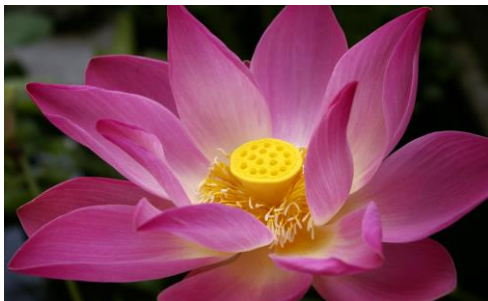


# Spirit Tours

## JOURNEYS OF THE SOUL



# Bali

## Island of the Gods

Sept 2<sup>nd</sup> to 11<sup>th</sup> 2015

Join Dr. Edward Viljoen on a pilgrimage to the Island of the Gods, where holding sacred space is a way of life.

With daily chanting of the Gayatri mantra, led by Dr. Edward Viljoen, and gentle yoga with William Abel, you will be immersed in an atmosphere of exotic beauty, spiritual devotion, and splendid nature.

Your guide will be Jim Cramer, who lived in Bali for 10 years and has been accompanying visitors to the island for 40 years.

## Testimonial

*"Thanks for creating such a fabulous trip! Your passion, consciousness, love and flexibility combined with lots of organizational skills created the space for spirit to show up magnificently."*

**\$2989 Land Only**

**Air travel can be arranged through Bali Advisor**

## DAY 1 – September 2<sup>nd</sup>

Arrive in Bali and transfer to Puri Santrian hotel in Sanur Beach.

## DAY 2 – September 3<sup>rd</sup>

Each day begins with gentle yoga and chanting the Gayatri mantra, followed by breakfast and a daily spiritual program with Dr. Edward. We then have the day to receive welcome massages and to relax by the pool. In the evening we will have a welcome dinner.



### **Included:**

- 7:30 am yoga
- 8:30 am chanting
- 9 am breakfast
- 10 am daily spiritual program
- Complimentary 1 hour welcome massage
- 7 pm welcome dinner

## DAY 3 – September 4<sup>th</sup>

Travel day to eastern Bali. Enjoy a ride along the coast through beautiful rice fields to Candidasa, a secluded and peaceful seaside area. Along the way we will visit Goa Lawah, the Bat Cave Temple, one of Bali's six holiest temples. This temple has been worshipped since approximately 1,000 AD. It is said that the bats provide sustenance for the legendary snake, Naga Basuki, which is believed to live in the cave.



Our home here will be the beautiful beach front hotel, Rama Ocean View. All rooms are decorated with Balinese harmony in mind. This will be our base for the next three days while we explore the eastern part of the island. In the evening, dinner is on our own at the ocean front restaurant.

**Included:**

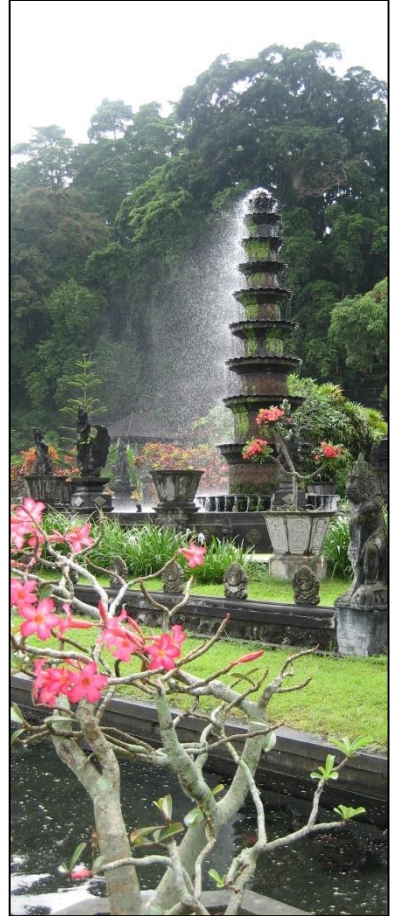
- 7:30 am yoga
- 8:30 am chanting
- 9 am breakfast
- 10 am daily spiritual program
- 11:30 am depart for East Bali, visit Goa Lawah
- Check into hotel Rama Candidasa

**DAY 4 – September 5<sup>th</sup>**

After lunch we will travel to the water palace, Tirtagangga, which means sacred waters of the Ganges. These waters are considered to be holy and are used for religious ceremonies and recreation.

