



# HATHA YOGA RETREAT



This discipline, which is part of the great family of yoga, is about working on your **breathing** and **posture** to regain complete physical and emotional **well-being**.

Beginner or advanced, UNITED COLORS OF BALI allows you to refocus on yourself, to **manage your stress** and emotions with a program combining yoga, meditation and discovery of Bali.

During this **8-day retreat**, you will rediscover your body, the simple pleasures of life and near- natural activities. You will be able to truly let go and share real moments of emotion.



@unitedcolorsofbali\_yoga



unitedcolorsofbali@gmail.com

# HATHA YOGA

## DAY 1- ARRIVAL

You will be personally greeted on your arrival at the airport by Gede, our driver. Private transfer to United Colors of Bali.

Greeting and welcome drink.

Dinner : you are free to choose

**Night : UNITED COLORS OF BALI**



## DAY 2-YOGA / CEREMONY

At **sunrise**, sitting facing the first rays of sunlight, you will discover the **benefits of yoga and meditation**. You will quickly feel the **energy** vibrating in your body and **mind** and new **forces** will accompany you throughout the day.

Breakfast is served

You will participate in a **traditional** blessing ceremony. Equipped with the right outfit, you will be plunged into **Hinduist spirituality** and **serenity**.



A vegetarian lunch combining spices and flavours will be served to you at the joglo restaurant.

# HATHA YOGA



**Relaxation** afternoon where you will reach the nirvana through the fingers of our masseuses who will provide you with the benefits of famous traditional **Balinese massage**.

**Yoga** session followed by a **meditation** session in front of the sunset.

In the evening, it is in a convivial way that you will discover the culinary flavors of a **typical Balinese meal** served in a traditional outfit.

Meals of the day:

-Breakfast at UNITED COLORS OF BALI

-Lunch: you are free to choose

-Dinner at UNITED COLORS OF BALI

**-Night : UNITED COLORS OF BALI**



## The traditional Balinese massage

For thousands of years, the Balinese massage has primarily aimed at the **restoration of the balance between body and soul**. It combines several techniques from different cultures that Balinese have adapted to their style.

With sequences of **effleurage techniques**, **rotational** movements, **pressures**, the Balinese massage represents the inhabitants of Bali: **depth, softness, kindness and gentleness**. The massage is done with scented oils like vanilla, frangipani, lavender, jasmine, ylang ylang, ginger...

The Balinese massage alternates between **smooth movements** and **tonic movements** to provide at the same time a **relaxing** and **invigorating** effect.

According to the people of Bali, the flowers of Frangipani, Jasmine, Vanilla are the **flowers of the supreme gods to stimulate the soul**, relax the mind and loosen all the muscles of the body. This massage promotes the circulation of lymphatic fluids in the body and strengthens the immune system, relieving muscle and joint pain and awakening a certain joy.

# HATHA YOGA

## DAY 3 –YOGA - JATILUWIH

At sunrise, sitting facing the first rays of sunlight, you will discover the benefits of yoga and meditation. You will quickly feel the energy vibrating in your body and mind and new forces will accompany you throughout the day.

Breakfast is served.



Departure around **9 am**, for the interior of the island by pretty small roads to admire first of all the waterfalls of **Leke Leke**.

Continuing towards **Lake Bratan** where you can visit one of the most **photogenic temples**, Ulun Danu, dedicated to the **water goddess**.

It is located in the middle of the calm waters of the lake on a small piece of land, reflecting itself and giving the impression that it "floats". Descent to Bedugul for a short visit to the **fruit market**.



# HATHA YOGA



Back to United Colors where you will benefit from your first **reiki treatment**.

The Rei-Ki technique aims to identify the cause of the patient's problems, to **remedy his or her**

**vibratory and energetic deficiencies** and to **restore its overall balance** by imposition of hands. Reiki **treats the whole person**, including the body, the emotions and mind and create many

beneficial effects that include relaxation and a feelings of peace, security and well-being. The practitioner does **not practice any physical manipulation**. He just lets the energy that purifies and harmonizes the receiver circulate at all levels of his being (physical, emotional, mental and spiritual).

