



STONE ARCH TRAVEL

JOURNEY INTO WELLNESS:

Bali

MARCH 1 - 10, 2019



Welcome to Bali

JOURNEY INTO WELLNESS

Full of romantic old-world charm, Bali is an Eden of earthly delights. So what better place to discover your path to wellness than the Island of the Gods? Join us for a 10-day wellness vacation in Bali surrounded by breathtaking natural beauty as you journey through a sacred ritual of self-care. Our time together will introduce you to the integrated mind-body-being modalities of meditation, mindfulness, nature, nourishment, silence, yoga, and more.

We begin in Ubud, the artistic hub of Bali, where the greenery and lush landscapes give way to bustling streets full of locals weaving their way through shops and temples. Next we'll head up to the mountain village of Munduk where, surrounded by coffee and clove plantations, you'll enjoy the serenity of connecting with nature. It is here that we will celebrate the Balinese New Year, Nyepi, a day of silent reflection and introspection.

Hosted by expert local wellness guides, we invite you to explore specially curated experiences starting with some wellness fundamentals that will ignite your senses and curiosity. As you touch down in Indonesia, you'll breathe in the sweet air scented with frangipani, clove, and coffee, then meet the locals who will embrace you with kindness.

Join us for a [#changedbytravel](#) journey.

WHAT MAKES **THIS TRIP** DIFFERENT?



The Approach to Travel

STRESS REDUCTION

From the moment you book travel with us, we handle all of the details (accommodations to food, physical activity, and cultural experiences) so you can focus on the fun part of vacation.

UNIQUE ACCOMMODATIONS

Vetted properties are the hallmark of the concierge customer service. The properties we offer pass our strict wellness standards with flying colors and all support the surrounding local communities in some way.

LOCAL FOOD

Local ingredients and recipes tell stories that transcend time and geography. Our wellness food philosophy: *Eat locally sourced food, mostly vegetables*, renews our commitment to sustainability while nourishing your body.

EXPERT-LED EDUCATION

Access to expert wellness practitioners and educators adds a layer to your vacation experience, which focuses on whole body well-being, eliminates stress, and puts self-care at the forefront of the journey.

TIME TO JUST BE

We give you permission to stop, recharge, and make time for yourself first by building in unscheduled free time.

COMMITMENT TO SUSTAINABILITY

Committed to sustainable business practices that go beyond our office space, we seek out sustainable properties and work in partnership with our on-the-ground teams to reduce the use of paper and plastics on every wellness tour.



WELCOME TO UBUD

Blessed with a unique culture, strong customs, and unparalleled beauty, Ubud is the artistic heart of Bali. Centuries-old Banyan trees and lush rice terraces stretch as far as the eye can see, making this central village the perfect place to get to know the “Island of the Gods.” We'll dive right into living in harmony as we incorporate the ritual of the Balinese into our days here.

MARCH 1ST ARRIVE BALI (D)

Upon landing, you'll be greeted at Denpasar airport with an Om Swastiastu, the traditional Balinese greeting, and a welcoming smile from our local guide. Our group will then be escorted via private transfer to our first boutique Balinese hotel. After check-in, enjoy an exclusive welcome blessing ceremony — an offering of protection over your well-being and journey — conducted by the local priest. We'll then dine together on a curated wellness dinner before winding down in luxurious comfort after a busy day of travel.

MARCH 2ND UBUD (B/L/D)

Wake to a freshly blended local juice followed by a morning yoga class to ground you in to the lush Balinese atmosphere. Enjoy a delicious local organic breakfast and then enjoy the morning at your leisure. After a curated wellness lunch we will enjoy a local village tour, providing you a glimpse into traditional daily life in Bali. At sunset we will gather to wind down the day with a guided meditation, which improves mental clarity, body balance, and sleep, before enjoying a curated group wellness dinner.

**(included meals: B = Breakfast, L = Lunch, D = Dinner)*





MARCH 3RD

UBUD (B/D)

Start your morning with another incredible freshly blended local juice and AM yoga session. After a nourishing breakfast, join us for an in-depth meditation workshop led by mindfulness expert Leah Santa Cruz. During the class, you will learn the fundamentals of mindfulness, which helps to unburden your life from stress and uncover more love, joy, health, and inner peace. The afternoon is yours to explore before we come together for a private, hands-on, Food as Medicine cooking class. Together we'll learn about the healing properties of herbs and spices and prepare a lavish dinner that will nourish your body and soul.

