

Bali Bliss Retreat

1st-7th september 2024



**All you need to know about the 2024
Bali Bliss Retreat!**

retreat details

location

We are staying at Huts Rock, a 9 bedroom, 9 bathroom villa with a pool on the outskirts of Ubud. The address is: Jalan Raya Demayu, Kecamatan Ubud, Bali 80571, Indonesia

welcome

Sunday 1st September, 2024

3:00-6:00 pm Retreaters arrive at Huts Rock

6:30pm Welcome dinner

8:00pm Gentle evening yoga to wind down and settle in to our retreat

farewell

Saturday 7th September, 2024

8:30-9:30 am Farewell brunch

11:00 am Final hugs and checkout

** If needed, you are welcome to leave your luggage at Huts Rock until your connection

airport transfers

If you book flights in on the 1st of September, and/or flights out on the 7th of September send me your: airline, arrival/ departure time and your flight number. I will connect you with the villa's driver who will confirm pick up/ drop off between the airport and Huts Rock



2024

Just a rough outline...

schedule

Each day starts and ends with yoga and delicious Indonesian food.

During the day there's time for you to do things at your own pace. Monday, Wednesday and Friday there will be optional activities to enjoy as a group. Tuesday and Thursday you can get plenty of time to shop, explore and try out any activities that interest you.

mon	tue	wed	thu	fri
8:30-9:30 am Dynamic yoga	8:30-9:30 am Dynamic yoga	8:30-9:30 am Dynamic yoga	8:30-9:30 am Dynamic yoga	8:30-9:30 am Dynamic yoga
9:30 am Breakfast	9:30 am Breakfast	9:30 am Breakfast	9:30 am Breakfast	9:30 am Breakfast
10:30 am-6:30 pm free time and optional group activity	10:30 am-6:30 pm free time	10:30 am-6:30 pm free time and optional group activity	10:30 am-6:30 pm free time	10:30 am-6:30 pm free time and optional group activity
Group activity- Sacred Monkey Forest	Free day to do what you'd like!	Group activity- Magical Rice Paddy and Ridge walk	Free day to do what you'd like!	Ceking Rice Terrace and lunch at Tis Cafe
6:30 pm Dinner	6:30 pm Dinner	6:30 pm Dinner	6:30 pm Dinner	6:30 pm Dinner
8:00-9:00 pm Restorative yoga	8:00-9:00 pm Restorative yoga	8:00-9:00 pm Restorative yoga	8:00-9:00 pm Restorative yoga	8:00-9:00 pm Restorative yoga

free-day recommendations

Book the most luxurious massage at [Ubud Traditional Spa](#)

Join a Balinese cookery course at [Bali Farm Cooking](#)

Learn all about [Balinese botanics](#)

Try your hand at basket weaving and silver jewelry making

Or simply:

Read, swim, shop, explore temples, markets and Ubud Palace.

what to bring with you

things to consider

yoga

Nothing fancy needed, just clothes that you can comfortably move and stretch in.

walks through rice fields

Comfortable, closed walking shoes are recommended for walking through areas of high grass like rice paddies and fields.

temples

Modest clothing is required for visiting temples. It also helps make you a respectful visitor in a different culture. You can still wear lovely summer dresses when at the pool or out shopping and eating!

bali belly

do

- Use purified or bottled water to brush your teeth
- Use hand sanitizer frequently, especially before eating and after handling any money
- Drink a can of coke if your tummy starts feeling upset.

don't

- Have ice in drinks
- Drink tap water

*If you already have tummy troubles talk to your Dr as they may be able to prescribe something for you ahead of the trip.

packing list

- ✓ Yoga clothes
 - ✓ Light, loose, floaty clothes
 - ✓ Good walking shoes & flip flops
 - ✓ Travel adapter & charging cables
 - ✓ Swimsuits
 - ✓ Sun hat
 - ✓ Sunglasses
 - ✓ Sunscreen (it's very expensive in Bali)
 - ✓ Hand sanitizer
 - ✓ Paracetamol
 - ✓ Electrolytes
 - ✓ Immodium instants
 - ✓ Eyemask & earplugs if sharing room
- ★ Besides the above, pack as lightly as you can, leaving plenty of room to buy beautiful things from Bali to take home with you- trust me!

travel ready checklist

first things first

Book your flights

If possible, arrive 1-2 days early so you have time to recover from jet lag. I have used both Qatar Airways and Singapore Airlines for long haul travel to Bali and they are amazing. If you'd like to take the stress out of travelling I highly recommend travel counsellors Louise Mitchell louise.mitchell@travelcounsellors.com or Dawn Scott Dawn.scott@travelcounsellors.com They can help you book your flights, accommodation before and/ or after the retreat, as well as make sure everything runs smoothly, especially if any unforeseen circumstances come up.