Meals :

- Breakfast at UNITED COLORS OF BALI YOGA
- Lunch: in front of the rice fields
- Dinner: You are free to choose
- Night: UNITED COLORS OF BALI YOGA**

The day continues towards **Jatiluwhi**, further west. You may be amazed by the view.

These **rice terraces** are the most emblematic rice terraces in Bali (classified as **Natural Heritage of Humanity by UNESCO**). Logically, it is in front of the rice fields that you will take your lunch in one of the small warung of your choice.

On the way back, stop at the hot springs (air panas). You will dive there in a **sulphurous water** on the mountainside, where you will most probably be the only tourists.



# HATHA YOGA

## DAY 4 – YOGA – SURF

You've never surfed before and you're sure that only blonds with long hair and Polynesian tattoos can access the nirvana of riding the wave? We guarantee, from your first lesson and whatever your age, that you will **get up on the board and surf your first waves.**

**Surfing** is, without a doubt, an excellent sport to **relieve stress.** Since it is practiced at sea, it allows you to take full advantage of the sun. The sun is known for its **positive impact on morale.** You will also enjoy the **sea air** and its soothing virtues. To surf, you will need to stay focused and **forget all your worries.**

Learning to surf will allow you to **develop many skills.** You will learn to **control your body** and become one with the ocean. It's a great sport to discover yourself otherwise, **overcome your fears and push back your limits!**

After this session you won't be the same anymore and will think of only one thing... **Do it again!**

Breakfast and relaxing time at the beach.



Late morning yoga session

Lunch and free afternoon.

At the end of the day you **deserve** to find that moment of relaxation that you discovered the day before with **1 hour of pure Balinese massage.**

Yoga session (optional)

Dinner at the resort's joglo restaurant where you will be **tasting different forms of Balinese tapas** before discovering our delicious homemade **skewers.**

Meals:

- Breakfast in Batubelong.
- Lunch: you are free to choose
- Dinner at UNITED COLORS OF BALI YOGA
- Night: UNITED COLORS OF BALI OF YOGA**



# HATHA YOGA

## DAY 5 – UBUD

Yoga and meditation session at sunrise to benefit from the best energies.

Breakfast is served



Departure with our driver for **Gunung Kawi**, superb site of Royal tombs dug in the the rock of the cliff on a height of 7 m that is reached by going down hundreds of **walks through the rice terraces**.

Continuation to **Tegallalang** where you will enjoy a coffee from Bali or ginger tea sitting down under a privatized gazebo while admiring a magnificent amphitheater of rice terraces.

Possibility to walk in the rice fields. **Lunch in Ubud** in an **organic restaurant** lost in the middle of splendid rice fields where the pleasure of the taste buds will naturally join that of the eyes after a short walk in the middle of rice paddies!



Walk in the Monkey Forest **nature reserve in the middle of hundreds of macaques** in the wild.

Continuation by the market of Ubud where everything mixes, sarongs, spices, handicrafts, souvenirs...

Meals:

-Breakfast at UNITED COLORS OF BALI YOGA

-Lunch in the rice fields.

-Dinner: free to choose

**-Night: UNITED COLORS OF BALI OF YOGA**

# HATHA YOGA

## DAY 6 – YOGA - FREE DAY

Yoga and meditation session

Breakfast

Free day to enjoy the various opportunities available to you.

Relaxation by the pool, Massage, shopping, surfing, riding a scooter in the rice fields...

