



# JOURNEY OF THE LOVE WARRIOR

## A RETREAT IN BALI

**YOUR ITINERARY : MARCH 29th - APRIL 5th, 2024**



Dr. Meghan Davidson, a psychologist, yoga teacher, and guide, offers holistic healing through psychotherapy, counseling, coaching, yoga classes, workshops, and retreats. This Journey of the Love Warrior Retreat is a gathering for women where you can show up and be seen, truly seen, in connection to yourself and in communing with other women. I am passionate about creating a space of non-judgement and fierce compassion.

Traveling to Bali, a sacred place away from the routines and responsibilities of your daily life, will allow you to drop in deeply to a place of reflection, intention, and transformation. Come on this journey to your authentic self.



## DAY 1 | FRIDAY, MARCH 29th

You will arrive at your beautiful accommodation in Ubud. Check-in is from 2:00 PM onwards.

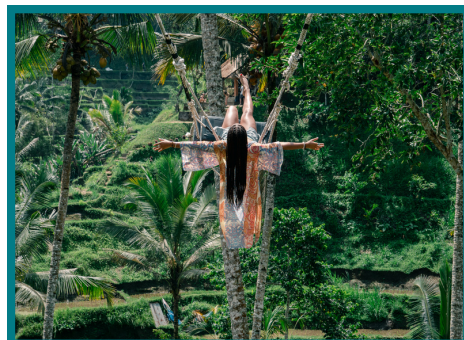
If you arrive early, feel free to drop your bags and head into Ubud town for some exploring. The amazing resort team will be at your service to help.

You will have time to meet the other souls that you will share this journey with.

At 6:30 PM we will take part in a beautiful Balinese welcome ceremony, followed by a delicious Balinese buffet dinner. After dinner take time to settle in take time for rest to get ready for the next amazing day in Bali.



## DAY 2 | SATURDAY, MARCH 30th



We will start our day with a Women's Circle by Meghan at 8:00 AM, followed by a delicious breakfast at 9:00 AM.

At 10:00 AM, we will be ready to go to a sacred water temple surrounded by ancient shrines and crystal clear water fed by natural springs. The Balinese believe that bathing in these waters is a very healing and spiritual experience, and many important rituals are held here. This will be the perfect opportunity to set your intention for the rest of the journey, to release and let go of what is no longer serving you, and of course, time to bond with your fellow sisters. **(Please note - women who are menstruating are unable to enter temples, they will meet the others later at the swing and lunch activity).**

Following the water ceremony, we will head to the rice terraces to experience Balinese tea tasting and a swing to freedom out over the rice fields. Lunch is included at the amazing Tegalallang Rice Terraces as we overlook the breathtaking scenery.

The rest of the day is your free time to explore Ubud for shopping or relaxing at the resort. Some of you will have a massage scheduled at the resort starting at 4:30 PM, check the time slots with Rachel.

Dinner is at your leisure (not included in the retreat cost), join group or go solo to try a nice restaurant in Ubud.

## DAY 3 | SUNDAY, MARCH 31st

We will start our day with a Yoga Session by Meghan at 8:00 AM, followed by a delicious breakfast at 9:00 AM.

Join a workshop on Authenticity and Stepping Into Your Truest Self by Meghan at 10:00 AM at the resort.

Lunch will be at the resort at 12:00 PM (included in the retreat cost).

At 1:30 PM, we will head out to take part in 'Ancient Sound Healing Experience' at the Pyramids of Chi. The rhythmic frequencies produced by the ancient instruments propel you into a deep meditative state, connecting to the chakra system and allowing our bodies to feel, heal, relax & release.

The rest of the day is your free time, explore Ubud for shopping or just relax at the resort.

Dinner at your leisure (not included in the cost of retreat), join a group or go solo to try a nice restaurant in Ubud.



## DAY 4 | MONDAY, APRIL 1st

We will start our day with a delicious breakfast at 8:30 AM at the resort.

It's beach day everyone! Get yourself ready to get wet! Be prepared by 9:30 AM to head off to the beach, this will take around 90 minutes drive through beautiful East Bali.

We will hang out at the beach, relax on the beach chairs, sip some coconuts, get a massage and enjoy lunch (included) at the local beach shacks & dip our toes in the water.

At approximately 4:00 PM we will all head back to resort.

The rest of the day is your free time and dinner is at your leisure (not included in the retreat cost). Join a group or go solo to try a nice restaurant in Ubud.

## DAY 5 | TUESDAY, APRIL 2nd

We will start our day with a delicious breakfast at 8:30 AM at the resort.

At 10:30 AM, we will head to Ubud town to indulge in two sumptuous spa treatments, guaranteed to ease any of the leftover tension or stiffness lingering from jet lag.

