

A vibrant border of tropical plants and flowers, including large green leaves, orange and red hibiscus-like flowers, and palm fronds, framing the central scene.

*Bali*  
*Yoga Adventure*  
*Retreat*



*Septemeber 6-20*  
*2025*

*Take time for you...  
to breathe, to pause, to be enchanted*

You deserve a break – a chance to escape the noise and chaos of everyday life and uncover the peace and joy that lie beneath. It's time to quiet the restless mind and let go of the stress that's been weighing you down.

This retreat is your opportunity to unwind, release tension, and recharge in a place of beauty, inspiration, and harmony. Throughout the week, it's all about adventure – a time to explore, indulge in self-care, gain body awareness, enjoy magical adventures, and nurture your mind, body and soul.

In this sacred space, you'll have the freedom to "tune out" the noise of daily life and "tune in" to yourself and nature.

To welcome new things into your life, you need to clear away the clutter. This retreat helps create the space you need for what truly matters. Your life is too precious to be rushed or simply endured, it's about gaining courage to live in alignment with your truest and highest self.



# *Journey through the Heart of Indonesia: Bali, Nusa Penida, and Java*

Join us for a transformative journey across Indonesia's most beautiful islands, combining daily yoga, meditation, cultural immersion, and connection with nature.

Over 14 days, we will travel through Bali, Nusa Penida, and Java, creating unforgettable experiences and deepening our yoga practice in stunning locations. This retreat is designed for anyone looking to nurture their body, mind, and soul while exploring new horizons.

## *Itinerary Overview*

### *September 6 – Arrival in Bali*

Your adventure begins the moment you touch down in Bali, the island of the Gods. Upon arrival, you'll be greeted and transferred to your peaceful accommodation. Take this day to settle in, relax, and prepare for the journey ahead. In the evening, we will come together for a welcome circle, introducing our retreat community.



## *September 8-10 – Nusa Penida Adventure*

- \* Escape to the unspoiled beauty of Nusa Penida, a tranquil island just off the coast of Bali.
- \* Daily Yoga & Meditation: Begin and end each day with invigorating yoga and peaceful meditation in a serene, natural setting.
- \* Cultural Adventures: Explore breathtaking sites like Kelingking Beach, Angel's Billabong, and the natural pools of Peguyangan Waterfall. Visit sacred temples and discover the island's authentic charm.
- \* Snorkeling Excursion: Swim with manta rays, turtles, and vibrant marine life as we embark on a snorkeling adventure.
- \* Community Connection: Enjoy group dinners and time for reflection with like-minded travelers.



## September 10-16 – Bali

Returning to Bali, we delve deeper into the island's culture, spirituality, and natural wonders.

\* **Yoga & Meditation:** Our morning yoga sessions will be enhanced by Bali's vibrant energy, while evening meditations will provide moments of deep reflection.

\* **Cultural Excursions:** Immerse yourself in Balinese life with visits to traditional markets, local villages, and sacred temples. Explore the famous Ubud area, the heart of Bali's cultural scene, and discover the beauty of the Tegalalang Rice Terraces, Tita Empul, and Monkey Forest.

\* **Balinese Healing:** Experience a Balinese purification ceremony at Tirta Empul temple and enjoy local wellness traditions.

\* **Leisure Time:** Take time to relax by the pool, explore Bali's beaches, or indulge in a Balinese spa treatment.



## *September 17-19 – Java*

A journey to the island of Java offers a shift in energy as we explore the rich history and natural wonders of this diverse region.

\* Yoga & Meditation: Continue your daily practice in Java's unique landscapes, with sunrise and sunset sessions.

\* Cultural & Natural Wonders: Explore the awe-inspiring Borobudur Temple, the world's largest Buddhist monument, and visit Prambanan, the majestic Hindu temple complex. Experience Java's volcanic landscapes with a visit to Mount Bromo or Ijen Crater.

\* Cultural Immersion: Discover the local Javanese culture and traditions with guided excursions.



## *September 19-20 – Return to Bali and Departure*

Return to Bali for your final night. Reflect on your journey, share your experiences with the group, and enjoy a farewell dinner. The next morning, you will depart Bali feeling renewed, inspired, and connected to a new global community of yogis.