At the end of the day yoga and meditation session at sunset

Meals:

-Breakfast: at UNITED COLORS OF BALI YOGA

-Lunch: you choose

-Dinner : you choose

**-Night : UNITED COLORS OF BALI YOGA**

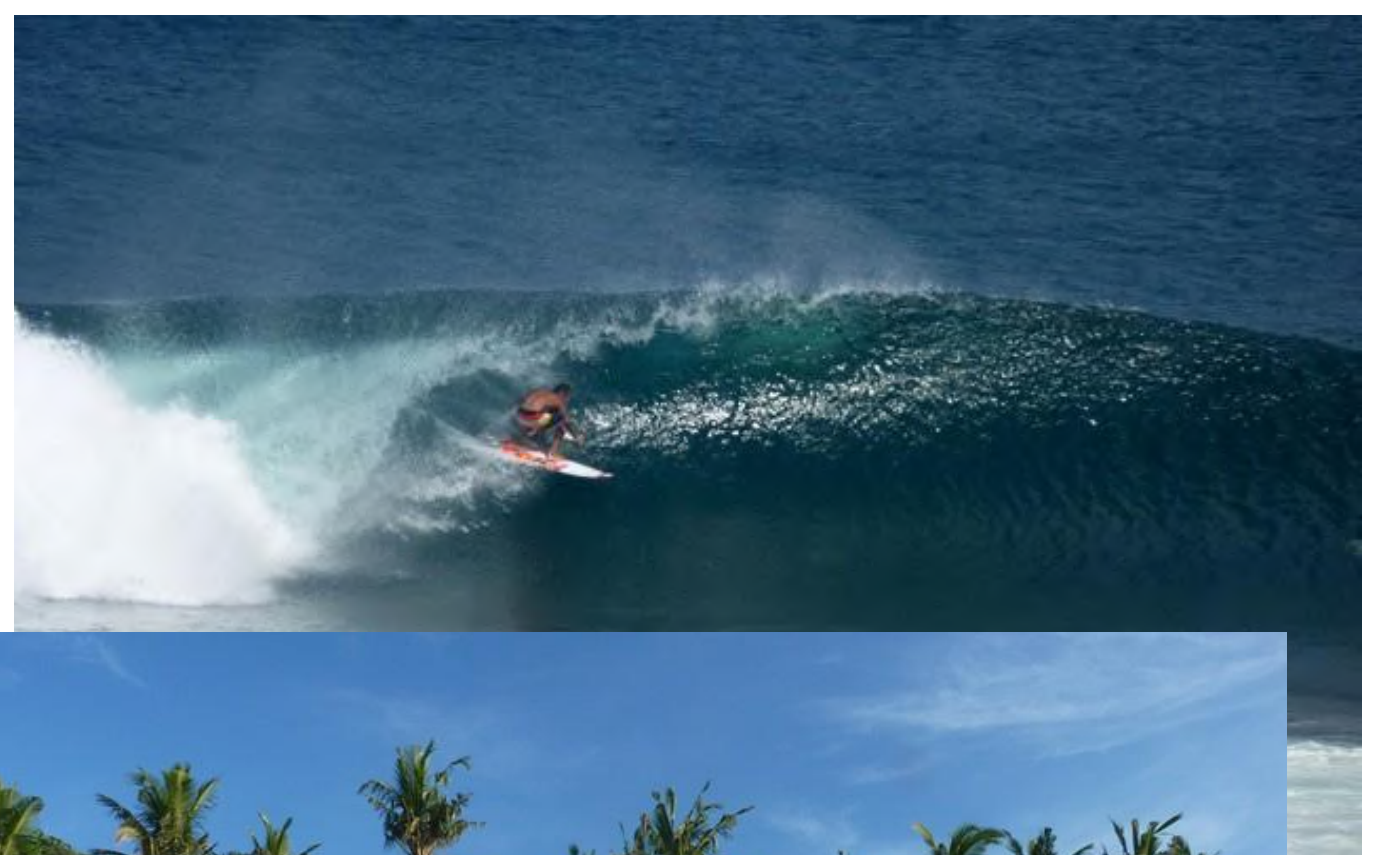


## DAY 7 - ULUWATU- JIMBARAN

Breakfast and departure with a driver for the peninsula of Bukit and Uluwatu where a staircase bordered of frangipani trees will lead you to the entrance of the sacred Temple of Pura LuhurUluwatu perched on an 80-meter cliff overlooking the Indian Ocean. You will visit the temple surrounded by the guards « crawling »

