

# Exploration of Bali Through the Five Senses

MAY 14 - 25, 2016

Explore Bali through a sensory experience  
and move beyond the limitations of the mind.

\$2,600 Per Person/Double Occupancy

## **May 14 - Saturday**

- Arriving at Bali Ngurah Rai International Airport in Denpasar
- Transportation to accommodations in Candidasa
- Free time - Orientation meeting and dinner

## **May 15 - Sunday (sight)**

- Breakfast
- Morning meditation/teaching
- Rice field hike & nature tour
- Lunch\*
- Ujung Water Palace
- Dinner\*

## **May 16 - Monday (taste)**

- Breakfast
- Morning meditation/teaching
- Tour of traditional Balinese market
- Cooking class of Balinese dishes with ingredients from the market followed by lunch of the foods prepared in the class
- Temple visit
- Dinner on the beach watching the sunset

## **May 17 - Tuesday (Leading experience)**

- Breakfast
- Morning meditation/teaching
- Sharing experiences
- Traditional Balinese massage (at accommodations)
- Lunch\* & free time
- Private time w/Jeannie & Shaun
- Goa Gajah elephant cave temple
- Gunung Kawi 11th century temple complex
- Dinner\*

## **May 18 - Wednesday (Nasu Penida)**

- Leave Candidasa for Nasu Penida
- Go by boat to island
- Check in to beach-side accommodations
- Lunch\*

# Exploration of Bali Through the Five Senses

MAY 14 - 25, 2016

Explore Bali through a sensory experience  
and move beyond the limitations of the mind.

\$2,600 Per Person/Double Occupancy

- Free time - beach, snorkling, sun
- Dinner\*

## **May 19 - Thursday (Nasu Penida)**

- Breakfast
- Morning meditation/teaching
- Temple visits with group ceremony
- Lunch\*
- Private time w/Jeannie & Shaun
- Free time
- Dinner\*
- Evening connection - shared experiences

## **May 20 - Friday (travel day)**

- Breakfast
- Leave Nasu Penida and travel to Ubud
- Visit sacred water temple (serpent temple)
- Lunch w/rice terrace view
- Check in to accommodations
- Free time - shopping in market square
- Dinner\*

## **May 21 - Saturday (sound)**

- Breakfast
- Morning meditation/teaching
- Monkey forest walk - temple
- Lunch\* at Three Monkeys
- Sound meditation & music with Shaun
- Visit world famous Yoga Barn - singing bowl sound meditation
- Dinner at Garden Kafe (at Yoga Barn)

## **May 22 - Sunday (touch)**

- Breakfast
- Morning meditation/teaching
- Tegallaland rice terrace view
- Visit Pura Tirta Empul Holy water temple - cleansing of impurities (release)
- Visit Kimamani - Lunch\* with a view over the beautiful Mt. Batur
- Relax in the hot springs on the shores Lake Batur
- Traditional Balinese or Ayurvedic massage

# Exploration of Bali Through the Five Senses

MAY 14 - 25, 2016

Explore Bali through a sensory experience  
and move beyond the limitations of the mind.

\$2,600 Per Person/Double Occupancy

- Dinner\*

## **September 23 - Monday (smell)**

- Breakfast
- Morning meditation/teaching
- Nature walk and herbal Jamu class
- Lunch\*
- Free time
- Dinner on own to tour/visit Ubud

## **September 24 - Tuesday (bringing all into connecting spirit & body)**

- Breakfast
- Morning meditation/teaching
- Visit Ida Resi - High priestess of Hindu Dharma and receive blessing
- Lunch\* at Sari Organic
- Sayan Valley - beautiful rice paddy views
- Visit Tanah Lot temple and watch sunset
- Dinner at Bridges

## **September 25 - Wednesday**

- Breakfast
- Free time - prepare for departure - farewells
- Transfer to Bali Ngurah Rai International Airport in Denpasar

Tour includes lodging, all breakfasts, activities and some meals

Shaun & Jeannie will also be providing one-on-one sessions

\*Designates meals not provided in the cost.

**Bali Terbaik Tours**  
(435) 640-1781 / [Info@BaliTerbaikTours.com](mailto:Info@BaliTerbaikTours.com)