Following the massage, we will experience a raw lunch at 12:30 PM (included in the retreat cost). Our spa has a beautiful restaurant set in the lovely garden where we'll be served an amazing 3-course raw food experience!

Free time after lunch to stroll in Ubud markets or head back to the resort for some chill time at the pool.

We will meet at the resort to join a Sacred Cacao Ceremony at 5:00 PM.

Dinner is at your leisure (not included in the retreat cost). Join a group or go solo to try a nice restaurant in Ubud.



## DAY 6 | WEDNESDAY, APRIL 3rd

We will start our day with a Yoga Session by Meghan at 8:00 AM, followed by a delicious breakfast at 9:00 AM.

Join a workshop of Journaling & Exploration of Deep Desires by Meghan at 10:00 AM at the resort, followed by lunch at 12:00 PM at the resort (included in the retreat cost).

The rest of the afternoon is your free time to chill at the resort or explore Ubud and chill at a cafe or get a massage.

At 3:00 PM, we will head to the southern trip of the island for a sunset performance of the Kecak Dance, also known as the "Bali Fire Dance".

The performance finished around 7:00 PM and dinner will be at your leisure (not included in the retreat cost). We will stop for dinner in the Uluwatu area before heading back to Ubud.

## DAY 7 | THURSDAY, APRIL 4th

We will start our day with a Yoga Flow by Meghan at 8:00 AM, followed by a delicious breakfast at 9:00 AM.

Following the breakfast, we will join a Women's Circle by Meghan at 10:00 AM at the resort.

The rest of the day is your free time to chill at the resort or explore Ubud and chill at a cafe, get some final pampering, what ever you wish.

This will be your last exploration day in Bali, don't forget to buy a gift for your friends and family!

We will meet at the resort to have the final dinner at 7:00 PM (included in the retreat cost).

It's time to share your Bali journey with each other.



## DAY 8 | FRIDAY, APRIL 5th

We will start the day with a delicious breakfast at 8:30 AM at the resort, followed by a Women's Circle with Meghan at 9:30 AM at the resort.

Check-out is at 12:00 PM. So, you still have enough time to relax and pack your luggage.

Our Bali adventures come to an end today as we check out of our hotel and head to the airport where we bid our wonderful hosts and new friends farewell.

Thank you for joining us on the Bali journey, it has been our pleasure to serve you.

As they say in Bali, "Selamat tinggal!" See you again.

Much love,

Meghan and Soul Bliss Journeys Team.



# BALI FOR 1st TIMER

## VACCINES and MEDICINES

- **CBD PRODUCTS ARE ILLEGAL IN INDONESIA, PLEASE DO NOT PACK ANY PRODUCTS WITH CBD. PLEASE CONSULT US FOR ANY DOUBTS ON MEDICATION DRUGS YOU WISH TO BRING. ALL MEDICATION SHOULD BE IN ORIGINAL CONTAINERS WITH YOUR NAME ON IT.**
- CHECK THE VACCINES AND MEDICINES LIST AND VISIT YOUR DOCTOR AT LEAST A MONTH BEFORE YOUR TRIP TO GET VACCINES OR MEDICINES YOU MAY NEED. **PLEASE NOTE: NO VACCINES ARE MANDATORY TO ENTER INDONESIA.**

## TRAVEL INSURANCE

Highly recommended for any unforeseen issues. Please do get an insurance which will cover everything.

## CURRENCY

What currency is used in Bali? The Indonesian Rupiah is the currency of Indonesia. The currency code for Rupiah is IDR, and the currency symbol is Rp. The value of money exchange nowadays is common at Rp 15,000 for \$1 USD.

Here are some banknotes of IDR you will probably use for transaction:

- Rp 10,000
- Rp 20,000
- Rp 50,000
- Rp 100,000

## WHERE TO CHANGE MONEY IN BALI?

It is tempting to exchange money as soon as you leave the airport, but it can also be expensive. We encourage you to exchange at a minimal amount (approx \$100 USD) at the airport in Bali, as the exchange rate will generally be much better outside of the airport. Once you're here, we can assist you in getting cash out with your standard ATM card or exchange your local currency into IDR, there are plenty of currency exchange shops on the main streets of Ubud, the bigger the better, smaller shops charge commission where the large shops don't. Alternatively, many restaurants also accept Visa and Mastercard, but it's also important to have some cash for the places that don't. And don't forget to let your bank know that you are traveling overseas!

# BALI FOR 1st TIMER

## **PHONE & SIMCARD**

To use your phone in Bali, activate roaming on your phone setting and it will allow you to use google maps to meet up at certain restaurants or any other met up locations. We will set a group chat on WhatsApp, so make sure you downloaded it on your device. If you would like to get a local sim card you can do that in many places in town or even at the airport on arrival, this will cost you approximately \$8 USD for around 10GB.

