will have an early dinner together at Murni's restaurant. Murni is a legend in Bali and a good friend of Spirit Tours.



### Included:

- 7:30 am – 8:30 am Prayer practice and meditation
- 8:30 am – 9:30 am breakfast
- 9:30 am – 10:00 am Morning Meeting
- 10:30 Depart for Ubud for a day of shopping/sightseeing

## Day 6 April 14<sup>th</sup> 2020

Our morning begins, as usual with prayer practice, breakfast and our meeting. In the afternoon we will visit Goa Lawah Temple, known as the Bat Cave Temple, one of Bali's six holiest temples. It is said that the bats provide sustenance for the legendary giant snake, Naga Basuki, which is also believed to live in the cave. This temple has been worshipped since around 1,000 A.D.

Our last night in Candi Dasa, we will have a group dinner at

Vincent's, famous for their excellent food and jazz music.



**Included:**

- 7:30 am – 8:30 am Prayer practice and meditation
- 8:30 am – 9:30 am breakfast
- 9:30 am – 10:30 am Morning Meeting
- 2pm - Visit Goa Lawah Temple
- 7 pm – Meet in the lobby for transport to Vincents

**Day 7 April 15<sup>th</sup> 2020**

Today following prayer practice and meditation we will check out of the Rama Candi Dasa and travel along the Eastern and Northern coast of Bali.

Along the way, we will stop and have lunch at an oceanside restaurant. Our next resort will be the Taman Sari Resort and Spa on the beach in North Bali. This resort was founded by famous eco-tourism pioneer Agung Prana.

Taman Sari is in an area of Bali where strong cultural identity and religious beliefs are maintained. The owner of the hotel is committed to the protection of natural beauty, and as welcomed guests, we will experience the harmony manifested in this community-based resort.

**Included:**

- 7:30 am – 8:30 am Prayer practice and meditation
- 8:30 am – 9:30 am breakfast
- 10 am – Check out of Candi Dasa and travel to Taman Sari
- Accommodations Taman Sari Resort

**Day 8 –April 16<sup>th</sup> 2020**

Today, following yoga, breakfast and our meeting, you are free to enjoy the peace of the beach at Tamen Sari. You will have the opportunity to go on a SUP Paddle board excursion. Later in this afternoon we will visit and take offerings to one of the most



beautiful and least visited temples in Bali, the beautiful Pura Melanting

**Included:**

- 7:00 am – 8:30 am Prayer practice and meditation
- 8:30 am – 9:30 am breakfast
- 9:30 am – 10:30 am Morning Meeting
- 11 am – Visit to Pura Melanting

**Day 9 – April 17<sup>th</sup> 2020**



Today, after yoga and breakfast, we offer an optional snorkel trip to Menjengan island located 3 miles off the island of Bali. The coral reefs are the best-preserved reefs in Bali. After a morning of snorkeling, we will have lunch on the island before returning to our hotel. For those of you who do not want to snorkel, enjoy the day relaxing on the beach. Tonight we will have our farewell dinner.

**Included:**

- 7:00 am – 8:30 am Prayer practice and meditation
- 8:30 am – 9:30 am breakfast
- Farewell dinner at the resort

**Day 10 – April 18<sup>th</sup> 2020**

Today, following yoga, breakfast and our meeting, we will be treated to a blessing at the hotel temple by the local priest. We will then depart for the airport for our flight back home.



**Included:**

- 7:00 am – 8:30 am Prayer practice and meditation
- 8:30 am – 9:30 am breakfast
- 10:00 am – 10:30 pm Farewell Meeting and hotel blessing ceremony
- Airport Transport

9 Nights luxury hotels  
Daily breakfast  
Daily Spiritual Practice with Reverends Lee & Marigene  
Welcome massage  
Temple fees  
Airport transfers in Bali  
Balinese sarong and sash  
Balinese prayer and ceremony in one of Bali's holiest temples  
Four dinners  
Balinese dance performance  
Two temple blessings by local priests  
Guide Services provided by Spirit Tours

\$2289.00 land only

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