MARCH 4TH

UBUD (B/L)

With healthy habits being formed, you will look forward to today's juice and yoga class followed by a local organic breakfast. This morning we'll meet dressed in traditional Balinese sarongs and enjoy an exclusive experience: a private water temple blessing. Led by a high priest, we'll journey to one of Bali's most beautiful and least visited-temples. It is here, surrounded by verdant gardens and ponds filled with blooming lotuses, that we'll bathe in pools fed by natural springs for a cleansing ritual in preparation for the Nyepi celebrations. Feeling refreshed, we will continue our wellness journey and enjoy a vegan lunch at a local cafe where we'll discuss mindful eating. Turning to movement as medicine, our afternoon will end with a scenic nature walk, providing yet another stunning look at Bali's sweeping hilltop views. Dinner will be at your leisure.

MARCH 5TH

UBUD - (B/D)

Our last full day in Ubud starts with a local juice and an AM yoga practice before we sit for a healthy, fresh breakfast. Today you get to enjoy a full day at leisure in this incredible town. Choose to relax in the tranquility of your peaceful surroundings by lounging at the hotel's pool or in the incredible spa. Looking to be more active? Spend the day in Ubud center to take advantage of the markets, boutiques, and restaurants as you stroll past temples, ornate doors, and offerings lain at your feet. We will come together for a special evening celebration: a Balinese fire dancing event and an unforgettable dinner.





WELCOME TO MUNDUK

High in the mountains and the lush hillside swathed in nature, we'll introduce you to the Bali most travelers never see. Misty ambience sets the stage for dramatic views, fresh air, and a cooler climate, all of which enticed Dutch settlers to this part of the country in the late 19th century. The mountainous high ground is the perfect place to plant coffee, vanilla, cloves and coca - all of which make up today's potpourri of Bali.

MARCH 6TH

MUNDUK (B/L/D)

Savor your final morning in Ubud with a fresh juice and AM mindfulness session led by Leah Santa Cruz, where we'll dig deeper into the meditation practice and discover its many healing benefits for the body, mind, and spirit. After breakfast, we'll check out and wave goodbye as we head into the mountains for an exclusive organic farm tour. Here we'll gain an understanding of the importance of connecting to our food and dine among the gardens where our ingredients were harvested for lunch. Next we'll stop at the iconic centuries-old rice terraces, more lush and green than any landscape you've seen, before continuing on to Munduk for a warm welcome and curated wellness dinner as the sun sets.





NYEPI FESTIVAL

Experience a sacred cultural ritual like nowhere else in the world: NYEPI. This magical ceremonial New Year's celebration takes place over two days in Bali. Lauded as a way to keep balance between man and nature, wisdom and tolerance, even Hinduism and Buddhism, Nyepi is meant to cleanse both the mind and the island of negative spirits for the coming year. The day before the silent day, the local villages hold large exorcism ceremonies on the main roads where Ogoh-Ogoh (papier-mâché monsters) are paraded through town and then burned as an offering to the Gods. The following day is observed in total silence. No cars, no planes, no electricity, no talking, no leaving your home. This sacred time is spent in meditation; a day that gives you the chance to be cleansed and start anew.



MARCH 7TH MUNDUK (B)

Begin your day with a nourishing juice and walking meditation, which will allow you to settle into our new location. Following a silent breakfast, enjoy the afternoon at your leisure—relaxing on your balcony overlooking the tropical landscape, by the swimming pool or with a special visit to a Balian: a local healer. In late afternoon, dressed in traditional sarongs, we'll meet for high tea and enjoy some snacks before we head into the village for the start of the Nyepi celebrations. Together we'll enjoy the incredible Ogoh-Ogoh parade as the village boys run through town calling to the gods at the start of Nyepi.

MARCH 8TH MUNDUK (B/L/D)

Rise to the quiet stillness of the island as the day of silence begins. Join us as we start the day as a community by sitting for meditation and journaling before enjoying a silent breakfast. Immerse yourself in self-care during this day of silence by enjoying meditation, reading a book, sitting by the pool, or taking a mindful walk. We'll break for a silent wellness lunch and you'll have the afternoon at leisure before we come together for a sunset meditation ceremony, employing the techniques that we've cultivated throughout the week. Our silent dinner will be served prior to sunset, allowing you to wind down from a restorative, cleansing day.



MARCH 9TH MUNDUK (B/D)

Awaken to the sound of Bali coming back to life after Nyepi. Choose to enjoy a morning yoga class or take the time to meditate on your private deck before enjoying a local, organic breakfast. Enjoy the late morning and early afternoon at leisure before we meet for a meditation workshop led by Leah Santa Cruz. Our final in-depth wellness session will allow us to continue with the fundamentals of meditation, exploring how to harness the practice once you return home. In the evening, our closing ceremony and nourishing wellness dinner brings us back together to bask in the glow of an incredible wellness journey.

MARCH 10TH DEPARTURE (B)

As the sun rises, we'll come together for a closing wellness session to prepare for your journey home. Leah Santa Cruz will lead us through a meditation and movement session before we embark on a day of travel. Relish your last Balinese breakfast before departing for the airport via a private transfer with dreams of returning soon to the Island of the Gods.

