

United  
Colors  
Of Bali  
yoga

# Only Girls

THE GIRLS' RETREAT



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# ONLY GIRLS

## INTRODUCTION

You always wanted to go away with your best friend, with your mother, with your sister ?

Bali is a paradise island where **nature is queen**. Spirituality is an integral part of the island. Find the link with nature and its benefits. This stay will allow you to **reconnect with nature** and to disconnect from the modern world and all this, accompanied by your **best girl friends!**

Between a few wellness techniques, a bit of sport with wellness **hikes**, a good dose of change of scenery and exciting encounters, you will return not only refreshed, but full of positive energy.

This program is especially for you! It combines emotion, **laughter, well-being, discovery and celebration** so that these moments shared in small groups remain unforgettable memories!

During this 8-day retreat, you will have the chance to do the following things:

- Evening at the Bali champagne bar
- Traditional Balinese massages
- Yoga beginners/fitness/pilates
- Shopping Ubud market / Sukawati art market
- Dance classes, cooking classes
- Photoshoot in mythical places with a professional photographer
- Nautical activities: Paddle, speed boat, snorkeling
- Excursions: temples, rice field, swing heaven
- Activities to carry out your own hair care



# ONLY GIRLS

## DAY 1 : ARRIVAL

You will be greeted in a personalised way on your arrival at the airport by Gede, our driver.

Private transfer to United Colors of Bali.

Welcome and welcome drink.

Free dinner

**Night: UNITED COLORS OF BALI YOGA**

## DAY 2 : YOGA - TANAH LOT - BALINESE DINNER

It is at sunrise that you will take your first **steps in the world of yoga**.

This discipline allows you to **preserve your health capital** by finding a **mental and physical balance**. Far be it from us to transform you into a yogi from the very first session, but simply to make you discover the power of this discipline which brings you back to the present time and allows you to **grasp the powers of breathing**. This first session will allow you to be reconciled with your body and to feel it under new horizons. You will quickly feel the **energy vibrating in your body** and mind and new forces will accompany you for the whole day.

Breakfast is served.





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Departure with our driver for the famous **Tanah Lot temple** which is part of one of the most beautiful sites on the island with its unique location on a large rock which is practically covered at high tide.

Stroll on the cliff path to discover the auxiliary temples. Small moment of **relaxation at the end of the cliff** to enjoy the ocean view.

Continuation to Pupuan to discover **one of the most beautiful sites** of the island for its different types of rice terraces.

You will meet the **local population** through the many possible walks on the rice field paths.

Typical **lunch in the middle of the rice fields**. Moment of relaxation around the swimming pool of the restaurant which has the peculiarity of being built at the bottom of rice terraces.

Return to the Resort for a moment of relaxation.







# ONLY GIRLS

Return to United Colors where you will reach nirvana through the fingers of our masseuses who will give you the benefits of the famous **traditional Balinese massage**.



## Traditional Balinese massage

For thousands of years it has essentially aimed at **restoring the balance between body and soul**. It combines **several techniques** from various cultures that the Balinese have adapted to their style. A sequence of effleurage techniques, rotating movements, pressure, the Balinese massage is in the image of the inhabitants of Bali: **depth, softness, kindness, tenderness**.

Accompanied by **scented oils** (vanilla, frangipani, lavender, jasmine, ylang ylang, ginger...),

Balinese massage **alternates soft and tonic movements** to provide a **relaxing** and **invigorating** effect.

According to the inhabitants 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. It relieves muscle and joint pain and awakens a certain joy.

At the end of the day, a **candlelight meditation** will bring you a real moment of letting go.

In the evening, it is in a convivial way that you will discover the **first culinary flavours of a real typical Balinese meal** served in traditional dress.

Meals: breakfast and dinner at United Colors of Bali. Lunch is free.