Get travel insurance

This is always important on a big trip like this. You may already have some but if you don't and you want personal assistance from someone who will be there for you then get in touch with Lesley Hunter of Movo Insurance Lesley.hunter@movoinsurance.com

Check recommended vaccinations

If you are in the UK this can be done months in advance through the [NHS](#) for free. If you are a procrastinator like me it can be done privately at shorter notice. The sooner the better though as most of these vaccinations last for years and may take 6-8 weeks to be fully effective.

Passport validity

Make sure your passport is valid for at least 6 months from your date of entry into Indonesia. If it won't be start the passport renewal process now!

closer to the time

Apps to download

WhatsApp- Everyone in Bali uses it, this will allow you to communicate with your drivers, other venues you may be staying at, even for spa treatment bookings.

Grab - This is the Indonesian equivalent to Uber. We used Grab constantly for both cars and scooters. Life is much easier if you download this while still on your home network and WiFi so you know you have it set up and working.

Contacts and Address

Save my number Elena Consoli +44 73782 02060 to your whatsapp. Save our host Su's number +62 852-3748-6679 Make sure you have the retreat venue's address in your phone and perhaps written down somewhere with you too: Huts Rock Jalan Raya Demayu, Kecamatan Ubud, Bali 80571, Indonesia

Driver to pick you up

If you are flying in on the day of the retreat then please let me know and I will put you in touch with the villa's driver, his name is Dewa. If you are arriving ahead of the retreat most every accommodation in Bali will be able to organise a driver to meet you at the airport and bring you to your hotel.

at the airport

top tips

Visa On Arrival

Bali Requires all tourists to pay for a Visa On Arrival (VOA) which in 2023 was about £28. This can be done anywhere from 48 hours-90 days in advance of travel. It is then valid from the date of arrival for 28 days. The website can definitely be a bit glitchy so patience to all who want to do this in advance. Otherwise you can simply queue up at the airport and pay for the visa when you land in Bali.

Electronic Customs Declaration

If you like skipping queues at the airport you can also complete your electronic customs declaration online. This one, as of 2023, can only be done *within* 48 hours of arrival, so don't fill this in too early! Electronic Customs Declaration Again, if you prefer to queue rather than deal with tech, you'll be able to scan a QR code at the airport and fill this in then and there.

SIM card

You can get an eSIM card ahead of travelling or you can get an Indonesian SIM card in the airport. There are multiple SIM card shops and the employees will help you with all of the set up. I paid £15 for 20GB of data in 2023 which was more than enough for my two weeks in Bali.

Cash

Most of us changed about £200 worth into Indonesian Rupiah before travel. If you'd rather wait, that works too as there are ATM machines at the airport and around Ubud to easily withdraw cash.

Bug repellent

Mosquitoes are a part of life in Indonesia and unfortunately they also can carry dengue fever. I'm usually a mosquito magnet but when in Bali I use the local bug repellent and manage to hardly get any bites. My top tip is buy a couple bottles (they are small) of Soffell Mosquito Repellent at the airport and cover all exposed skin with it before leaving the airport. While in Bali I use it when I wake up, before I go to bed and after any swimming or showers. It works miracles and smells amazing. Photo of the stuff to buy below.

currency conversion

IDR banknotes = £££

1,000 = £ 0.05
2,000 = £0.10
5,000 = £0.26
10,000 = £0.52
20,000 = £1.04
50,000 = £2.59
75,000 = £3.88
100,000 = £5.18

IDR coins = £££

100 = < £0.01
200 = £0.01
500 = < £0.03
1000 = £0.05



remaining balance

Your remaining balance for the retreat is due by 1st August, 2024.
You can pay the remaining balance in one go or break it up into smaller payments.

Option one	
uk bank transfer	My UK Business bank details: Elena Consoli Starling Bank Account: 19414948 Sort Code: 60-83-71
Option two	
us bank transfer	My US Wise Account Details Account holder: Elena Marie Consoli Account number: 8310734423 Routing number (ACH or ABA): 026073150 Wire routing number: 026073150 Bank code (SWIFT/BIC): CMFGUS33
Option three	
credit card	If you prefer to pay by credit card that works too! There will be an additional 2.5% charge if paying by credit card to cover processing fees.

basic phrases

English - Indonesian

Hello - Halo

How are you? - Apa kabar

Good - Baik baik

Thanks - Terima kasih

Please - Tolong

Where is...? - Dimana...?

How much is this? - Harganya berapa?

Coconut cappuccino please - Cappuccino kelapa, tolong

Greetings for different times of day

Good morning - Selamat pagi

Good afternoon (11ish-3ish pm)- Selamat siang

Good afternoon (3ish-sunset) - Selamat sore

Good night - Selamat malam



If you have any questions please
don't hesitate to reach out!

the lovely catalyst

✉ elena@thelovelycatalyst.com

📷 [@the_lovely_catalyst](https://www.instagram.com/the_lovely_catalyst)

📞 +44 73782 02060

🌐 www.thelovelycatalyst.com