OUR WELLNESS EXPERTS

We have cultivated a global network of expert wellness practitioners. This extremely talented, kind, and knowledgeable group of people is one of the many things that make us unlike any other travel company. Our wellness guides accompany all of our trips, helping you to journey inward as you explore new places and discover a path to wellness that is right for you.

In Bali, you'll be in good hands with wellness travel experts who have been leading trips to Bali for nearly a decade. Our local wellness guides include Balinese healers, yoga instructors, and mindfulness experts like Leah Santa Cruz, as well as local guides eager to share the intimate details of their community, offering a deeper layer of immersive travel at every step of the journey.

"These are the wellness trips to look out for."

- CONDÉ NAST TRAVELER





OUR WELLNESS HOTELS

We are proud to have built lasting relationships with hotels and resorts which support the communities we visit and foster the concept of Fair Travel. Our handpicked, personally vetted accommodations showcase the best that each of our locations has to offer and ensure a curated and comfortable experience that supports your wellness journey at every step.

During our Journey into Wellness: Bali tour, we'll stay at intimate, locally run boutique properties where we can be fully immersed in the natural beauty of Bali while still experiencing the comforts of luxury travel. Whether in the artistic center or high in the mountains, the awe inspiring settings allow you to enjoy spending time at our accommodations, which promote outdoor living and were created from locally sourced materials and designed to inspire calm, comfort and the feeling of being taken care of. Indulge in the best traditional cuisine available made with homegrown ingredients and recipes that have crossed generations. Pamper yourself in the award-winning spas where the spa products are created with care from best locally-sourced ingredients around.

BOOK NOW

WELLNESS TOUR PRICING

BALI

9 NIGHTS | 10 DAYS

Shared Room: \$6300 USD per person
Private Room: \$7200 USD per person

INCLUDED:

9 Nights in vetted wellness hotels

Multiple Onsite Wellness Experts

Wellness Activities & Offerings:

- Daily Expert Led Wellness Sessions (yoga, meditation, mindfulness, cultural talks and immersions)
- 3 Mindfulness Workshops
- Exclusive Welcome Ceremony
- Local Village and Nature Tours in Ubud and Munduk
- Exclusive Water Temple Blessing Ceremony
- NYEPI Celebrations & the Ogoh-Ogoh Parade
- Evening Balinese Dance Performance
- Organic Farm Visit
- Private Hands-on Cooking Class and Dinner
- Access to Local Healers
- Deepening your understanding of Wellness

English Speaking Guides

All Entrance Fees

Breakfast Daily, 4 Lunches, 7 Dinners

Ground Transportation w/ Unlimited Bottled Water

Set Group Airport Transfers

Exclusive Bali Wellness Travel Guide

Medical Insurance Purchased on Your Behalf

Inclusive of Taxes & Tips for Accommodations & Guides

Pre-Departure Consultation

Exclusive Wellness Education

TRAVEL TOUR FAQs

HOW DO I GET TO INDONESIA?

For this wellness journey, you'll fly into/out of Bali's Denpasar Airport (DPS). All flights from the US take approximately 24 hours including layovers. Travelers are responsible for booking their own flights. Do not book your flight until the tour is confirmed to depart.

ARRIVAL/DEPARTURE

Our trip begins on March 1st at Bali's Denpasar Airport (DPS) airport. Please make sure that your international connection allows for your arrival between 1pm - 4pm on this day. Upon arrival at DPS, there will be a group transfer to the resort. We cannot be responsible for missed or delayed connections.

A group departure transfer to DPS airport will be arranged. Please schedule return flights to depart after 3pm on March 10th. Departure transfers will be confirmed once travel plans have been submitted from all travelers.

If you choose to arrive/depart outside of the set transfer times, we will be happy to help arrange airport transportation for an additional fee.

TRAVEL INFO

All travelers' passports MUST be valid for 6 months after date of entry into Indonesia (9/19). Please make sure to check your passport at least three months before your departure so you have time to renew it if necessary.

For this trip we suggest packing no more than a 12kg/25lb suitcase - we'll offer tips & tricks on how to do this! A packing list will be sent as part of your pre-departure package, but to get started you'll need: light weight clothing, yoga/fitness clothes, a white shirt that covers your shoulders, a bathing suit, and a good pair of walking shoes!

HEALTH + MEDICAL CONCERNS

Medical insurance will be purchased on your behalf for this trip. This protection covers things such as accidents and medical emergencies. We strongly recommend you purchase Travel Insurance to cover the rest of your trip as it is inexpensive and it covers things such as trip delay, trip cancelation, and lost luggage. We are happy to recommend a plan.