**Night: UNITED COLORS OF BALI YOGA**





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## DAY 3 : UBUD - SUNSET LOUNGE



### Breakfast

Departure with our driver for Gunung Kawi, a **superb site of royal tombs** dug into the rock of the cliff on a height of 7 m that we reach by descending hundreds of steps through the terraced rice fields. Continue to Tegallalang where you will enjoy a **Bali coffee or ginger tea sitting under a private gazebo** while admiring a magnificent amphitheatre 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 papillae will naturally join the pleasure of the eyes after a small walk in the middle of rice fields at 360°!

Stroll 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...

Return to the resort for a moment of relaxation.

Departure for La Brisa, an idyllic place for an **aperitif in the sunset light**. Magic moment followed by a barbecue dinner facing the Indian Ocean.

Meal: breakfast at United Colors of Bali. Lunch and dinner free



**Night: UNITED COLORS OF BALI YOGA**



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## DAY 4 : SURF - BALINESE DANCE - BALI BY NIGHT

Breakfast.

Transfer to **Seminyak beach** for your first surf lesson.

You have never surfed before and you are certain that only blonds with long hair and Polynesian tattoos can access the nirvana of surfing on the wave? We **guarantee** you, 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. It is known for **its positive impact on morale.** You will also enjoy the sea air and its soothing properties. To surf, you'll need to stay focused, forgetting 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 is an excellent sport to **discover yourself in a different way,** to overcome your fears and **push your limits!**

After this session you will not be the same and will only think about one thing... **Start again!**

A relaxing moment at the beach. Free lunch.



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The beginning of the afternoon will be devoted to the **initiation of Balinese dance**. This is the **dance of the goddesses**, it is representative of the history of the island.

Each movement is of a rare precision and highlights the **eyes, hands, fingers and body posture**.

You will have moments of emotion and laughter that will leave you with wonderful memories.



After a break, you will have your well deserved moment of relaxation with **1h30 of pure Balinese massage**.



It's time to get dressed to discover the famous "**Champagne Bar**" in Bali where you will be welcomed by the bellman service. **To start the evening a cocktail offered to you accompanied by tapas**.

Dinner at leisure in Oberoi, the trendy district of Bali and why not finish with a last drink at the Favela?

Meal: breakfast at United Colors of Bali. Lunch and dinner free

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





# ONLY GIRLS

## DAY 5 : LEMBONGAN SNORKELING DAY

Breakfast

Early morning departure for Sanur port to board a **Fast Boat to Lembongan**.

After 30 min you arrive in Lembongan, between **fishing boats, turquoise water and white sand, an idyllic panorama** is offered to you!

Transfer to meet Captain' Gede who will take you on his traditional boat to discover **3 snorkeling spots** and live a magical moment! Swim in the middle of manta rays.

In the sandstone of the currents you will let yourself go between crevices and corals to admire in a **translucent water thousands of multicoloured fishes** which give themselves in spectacle.

A lunch break in your guide's warung where the day's fish caught and barbecued in a banana leaf will delight your taste buds. Continuing in the Mangrove on board a boat, **you will appreciate the calm and serenity that emanates from this magical and soothing place**. Afternoon free to continue the walk on the island.

Return in the late afternoon by fastboat to Bali. Transfer to United Colors. A dinner will be prepared at the Resort to end this busy day.

Meal: breakfast at the hotel. Lunch free. Dinner at the resort

**Night: UNITED COLORS OF BALI YOGA**





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## DAY 6 : PILATES - BEAUTY CARE - SHOPPING

Discovery of a new type of fitness: Pilates It mobilizes **muscles**, works **balance** as well as **endurance**, improves **speed** and **flexibility**, and facilitates movement coordination and **balance**. A mix of strength training and gymnastic movements. It mixes **aerobic** (efforts for which the body needs oxygen) and **anaerobic** (very short efforts that do not require oxygen) exercises.



It is in a magical place in the **middle of the rice fields** that you will discover the art of Balinese cuisine!

First of all you will meet the **Balinese people at the local market** where you will choose fresh products (vegetables, grated coconut, spices...) to make one or two typical dishes. It is a mixture of colors, smells and smiles that await you there!