## **WHEN SHOULD I ARRIVE AND LEAVE BALI?**

Check in is at 2:00 PM and on most retreats there will be a welcome ceremony and dinner. We suggest you have a flight that has you arriving in Bali in the morning or before 1pm, this gives you time to get through customs and make your way to Ubud ready for the dinner. For departure, we suggest an afternoon flight as you will check out at 12:00 PM and need to get to the airport, so booking a departure flight anytime after 3:00 PM is recommended. The airport is Ngurah Rai International Airport, it's in Denpasar, Bali.

## **HOW FAR AWAY IS UBUD FROM THE AIRPORT?**

Ubud is approximately 1.5 - 2 hours (depending on traffic) away from the international airport. You will be picked up by one of our drivers and taken to the retreat center, resort or villa.

## **CAN I ARRIVE AND LEAVE EARLIER?**

Yes of course, please let your leader know and we can arrange that for you.

## **IS THE WATER SAFE TO DRINK?**

The tap water in Bali isn't recommended for drinking, so avoid it and stick to sealed bottled water.

If you want to brush your teeth with bottled water, it's possible and provided by the hotel. Ice however is safe and has been for many years now all the restaurants make ice from bottled water, so smoothies and juices are fine with ice, yummy.

# BALI FOR 1st TIMER

## **DO I NEED TO TIP IN BALI?**

Tipping in Bali is appreciated but not necessary. Most of the time, the more upmarket restaurants would have already added between 15% and 20% to the bill to cover the 10% government tax and the service charge for staff. You will see it on the bill; if you don't, then by all means, you can tip something small. 20,000 IDR is around \$1.20 USD. This is a green note, 50,000 IDR is around \$3 USD and is a blue note :)

## **CAN I HAGGLE (BARGAIN) IN BALI?**

Besides boutiques, restaurants, and convenience stores, the first price you're quoted is usually at least double what the seller will let the item go for, so don't be afraid to haggle. Some stall owners will even encourage you to do so by telling you the price they think you should come back with. Haha, it can actually be quite fun! The rule of thumb is if you walk out and they don't chase you, the price you offered is too low. I like to look at it like, how much would I be happy to pay and feel it was a bargain, instead of trying to get them down to the lowest price possible.

## **WHAT IS THE LANGUAGE SPOKEN IN BALI?**

Balinese, but most people speak Bahasa Indonesia. Whilst the vast majority of people in the main tourist areas in Bali will speak enough English to communicate with you, knowing a few phrases in Balinese or Indonesian will go a long way. The locals really appreciate the effort. Start with some easy phrases like *selamat pagi* (good morning), *apa kabar* (how are you?), *suksma* (thanks in Balinese), and *terima kasih* (thank you in Bahasa). And remember, Balinese is not the same as Bahasa Indonesia the official language of Indonesia.

## **DON'T FORGET TO PACK**

- Light clothing
- Sunscreen
- Jacket for cooler evenings
- Swimsuit
- Toiletries - tampons/pads etc.
- T-shirt covering shoulders for temples
- Backpack or day bag
- Goodie bags are provided and have some essentials like, mosquito spray, international adaptor and sarong (traditional dress) to wear for our temple visits.



# BALI FOR 1st TIMER

**Please note, your passport must be valid for another 6 (six) months minimum before you depart for international travel to Indonesia.**

## **ARRIVAL AT THE AIRPORT AND VISA**

- **STEP ONE:**

Upon disembarking from the aircraft, please follow the signage directing you to immigration. Once there, kindly locate the "Visa on Arrival" sign and queue accordingly. The visa fee is around 35 USD or 500,000 IDR, which can be paid using your credit card. After obtaining your visa, please proceed to the immigration line. We recommend attempting to complete the visa application process online prior to your arrival. However, if you encounter any difficulties, rest assured that you can complete the process upon arrival without any issues. Please visit the following link for online visa application: <https://molina.imigrasi.go.id/web/visa-selection>

Starting from the 14th of February 2024, The Bali Provincial Government will apply a tourism tax for foreign tourists. International tourists who intend to visit Bali must pay a foreign tourist fee of 150,000 Rupiah, charged in Indonesian currency (IDR). The entry fee will be used to conserve Bali's nature so that it remains clean, sustainable, and comfortable for all.

The fee can be paid through <https://lovebali.baliprov.go.id/> or directly at the international airport and seaport in Bali. To pay at Bali Airport, after leaving DUTY FREE area, there is a Levy Tourist Bali counter at the front, that's where to pay on the spot.

