

The logo for 'United Colors Of Bali yoga' is centered at the top. It features the words 'United', 'Colors', and 'Of Bali' stacked vertically, with 'yoga' in a smaller font below. Each word is partially overlaid by a colored square: 'United' is overlaid by a green and blue square, 'Colors' by a yellow and orange square, and 'Of Bali' by a purple and pink square.

United
Colors
Of Bali
yoga

TIME FOR YOURSELF

You don't know where you stand, you lack energy, a lack of self-confidence?

UNITED COLORS OF BALI gives you the opportunity to finally take, a **TIME for YOU !**

During a 10-day retreat you will rediscover the pleasures of simple life, the joy of discovering activities close to nature...



@unitedcolorsofbali_yoga



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TIME FOR YOURSELF

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

DAY 2-MEDITATION/JATILUWIH



At dawn, it is sitting facing the first rays of sunlight that you will discover the **benefits of 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.



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 small visit to the **fruit market**.

TIME FOR YOURSELF



The day continues towards **Jatiluwhi**, 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 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.

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

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.

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

Night : UNITED COLORS OF BALI



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...).

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, relieves muscle and joint pain and awakens a joy of life.

TIME FOR YOURSELF

DAY 3 – YOGA / SURF



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**.

Breakfast at United Colors.

En the end of the morning, transfer to Seminyak beach for your **first surf lesson**.

You have never surfed before and you are sure that only blond men 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'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** !

A relaxing moment at the beach. Lunch and afternoon free.



TIME FOR YOURSELF



At the end of the day you will have well deserved to find this moment of relaxation that you discovered the day before with 1h30 of **pure Balinese massage**.

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

Night : UNITED COLORS OF BALI

DAY 4 - COOKING CLASS / REIKI / MASSAGE

Sunrise Meditation (optional)

Breakfast

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!

You will continue by **harvesting 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 the various products with **new techniques** to make **your recipes**.

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

In the afternoon you will have your first **reiki treatment**.



TIME FOR YOURSELF



The Rei-Ki technique aims to identify the cause of the patient's disorders, to **remedy his vibratory and energetic deficiencies** and to **re-establish his global balance** by the laying on of hands. Reiki **treats the whole person**, including body, emotions and mind and creates many beneficial effects that include relaxation and feelings of peace, security and well-being. The practitioner does not practice any physical manipulation. He simply lets the energy flow that purifies and harmonizes the recipient at all levels of his being (physical, emotional, mental and spiritual).

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

Night : UNITED COLORS OF BALI

DAY 5-UBUD

Breakfast.



Departure with our driver for **Gunung Kawi**, a superb site of **royal tombs** dug in the rock of the cliff 7 m high 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 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° !

TIME FOR YOURSELF



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...

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

Night : UNITED COLORS OF BALI

DAY 6 – LEMBONGAN



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 !**

TIME FOR YOURSELF



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 currents you will let yourself go between crevices and corals to admire in a **translucent water** thousands of **multicolored 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.

Meal : breakfast at the hotel. Lunch and dinner free



Night : UNITED COLORS OF BALI

DAY 7 – RAFTING (OR MOUNTAIN BIKE) / REIKI / REFLEXOLOGIES

Yoga or meditation (optional)



Breakfast.

Departure for the region of Ubud where once there you will start with a small walk in the **heart of the jungle**.

This 2h descent will take you very quickly in a still **wild** and **preserved nature**. Bordered by **cliffs** whose **tree structure** amazes by their diversity, the river takes you through **striking natural scenery**.

TIME FOR YOURSELF

Between two canyons you will discover small **corners of paradise...** The guides will make you pass under **waterfalls, curtains of lianas** and other traps and pitfalls, beware they can be joking!

But we won't tell you more!

The descent can be done without previous experience because the supervision ensures you a **full of emotions** in complete **safety**, you alternate calm waters and medium difficulties.

Sensations guaranteed!



It's 15 km down the road, your head full of memories that you can enjoy an all-you-can-eat buffet with local music!

Possibility to choose the mountain biking option

Early in the morning, a shuttle will be waiting for you to **Kintamani**, at the foot of **Mount Batur**. On the way you can stop in **Tegallalang** to **taste a very specific coffee**, whose rather original **method of production** you will discover on the spot. We won't tell you more!