ACTIVE EXCURSIONS

Our #changedbytravel hashtag is most appropriate when you find yourself far away from home in a foreign land. Expect to be taken out of your comfort zone - where your most profound personal change will happen. For active experiences in Bali (temple tours, hiking, cooking class, etc.) we ask that you wear good walking shoes and dress to respect the local culture - covering your shoulders and knees in the temples. Fitness levels will be moderate, but can be adjusted to accommodate your needs. It's important to remember that you have the freedom to skip any activity that does not resonate with you.

WELLNESS CLASSES

All active wellness classes in Bali will be held in outdoor open air spaces. While the temperature in Bali is hot and humid, we schedule the classes in the early morning or late afternoon to avoid the hottest times of day. Sessions will be a mixture of exercise movement, seated meditation, and discussions designed to stretch and stimulate your body and mind. Our wellness guides will offer modifications should you have any restrictions. Please note these practices are active movement, but no prior experience is needed.

WHAT IS EXTRA?

International airfare, alcohol, personal expenses, additional activities such as day tours, car rental, or spa treatments booked in addition to our itinerary will all be additional fees.



LOCAL CUSTOMS

1) RELIGIOUS ADHERENCE AND TRADITION

In Bali the religion of Hindu Dharma permeates everyday life. Daily you can witness and participate in local festivals, celebrations, or cremations as foreigners are always welcome. Offerings will be placed on the ground outside of hotels, temples, stores, and restaurants, please step around them.

2) SARONG AND SASH

When entering temples and participating in festivals, the required dress is a sarong and sash, for both men and women, along with a white shirt that covers your shoulders. If menstruating, it is requested that you not enter the temple.

3) REMOVE YOUR SHOES

Shoes are never worn indoors in Indonesia. You are expected to take them off at the entrance to a house or temple and remain barefoot. The ground can be hot from the sun so try to walk in the shaded areas.

4) SITTING ON THE GROUND

In all temples and blessing ceremonies you will be required to sit on the ground, sometimes for extended periods of time, while praying and receiving blessings from the priest. It is traditional to sit cross-legged in a sarong that covers your legs.

5) DO NOT TOUCH

In Indonesia, touching is considered an intimate act. Greeting are done with wais and smiles. The head, the most sacred part of the body, should not be touched unless for religious reasons.

6) VISITING A BALIAN

Local folklore and native medicine is practiced in every village in Bali. Healers, or Balian, make up a large part of cultural tapestry. We've seen a different Balian on every trip and they offer everything from fortune telling to physical check-ups to more otherworldly offerings. We believe it is a not to be missed experience and would happily arrange this for you if you are interested.

7) FRIENDLINESS AND DINNER INVITATIONS

The Balinese specifically are a very social society. Don't be surprised if a local starts up a conversation, wants to talk politics, or extends an invitation for dinner or drinks. As a whole, the culture believes in karma and reincarnation, so a happy vibe is the norm. Nothing more than great company and conversation is expected.



BALI FAQs

The national **language** is **Bahasa Indonesian**.

Westerners are not expected to learn the language and English is widely spoken throughout the island. We'll teach you a few key phrases and our experts will be there to guide you so no need to worry.

No Visa is required to visit Indonesia if you are a US, EU, or Canadian national and plan to stay less than 30-days.

The **currency** is **Indonesian Rupiah** and cash is king. No need to get Rupiah prior to travel. Instead plan to travel with USD in denominations of \$50/\$100 bills. We will provide suggested spending amounts prior to arrival.

Tipping on services not included in your package is voluntary. 10% is common for great service.

Dry Season will be in full swing during our tour. **Temperatures** will be in the 80's with high humidity. Pack layers so you can remain comfortable.

Electricity is **220V** and outlets have 2 -Pin European plugs.

WiFi is available at both the hotels we'll be visiting. (not in Lombok) We encourage device-free meal time.

While **pickpocketing** is prevalent in every large city across the world, we've never had a problem in Indonesia. You'll receive our guide on how to protect your belongs while traveling, but if you are aware of your surroundings you'll have **nothing to worry about**.

Dress standards are conservative throughout Asia so we recommend modest clothing that covers your shoulders and knees for your own comfort.

Drinking **filtered** or **bottled water** is your best bet for a happy gut. It's cheap, available everywhere, and you'll have some in your room to use to brush your teeth.

Indonesia is heaven for **vegans** and those with **dietary restrictions**. During our group meals we can accommodate dietary requests and serve local healthy ingredients.

Outdoor living is commonplace in Indonesia with only the bedrooms being private indoor spaces. Our hotel bedrooms have mosquito nets and A/C.

Travel stresses your immune system. We'll provide you some wellness ways to stay healthy, but we also suggest taking **vitamins** and **washing your hands** to avoid getting sick.



"My trip surpassed my expectations -- it was a travel experience like no other! I would recommend this to everyone I know. What a collection of memories I now have!"

- Claire Koller