



Special Booking Bonus: Sign up with a friend and both of you receive \$200 off!

Inclusions

- Airport Transfers in Bali
- Fully escorted
- 7 Day/6 Night Luxury Accommodation at UBUD Jungle Retreat with Resort Exclusivity
- 6 breakfasts (B), 6 lunches (L) and 6 dinners (D) (plant based diet), as specified
- Three, 90 min. Bali Instructor led Yoga/Meditation Sessions
- Three, 60 min. Iowa instructor led Vinyasa Sessions
- Two, 60 min. Balinese Massages
- Daily UBUD Village Shuttle
- Water Blessing and Waterfall Tour
- Rice Terraces, Bali Swing and Campuhan Ridge Hike
- Balinese Cooking Class
- Cacao Ceremony
- Agnihotra Fire Ceremony with Priests
- Sound Healing Session
- Choice of Wellness Program Session
 - Option #1 – Reiki (90 minutes)
 - Option #2 – Crystal Beading (90 minutes)
 - Option #3 – One on One Coaching (120 minutes)
- Use of all resort facilities including pool, lounges, Yoga Shala and equipment
- Free time

Aim for Wellness: Bali

July 16-25, 2021

Friday, July 16: Depart Cedar Rapids

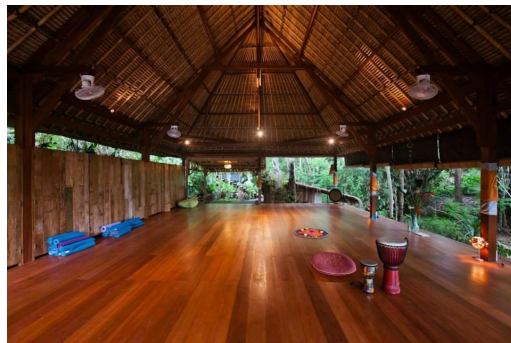
Today we begin our journey from The Eastern Iowa Airport to Ngurah Rai International Airport in Bali.

Saturday, July 17: In Transit

We will continue our travels to Bali today.

Sunday, July 18: Arrive in Bali

After our arrival to the Ngurah Rai International Airport, we will transfer to our UBUD Jungle Resort. We will enjoy a DWD Stretch & Recovery Session in the Yoga Shala. This evening, we will have dinner and a night swim onsite. (L, D)



Monday, July 19: Bali

This morning we will have a yoga/meditation session in the Yoga Shala (90 minutes). There will also be a private group excursion to Tegenungan Waterfall and Tampak Siring Water Temple Blessing (5 hours). The remainder of the day, we will have free time at the resort. (B, L, D)

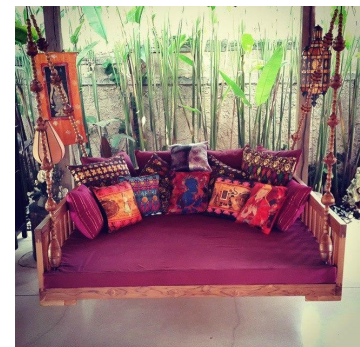


Tuesday, July 20: Bali

We'll start the day with morning DWD Vinyasa in the Yoga Shala (60 minutes). Also included today is a private group sound healing session (60 minutes). Select a time block for your Individual Wellness Program Option:

- Option #1 - Reiki Sessions (90 minutes)
- Option #2 - Crystal Beading Session (90 minutes)
- Option #3 - One on One Coaching Sessions (120 minutes)

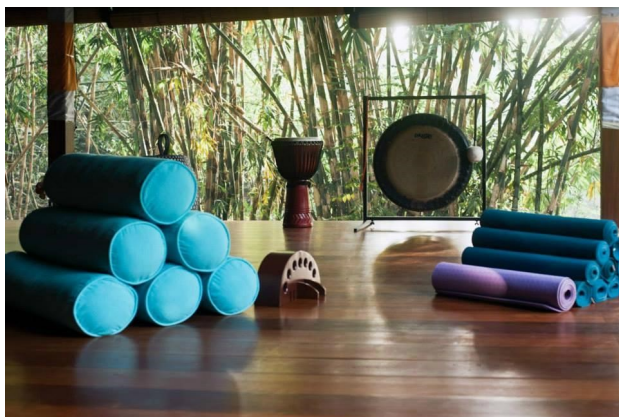
Later, we will have a private group Cacao Ceremony (90 minutes). (B, L, D)



Wednesday, July 21: Bali

This morning we'll start the day with a morning yoga/meditation Session in the Yoga Shala (90 minutes). The remainder of the day is a leisure day (B, L, D). Here are some suggested things to do (additional costs may apply):

- Beach Day
- Pool Day
- Spa Day
- UBUD Village Visit
- Visit the Monkey Forest
- Shop the Markets
- Visit the Yoga Barn
- Schedule any unused massage or wellness sessions
- Hire a driver for exploring
- Rent a scooter
- Use the Yoga Shala for your personal practice
- Try dining out in the village instead of at the resort



Price: \$2799 per person, based on double occupancy. Single occupancy is \$3199.

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Deposit: \$500 per person is required to confirm your reservation.

Final Payment: Due on or before April 1, 2021.

Cancellation Policy: Deposit is non-refundable. After April 1, 2021, trip cost is non-refundable.

Optional not included in price:

- Group Airfare
- Travel Insurance

Not Included:

- Airline baggage fees
- Baggage handling at airport
- Meals not listed in itinerary
- Tips and Gratuities

Thursday, July 22: Bali

Today we will venture as a private group to the Tagallang Rice Terraces, Bali Swing and Campuhan Ridge Hike (4 hours). The afternoon and evening are free (B, L, D). Here are a few suggestions:

- Schedule any unused massage or wellness sessions
- Pool or spa time
- Take a shuttle to UBUD

Friday, July 23: Bali

We'll start the day with DWD Morning Vinyasa in the Yoga Shala (60 minutes). A special treat, we'll have a private group Balinese Cooking Class with Brunch (2.5 hours). The afternoon offers free time to finish up all massages and wellness sessions. Finally, we'll have a private group Evening Agnihotra Fire Ceremony with Priests. (B, L, D)

Saturday, July 24: Depart Bali

For our final morning, we'll enjoy a last yoga/meditation Session in the Yoga Shala (90 minutes) and a final breakfast at the resort before checking out. We then transfer to the airport and depart Bali to return home. (B)

Sunday, July 25: Return Home

Following an empowering retreat of nourishing meals and personal growth, we return to The Eastern Iowa Airport feeling rejuvenated.

TRAVEL INSURANCE

Travel insurance is highly recommended and available through Travel Leaders / Destinations Unlimited. If the insurance premium is paid within 14 days of deposit, pre-existing conditions are covered, some limitations apply. If you decline the insurance offered by the agency, we strongly advise the purchase of travel insurance through another broker.

INTERNATIONAL ENTRY

All passengers are required to have a passport valid through January 26, 2022. Non-US citizens must have a valid passport and advise Travel Leaders/ Destinations Unlimited of your nationality at the time of deposit.

View Group Photo Policy and Responsibility at www.duagency.com. A printed copy is available upon request.

TRAVEL  LEADERS®
DESTINATIONS UNLIMITED

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