

SURF YOGA COURSE

United
Colors
Of Bali
yoga



@unitedcolorsofbali_yoga



unitedcolorsofbali@gmail.com

SURF YOGA

Bali is a surfer's **paradise!**

Its constant swell throughout the year, **tropical temperatures** in and out of the water, the spirituality of the island and its special geographical location make it a **perfect base** for **surfers** and **yogis**.

The island of the gods is known for its numerous and **famous spots** but also for its diversity. Whether you are a beginner, advanced or confirmed, we guarantee you the **best conditions** combining **fun** and **safety**.

Yoga is known for its postures that allow to work on **tonicity** and **relaxation**, also improves **flexibility**, stimulates joint mobility, but also strengthens deep muscles while **toning the silhouette** and contributing to a better **recovery of the surfer**. Possessing a good sense of balance and a lot of flexibility will allow you to **progress** more **quickly** on the water. It is also an excellent way to **prepare your mind** and **manage stress**.

Surfing and **yoga** have therefore become naturally, very **complementary**. Not to mention that they share common values of **surpassing oneself**, of connection with **nature**, of **escape**, and are undeniably bearers of a state of mind, the famous "**free spirit**".

During this 8-day retreat, you will rediscover the **pleasures of simple life**, the joy of discovering **activities close to nature**, the happiness of **rediscovering your body**, of really letting go and sharing real moments of emotion.



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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.
- Discovery of the Resort
- Free time
- Free dinner

Night : UNITED COLORS OF BALI OF YOGA

DAY 2 : SURF YOGA - CEREMONY

First wake up in Bali followed by breakfast at the Resort

Departure for the **first surfing session** in Batubelong to **evaluate the levels**. This spot, located on a **classic reef break**, presents a long and big wave that unfolds. It is **soft and predictable**, which is why it is appreciated by **beginners, longboarders** or **shortboarders**.



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A vegetarian lunch mixing spices and flavours will be served in the restaurant O'zarome of the resort.



In the afternoon, you will participate in a **traditional blessing ceremony**. Equipped with the appropriate attire, you will immerse yourself in **Hindu spirituality and serenity**.

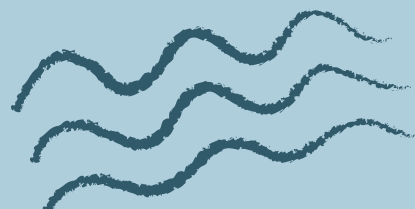
Late afternoon relaxation where you will reach **nirvana** through the fingers of our **masseuses** who will give you the benefits of the famous **traditional Balinese massage**.

- Yoga session followed by a **sunset meditation**.

- In the evening, you will discover in a **convivial way** the culinary pleasure of a real **typical Balinese meal** served in traditional dress.

- Meals: breakfast, lunch and dinner at United Colors of Bali Yoga.

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



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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 combination 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...), the Balinese massage alternates **supple and tonic movements** to provide an effect that is both **relaxing** and **invigorating**.

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, relieving muscle and joint pain and awakening a certain joy.

DAY 3 : SURF - JATILUWIH - YOGA

- At dawn, it is while waxing in front of the first rays of sunshine that you will **discover the perfect conditions** of 28° water, without chop, without wind and with a regular swell.

-Breakfast

- Departure around 9:30 am, for the interior of the island by **pretty small roads** to admire first of all the waterfalls of **Leke Leke**.



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- Continue to 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.

The day continues towards **Jatiluwi**, further west. You may be **overwhelmed by the view**. These **rice terraces** are the most emblematic of Bali (classified as Natural Heritage of Humanity by UNESCO).



Logically, it is facing 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.

- Return to United Colors where you will enjoy the benefits of a **surfers' yoga class** followed by a **candlelight meditation**.

- Meals: Breakfast at United Colors of Bali Yoga. Lunch in front of the rice fields. Dinner at your leisure.

Night : UNITED COLORS OF BALI YOGA

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DAY 4 : YOGA - SURF

- Surfing at dawn on the spot adapted to swell conditions
- Breakfast
- Late morning yoga session
- Lunch
- Relaxing moment before going surfing on a new spot



- Meals: breakfast.
- Free lunch at the resort.
- Dinner at United Colors of Bali Yoga

Night : UNITED COLORS OF BALI OF YOGA

DAY 5 : UBUD

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

At the end of the afternoon you will have well **deserved** to find this **moment of relaxation** that you discovered with 1 hour of pure **Balinese massage**.

Meditation session (optional)

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



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Departure with our driver for **Gunung Kawi**, a beautiful site of **royal tombs** dug in the rock of the cliff on a height of 7 m that we reach by descending hundreds of steps through the **rice terraces**. Continuation to **Tegallalang** where you will enjoy a Bali coffee or ginger tea sitting under a private gazebo while admiring a **magnificent amphitheater** of rice terraces.

Possibility of a 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 that 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...

- Yoga session at the end of the day

- Free dinner

-Meals: Breakfast at United Colors of Bali Yoga. Lunch in the rice fields. Dinner free

Night : UNITED COLORS OF BALI OF YOGA

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DAY 6 : SURF - DAY OFF

- Surf session at sunrise.
- Breakfast at the resort.
- Free day to take advantage of the various opportunities available to you. Relaxation by the pool, massage, shopping, surfing, scooter ride in the rice fields...
- Massage (optional)
- Surf session at sunset (optional)

Free evening Meal: Breakfast at United Colors of Bali Yoga. Lunch and dinner free

Night : UNITED COLORS OF BALI OF YOGA



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DAY 7 : ULUWATU - JIMBARAN



Yoga session at sunrise

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**.

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..

Continue to the **beach of Balangan** where you will enjoy a new surfing session unless you opt for a relaxing moment on the deckchairs to finish your novel or admire the surfers.

Lunch (optional) in a local warung **facing the ocean**. Siesta or swimming possible.

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At the end of the day, departure for Jimbaran to enjoy the **energy of the sunset for a divine meditation**. It is in a typical guinguette that 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.

DAY 8 : FREE MORNING - DEPARTURE

-Last yoga and meditation or surfing session at Batubelong

-Free morning or massage (optional according to your schedule) before transfer to the airport.

- End of our services

- Meals: Breakfast at United Colors of Bali Yoga

Night... on the plane !

Meals: Breakfast at United Colors of Bali Yoga. Lunch free. Dinner at Jimbaran

Night : UNITED COLORS OF BALI OF YOGA



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GALLERY





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INFORMATIONS

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 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's a great sport to discover yourself in a different way, 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!**

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PRICES

Price per person in euros	Dormitory	Bungalow	Villa	Joglo
1 person	1390	1730	1830	1990
1 room to share for 2 people	X	1550	1590	1710
2 rooms to share	X	X	1490	1810



Bungalow: You are a couple, you benefit from a bungalow with a double bed. 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. 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. 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. 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
- Round trip airport-United Colors transfers of Bali
- 7 nights with breakfast at United Colors of Bali
- 4 lunch
- 3 dinners
- 8 surfing sessions
- 4 yoga sessions
- 5 meditation sessions
- 2 traditional Balinese massages
- 3 excursions (Jatiluwhi, Ubud, Uluwatu)
- Entrances to the monuments
- Our smile and our good mood

Not included :

- Drinks, 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

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Join our program and register

CONTACT US



WhatsApp : +62 82 144 145 012



Email : unitedcolorsofbali@gmail.com



@unitedcolorsofbali_yoga



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united-colors-of-bali-yoga.com