**Included:**

- 7:30 am yoga
- 8:30 am chanting
- 9 am breakfast
- 10 am daily spiritual program
- Afternoon Tour to Tirtaganga



## DAY 5 September 6<sup>th</sup>

After our morning program, we are free to enjoy the hotel pool and optional spa activities. In the afternoon we will have Optional snorkel trips and walks through the rice fields.

### **Included:**

- 7:30 am chanting
- 8 am yoga
- 9 am breakfast
- 10 – 11 am daily spiritual program



## DAY 6 - September 7<sup>th</sup>

After our morning program we will head to the village of Ubud. On the way we will visit Goa Gaja, the Elephant Cave, believed to have been a monastery in the 11<sup>th</sup> century. The entrance to Goa Gaja features the mouth of a mystical creature with many detailed carvings in stone. Afterwards we will continue to Ubud , the artistic and cultural



center of Bali, where we will spend 5 days and 4 nights at the Komaneka Bisma Resort hotel located just minutes away from downtown Ubud's bustling activity. Ubud is the home to Bali's famous art museums and is a shopper's paradise. The central market has an exotic and vast array of locally produced handicrafts.

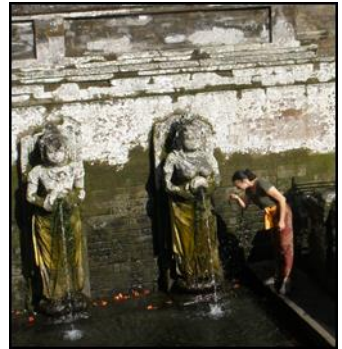
In the evening we will dine together at Café Wayan.

**Included:**

- 7:30 am yoga
- 8:30 am chanting
- 9 am breakfast
- 10 am daily spiritual program
- Transfer to Ubud
- Visit Goa Gaja
- Dinner at Café Wayan

**DAY 7 – September 8<sup>th</sup>**

After our morning program we will have free time in Ubud to shop, or visit a spa or museum. After lunch we will visit Pura Gunung Kawi Sebatu, one of Bali's prettiest temples. This is a quiet temple in homage to Visnu, the Preserver, who rules over water. The natural springs and waterspouts deliver holy water, which travelers may collect. A statue of Saraswati in the center of a large koi pond graces the temple.

**Included:**

- 7:30 am yoga
- 8:30 am chanting
- 9 am breakfast
- 10 am daily spiritual program
- 3pm Visit to Gunung Kawi Sebatu Temple
- 7:30 pm Balinese Dance performance



## DAY 8– September 9<sup>th</sup>

This is a free day for you to explore optional activities, such as biking, rafting, cooking classes, shopping, or museum tours. The morning spiritual program will continue as scheduled.



### **Included:**

- 7:30 am yoga
- 8:30 am chanting
- 9 am breakfast
- 10 am daily spiritual program



## DAY 9 – January 10<sup>th</sup>

This morning begins with an early pilgrimage to the west coast of Bali, to visit the famous seaside temple, Tanah Lot.

This temple sits on a large offshore rock, which has been shaped by the ocean tide over many years.

At the base of the rock is a holy fresh water spring where we will receive blessings before our prayer service.



In the evening we will have a farewell dinner.

### **Included:**

- Pilgrimage to Tanah Lot
- Farewell dinner

DAY 10 – September 11<sup>th</sup>

After our morning program we will have the opportunity to finish our last minute shopping in Ubud before we say our goodbyes and transfer to the airport for our flight back home.

**Included:**

- 7:30 am yoga
- 8:30 am chanting
- 9 am breakfast
- 10 am daily spiritual program
- Transfer to airport





### **Tour includes**

9 Nights luxury hotels  
Daily breakfast  
Chanting and daily spiritual program with Dr. Edward  
Welcome massage  
Temple fees  
Airport transfers in Bali  
Balinese sarong and sash  
Group temple tours  
3 dinners and 1 lunch  
Dance performance by Semara Ratih  
Guide Services provided by Spirit Tours and  
Restu Dewata Tours

\$2989.00 land only  
Air add on \$898 based upon availability

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