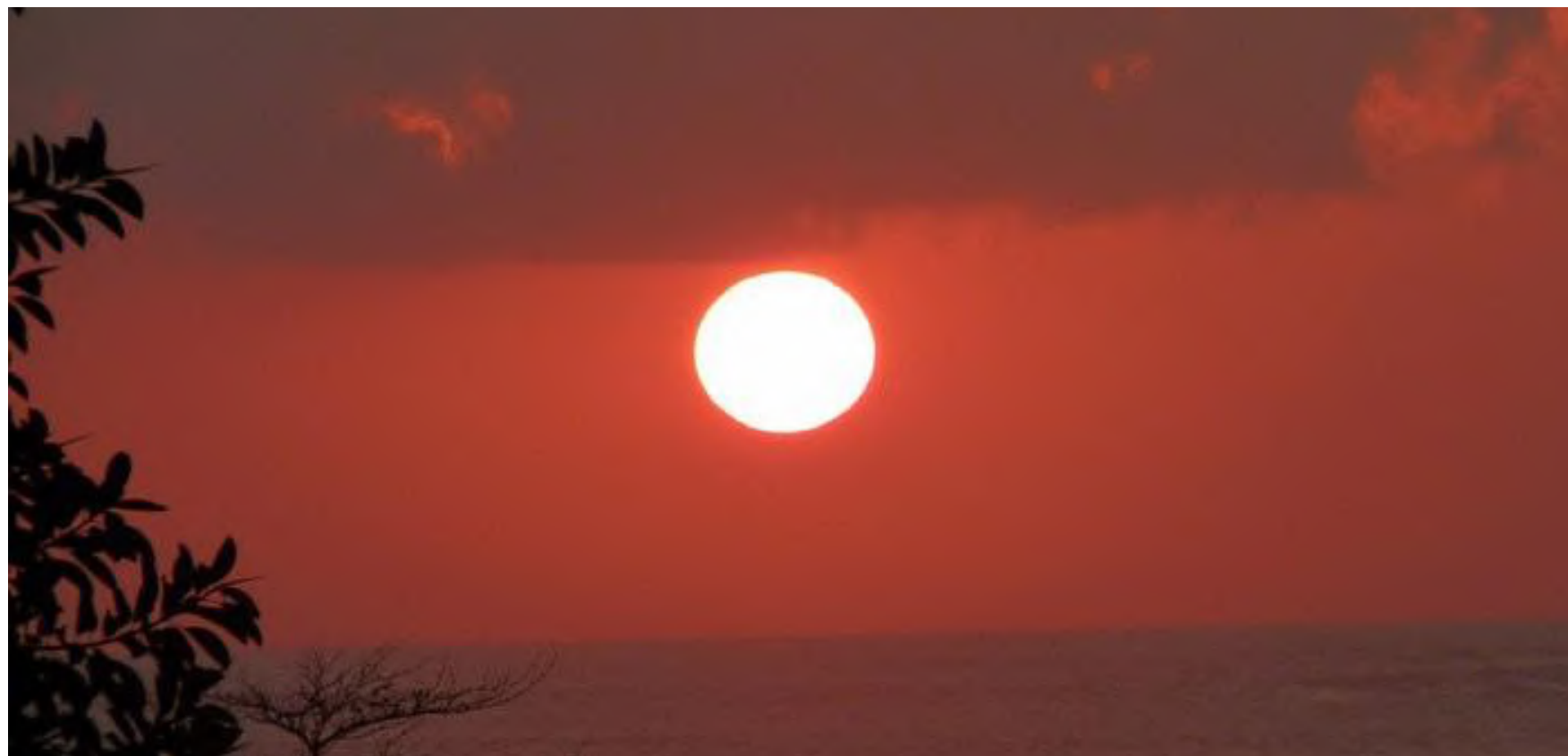
Stop at the village dug in the cliff to enjoy a local tea or coffee while admiring the surfers sliding on waves of more than 4 meters. You don't forget to go down to the cave, mythical departure of the surfers, between cliffs.