Then, you will **harvest the complementary ingredients** (plants, spices...) in an organic garden before going to the kitchen where, under the direction of the local chef, **you will combine with new techniques the various products to make your recipes**.

You will **be proud to taste your first Balinese dishes** and a buffet will be served in front of the rice fields for a lunch where you will find some of the flavours you have tamed a few hours before.







# ONLY GIRLS

Afternoon dedicated to beauty-care and shopping

Transfer to Pink Nails, a New York style nail salon located in Bali, where you will enjoy a manicure and pedicure treatment in a seductive atmosphere.

The salon features: over 2500 nail polish colours, spa pedicure chairs with roller massage function and a manicure bar.

Shopping in Séminyak. Dinner and free evening.

**Night: UNITED COLORS OF BALI YOGA**



## DAY 7 : MEDITATION - ULUWATU



At dawn, it is with the energy of the first rays of sunshine that you will discover the benefits of **meditation**.

Breakfast and departure with a driver for the **peninsula of Bukit and Uluwatu** where a staircase lined with frangipani trees will lead you to the entrance of the Sacred Temple of Pura Luhur Uluwatu perched on an 80 m cliff overlooking the Indian Ocean. You will visit the temple surrounded by guards.



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 and coming out of the long tubes that break. You will not forget to go down into the cave, the mythical departure of the surfers, between cliffs and current.

Continuing by the beach of Balangan where you **will enjoy a moment of relaxation on the deckchairs**, between waves and cows, to finish your novel or admire the surfers. Lunch (optional) in a local warung facing the ocean. Siesta or swimming possible.



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 water's edge, by **candlelight** and to the **sound of a local band**, that you will taste everything, grilled with coconut bark to end this memorable day.

Meal: Breakfast at United Colors of Bali. Lunch at your leisure. Dinner at Jimbaran

**Night :UNITED COLORS OF BALI YOGA**

## JOUR 8 : FREE MORNING - DEPARTURE

- Yoga or meditation (optional)
- Free morning or massage (according to personal planning) before transfer to the airport.
- End of our services

Meals: Breakfast at the hotel.

**Night... on the plane!**







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## PRICES

Price per person in euros	Dormitory	Bungalow	Villa	Joglo
1 person	995	1290	1490	1750
1 room to share for 2 people	X	1120	1190	1390
2 rooms to share for 4 people	X	X	1090	1160



**Bungalow:** If you are a couple, you benefit from a bungalow with a double bed. If you are alone and wish to share a bungalow, you benefit from 2 single beds.



**Villa:** If you are a couple, you have a room in a private villa. If you are alone and wish to share a 2 bedroom villa, you benefit from a private room. The rest of the villa is to be shared. If you are 2 and wish to share a single room, you benefit from 2 single beds. <https://united-colors-of-bali.com/fr/the-resort-2/les-villas-standard/>



**Superior villa (Joglo):** If you are a couple, you have a room in a private villa with jacuzzi. If you are alone and wish to share a 2 bedroom joglo, you benefit from a private room with bathroom and toilet. The rest of the villa is to share. <https://united-colors-of-bali.com/fr/the-resort-2/le-resort-joglo/>

## INCLUDED

- Reception at the airport
- A VIP welcome
- Transfers to and from the airport-United Colors of Bali
- 7 nights with breakfast at United Colors of Bali
- 2 lunch
- 2 aperitif outings
- 3 dinners
- 1 surf lesson
- 1 yoga session
- 1 pilates session
- 1 meditation session
- Balinese dance classes
- Cooking class
- 1 manicure-pedicure
- 2 traditional Balinese massages
- 4 excursions (Tanah Lot, Ubud, Lembongan Uluwatu)
- Entrances to the monuments

## NOT INCLUDED

- Beverages, personal expenses
- Meals not mentioned in the program
- Optional excursions in Bali during your free stay at the hotel
- Optional meditation or yoga sessions
- Tipping for drivers and guides
- Free activities
- Insurance



# ONLY GIRLS

Sign up and join our program

## CONTACT US



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