Continue to **Kintamani**, where you will be offered a **small snack** before setting off on your mountain bike for a **gentle descent**. Accessible to all, this descent of about 3 hours will allow you to cross, off the beaten track, **the true heart of Bali**. You will ride at your own pace through **jungle, bamboo groves, traditional villages and multiple rice terraces**.

An **explosion of images** and emotions guaranteed!

A broom wagon is provided, in case of need.

You will be able to stop several times, at **the inhabitant's house, in the fields**, where you may have the chance to **assist** and **participate** in the **rice harvest**.

On arrival, you will enjoy a typical **Balinese meal** at the local's house while attending a **small traditional dance** show performed by children. Adorable!



TIME FOR YOURSELF



Meals : breakfast at the hotel. Lunch and dinner free
Night : **UNITED COLORS OF BALI**

The afternoon will be devoted to relaxation with a **session of reflexology** or reiki (according to your personal schedule).

This manual technique acting on the **internal meridians** and **reflex zones** is part of an energetic and global approach of the body and is similar to **shiatsu**, **acupuncture**, or **osteopathy**.

This massage is composed of kneading, smoothing, percussion and pressure on the reflex zones. This alternative medicine, used in Chinese medicine for 5000 years, helps to **rebalance** and energize the body while **deeply relaxing daily stress**.

DAY 8 - LIVE MY BALINESE LIFE



Breakfast and departure for a special day. You will visit a **typical Balinese house** where several generations of the same family live harmoniously.

You will be warmly welcomed and will be able to share some moments of **their daily life**.

You will start the day with a visit to a school that will allow you to participate in a primary school class.

After putting on the **real rice planter's outfit** (Chinese hat included!) you will accompany local farmers in the middle of the rice fields for a **unique experience**.



TIME FOR YOURSELF



You will have to plough the land in a very traditional way by guiding a plough pulled by an ox. You will then help them to **plant the rice** (depending on the season you can prick, plant, maintain or collect the rice). This moment of sharing will be an amazing experience of your life. You will learn how to **climb the coconut tree** to get a young coconut as a refreshment. You will collect the cassava and observe the traditional way of cooking it. You will **learn how to make offerings** and **cook a typical Balinese dish**. You will share the meal and taste some of the local dishes.

The afternoon will be devoted to relaxation with a session of **reflexology**, reiki or massage (according to your personal schedule).

Meals : breakfast at the hotel. Lunch at the farm. Free dinner

Night : UNITED COLORS OF BALI



TIME FOR YOURSELF

DAY 9 - ULUWATU- JIMBARAN

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 LuhurUluwatu** perched on an 80 m cliff overlooking the **Indian Ocean**. You will visit the temple surrounded by "four-legged" 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 relaxing moment 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 (optional).

Night : UNITED COLORS OF BALI

DAY 10 – FREE MORNING/ DEPARTURE



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

Meals : Breakfast at the hotel.

Night... on the plane !

TIME FOR YOURSELF

RATES

| Price per person in euro | Bungalow | Villa | Joglo |
|--------------------------|----------|-------|-------|
| 1 person (1 room) | 1 250 | 1 385 | 1 690 |
| 1 couple (1 room) | 970 | 1 170 | 1 290 |
| 2 persons (1 room) | 970 | 1 170 | X |
| 2 persons (2 rooms) | X | 1 320 | 1 490 |



Bungalow : Discover our 40m² bungalows with private terrace and all the necessary comfort. 1 double bed or 2 single beds.



Villa : You are in couple, you benefit from a room in a private villa. You are alone and wish to share a 2 bedroom villa. Enjoy a 70m² villa 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. Enjoy a 100m² joglo (a typical Java teak house) in the middle of a tropical jungle. 2 bedrooms, 2 bathrooms and private jacuzzi.

The price includes :

- Reception at the airport
- A VIP welcome
- Transfers to and from the airport-United Colors of Bali
- 9 nights in 2 bedroom villa - breakfast 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 English-speaking guide (Jatiluwih, Ubud, Uluwatu and Vis ma vie de Balinais)
- Entrances to the monuments
- 1 day "Lembongan "
- Our smile and our good mood

The price does not include :

- Drinks, personal expenses.
- Meals not mentioned in the program, lunches, dinners.
- 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

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United Colors Of Bali Yoga