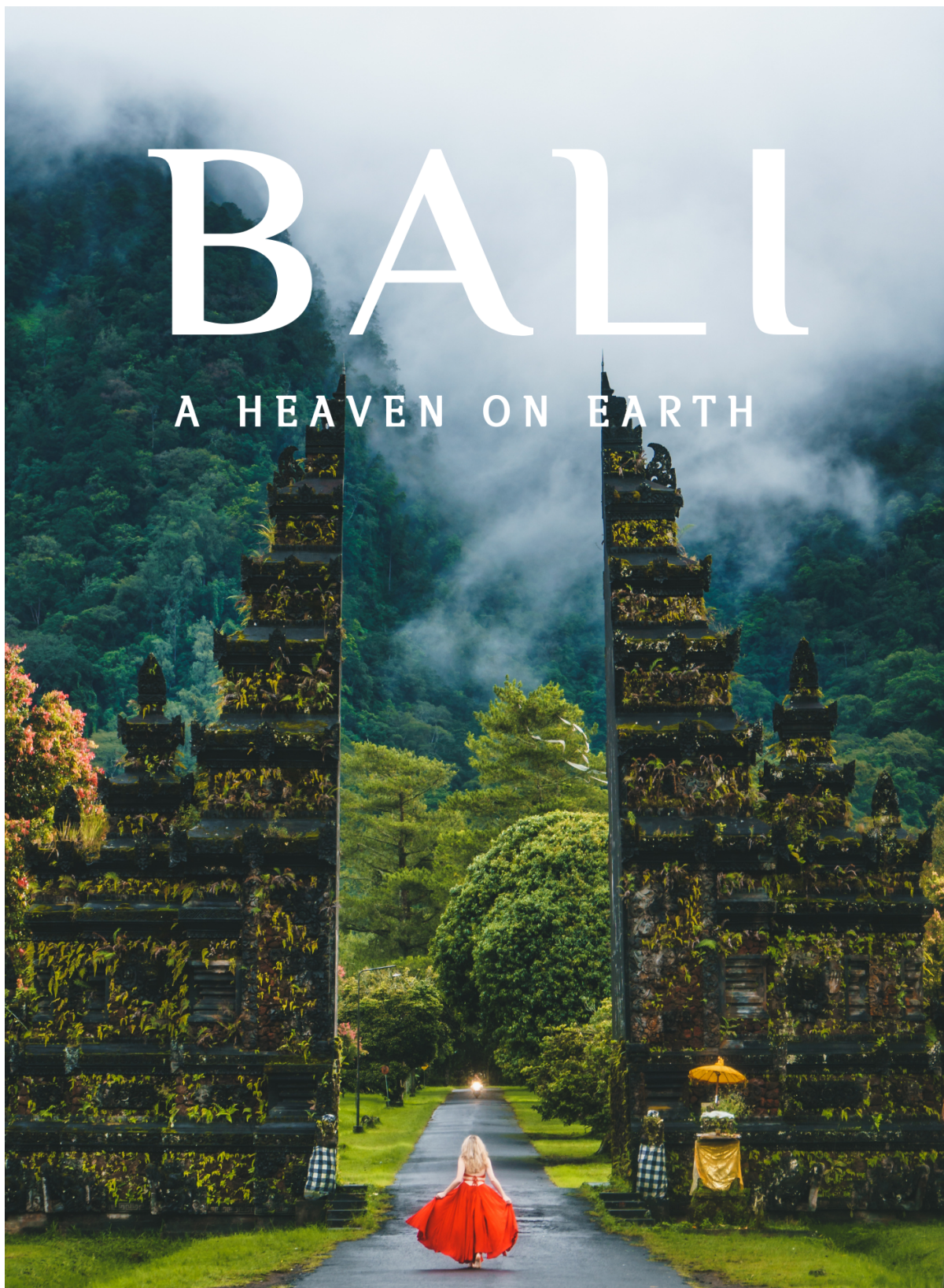
### *What's Included*

- \* Daily Yoga & Meditation: Morning and evening sessions designed to suit all levels of experience.
- \* Cultural Excursions: Guided tours of temples, beaches, waterfalls, and sacred sites in Bali, Nusa Penida, and Java.
- \* Accommodations: Stay in beautiful, comfortable accommodations in each destination.
- \* All Transportation: Seamless travel between Bali, Nusa Penida, and Java.
- \* Community Connection: Share this journey with a supportive and inspiring group of travelers and yogis.



# BALI

A HEAVEN ON EARTH



\$3895 SHARED ACCOMODATION

\$4295 PRIVATE ACCOMODATION

\$7595 COUPLES PRIVATE ROOM



## *Book Your Spot Today!*

Embark on this life-changing retreat and deepen your practice while exploring the wonders of Indonesia. This adventure promises growth, connection, and unforgettable memories.

For more information visit:

<https://bay-lifestyle.com/services/retreats>

Johanna Godinez

(815) 501-5070

Johanna@bay-lifestyle.com