- **STEP TWO:**

Upon collecting your luggage, please proceed to Customs. You will be required to present a Customs QR code, which can be obtained online prior to your arrival. Please note that this form can only be filled out two days before your arrival. We recommend completing this process while waiting to board or in transit. The online form takes only five minutes to complete, and you will receive a QR code at the end of it. Please take a screenshot of the QR code and present it at the Customs desk just before exiting the airport. Please visit the following link for online Customs QR code application to do 2 days prior to arrival: <https://ecd.beacukai.go.id/>

- **STEP THREE:**

We kindly advise you to connect to the free airport Wi-Fi upon arrival. Our team will have sent you a message with the details of your driver and their contact number. Please message them to inform them of your arrival, our driver will wait at Circle K store. This is located at the exit, past all the other drivers holding signs at the exit, if you can't find the Circle K, just ask. They will be holding a sign with your name or group name. From there, you can proceed to your destination with ease.

# WHEN YOU'RE IN BALI

Touch down! You are in Bali now, let's get the show on the road. Here are some hints you might want to know:

## **MONEY**

If you have dollars and want to exchange them for local currency, we are happy to help you exchange them. ATMs are available everywhere and you can use your debit card to get local currency, most banks allow a maximum of 3,000,000 (approximately \$200 USD) at one time. Here are some denominations in Bali (Indonesia):

- The biggest bill is Rp 100,000. It comes in red colour and is almost \$6.50 USD in value.
- The second biggest bill is Rp 50,000. It comes in blue colour and is almost \$3.25 USD in value.
- Then, there are smaller denominations like Rp 20,000 & Rp 10,000, Rp 5,000, Rp 2,000 & coin Rp 1,000.

## **TIPPING SOUL BLISS JOURNEYS & VENUES**

Tipping in Bali is appreciated but not mandatory. If you have enjoyed the service with the Soul Bliss Journeys team and our venue partner, please feel free to offer a tip to the retreat leader, who can collect and give it to the management team, where it will be shared with the operational staff.

## **MEALS**

Here are meals that included in your retreat:

- Daily breakfast
- 5 lunches
- 2 dinners

The rest of the meals that are not included are to give you the opportunity to try restaurants in town. Please see our recommended restaurants below.

## **MASSAGES**

Your venue has an onsite spa, but if you can't find time to have one there, please see our recommended spas below.

# WHEN YOU'RE IN BALI

## **RECOMMENDED RESTAURANTS IN UBUD:**

We have compiled a list of our and our guests' favourite restaurants below. Feel free to refer to them on your days out:

- Puspa Warung - Local favourite
- Sun Sun Warung - Local favourite
- Sugriwa Warung - Local favourite
- Compound Resto - Local favourite
- Kafe - cafe vibes
- Simply Social - Relaxed vibes
- Milk & Madu - Relaxed vibes
- Ibu Susu - Relaxed vibes
- Taco Casa - Great Mexican
- Union - Cafe vibes
- Sayuri's - Vegan cafe
- Zest - Vegan cafe
- Alchemy - Vegan cafe

## **RECOMMENDED SPAS IN UBUD:**

- Fresh Spa (fit to 6 people at one time massage treatment)
- Skin Spa
- Nusa Therapy (need to book)
- Putri Spa (large space, fit to >6 people at one time massage treatment)
- Taksu Spa

## **SHUTTLE & CABS**

Our venue provides free shuttles to town and back. For a detailed schedule, please ask the reception. They can also help you arrange it if you need it.

# WHEN YOU'RE IN BALI

## GOJEK or GRAB APPS

Taxi online! Gojek is an app that provides a variety of services from transportation, payments, food delivery, and logistics.

Please download the Gojek app from your App Store or Play Store. Once you download it, you can sign up with your own country's mobile number. You can use this app to book a car or a bike when you are cruising around Bali in your free time. They will pick you up from anywhere and drop you off anywhere. You can choose the payment method; however, we recommend paying in cash. It is easy and affordable to use.

## SARONG

We have added traditional wear, a Sarong, to the goodie bag. It is mandatory to wear it when we visit temples and when we do sacred rituals. We will let you know when exactly you are expected to wear it and we will also teach you how to wear it.

## BASIC INDONESIAN SENTENCES (BAHASA INDONESIA)

Just a handful of words to get by while shopping and at restaurants.

- Terima kasih (te-ree-ma ka-seeh) / thank you

There's no favour too small to deserve a 'terima kasih'. Whether a local has helped you with directions or after receiving your goods in a local shop, say this phrase with a smile.

- Suksma (suk - sama) / thank you

It's a local Balinese language for saying thank you. It has the same meaning as terima kasih in Bahasa Indonesia.

- Pagi / good morning

It will be fun to greet local people in their language. Pagi! Good morning! :)

- Ya – Tidak / yes – no

These simple affirmative and negative words can go a long way when responding to anything, be it a generous offer for goods or services or an invitation for drinks.

Please don't hesitate to contact us if you have any questions. We are here to assist you along the journey in Bali.