Continue to the beach of Balangan where you will enjoy a relaxing moment on the deckchairs, between waves and cows, to finish your novel... or admire the surfers. Lunch (optional) in a local warung in front of the ocean. Nap or swimming possible.





# HATHA YOGA



At the end of the day, departure for Jimbaran to admire the sunset. You will choose your fish or shellfish directly on the stall and it is at the waterfront, by candlelight and to the sound of a local band, that you will taste everything, grilled with coconut bark to end this memorable day.

RMeals:

- Breakfast : at UNITED COLORS OF BALI
- Lunch : free to choose
- Dinner : at Jimbaran (optional)
- Night: UNITED COLORS OF BALI**

## DAY 8 – FREE MORNING - DEPARTURE



Yoga or meditation (optional)

Free morning or massage (according to the personal's planning) before transfer to the airport.

End of our services

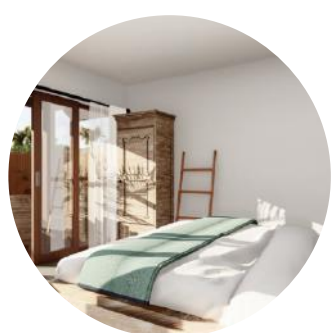
Meals:

- Breakfast: at UNITED COLORS OF BALI
- Night: on the plane !**

# HATHA YOGA

## PRICES

Price per person in euros	Bungalow	Villa	Joglo
1 person (1 bedroom)	1250	1385	1690
1 couple (1 bedroom)	970	1170	1290
2 persons (1 bedroom)	970	1170	X
2 persons (2 bedrooms)	X	1320	1490



**Bungalow** : Discover our bungalows of 40m2 with private terrace and all the necessary comfort. 1 double bed or 2 single beds (subject to availability)



**Villa** : If you are a couple, you have a room in a private villa. You are alone and wish to share a 2 bedroom villa, Benefit from a villa of 70m2 with private garden surrounded by tropical scents. 2 bedrooms, 1 bathroom.



**Superior Villa (Joglo)** : You are in couple, you benefit from a room in a private villa with jacuzzi. You are alone and wish to share a 2 bedroom joglo, Benefit from a joglo (teak house, typical of Java) of 100m2 in the middle of a tropical jungle. 2 bedrooms, 2 bathrooms and private jacuzzi.

### Included

- Reception at the airport
- A VIP welcome
- Transfers to and from the airport-
- United Colors of Bali
- 9 nights in 2 bedroom villa - small
- lunch at United Colors of Bali
- Evening Dinner 2
- 1 meditation session
- 1 yoga session
- 1 surf lesson
- 1 Balinese cooking class
- 1 reiki session
- 1 reflexology session
- 4 traditional Balinese massages of 1h30 each
- 4 excursions with a French-speaking guide (Jatiluwih, Ubud, Uluwatu and Live my life of Balinese)
- Entrances to the monuments
- 1 day " Lembongan "
- Our smile and our good mood

### Not included

- Drinks
- personal expenses
- Meals not mentioned in the program,
- lunches, dinners. Excursions optional in Bali during your free stay at the hotel
- Meditation sessions or optional yoga
- Tipping for drivers and guides
- Free activities
- Insurance

# HATHA YOGA

**Join our program and register**

## CONTACT US



WhatsApp : +62 82 144 145 012



Email : [unitedcolorsofbali@gmail.com](mailto:unitedcolorsofbali@gmail.com)



@unitedcolorsofbali\_yoga



United Colors Of Bali Yoga

