

Spirit Tours

JOURNEYS OF THE SOUL



Bali

Island of the Gods

February 13th to 23rd, 2016

Join Dr. Chris Michaels from the Center for Spiritual Living, Kansas City on a pilgrimage to the island of Bali.

Dr. Chris Michaels has travelled with Spirit Tours to Bali on several occasions, witnessing the Balinese way of life on the *Island of the Gods*. We will enjoy daily prayer, meditation, and yoga while receiving expert guidance through the island by The Spirit Tours Staff. Jim, Gitana and Tim have been visiting the island for years. Together with Dr. Chris Michaels, we will assist you in having a truly beautiful experience in Bali.

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."

\$2989.00 (Land Only)



DAY 1

Upon arrival in Bali we will be greeted by Spirit Tours and our Balinese guide's and escorted to the Mecure Hotel in Sanur Beach. That afternoon and evening you will be free to enjoy the beach and hotel grounds, evening dinner on your own.

DAY 2

Each morning we will start the day with chanting meditation, optional yoga and stretching followed by breakfast and our daily spiritual program with Dr. Chris Michaels. We then have the rest of the day to receive complimentary massages and relax by the pool or beach. In the evening we will have our welcome dinner.

Included:

- ❖ 7:30 am Chanting, 8 am Yoga
- ❖ 9 am Breakfast
- ❖ 10 am – 11 am Daily Spiritual Program
- ❖ 7 pm Welcome Dinner

DAY 3

After morning chanting, yoga and meeting we will travel to Eastern Bali. We will wind along the coast passing beautiful rice fields arriving in Candi Dasa, a peaceful seaside resort area. On the way we will visit Goa Lawah Temple, the Bat Cave. The Balinese have worshipped this site since approximately 1000 A.D. It is said that the bats provide sustenance for the legendary giant snake, Naga Basuki,



which lives in the cave. After giving offerings and visiting the temple we will arrive at our accommodations, the Rama Ocean View hotel. All rooms are decorated with Balinese harmony in mind.

This hotel will be our home base for the next 3 days while we will explore the Eastern part of the island.

Included:

- ❖ 7:30 am Chanting, 8 am Yoga
- ❖ 9 am Breakfast
- ❖ 10 am – 11 am Daily Spiritual Program
- ❖ 1 pm Tour Travel to East Bali and on the way visit to Goa Lawah temple

DAY 4 - We will start the day with yoga and stretching followed by breakfast and prayer and meditation with Dr. Chris Michaels We will have the remaining part of the morning to relax by the pool, or make optional spa appointments. After lunch we will travel to the water palace in Tirtagangga, (meaning blessed waters of the Ganges, holy river in India). The water of Tirtagangga has always been regarded as holy and is often used for religious ceremonies. Temple priests



used these holy waters for their offerings and prayers.

Included:

- ❖ 7:30am to 8:30am: Breakfast
- ❖ 8:30 to 9:00am: Meditation and prayer and Seminar
- ❖ 2:00pm Tour to Tirtaganga

DAY 5

We will start the day with yoga and stretching followed by breakfast and prayer and meditation with Dr. Chris Michaels. Then we will head to the village of Ubud, the artistic and cultural center of Bali. On the way we will pass through beautiful rice terraces, see scenic vistas on one of the most picturesque back roads in Bali.

Our home in Ubud is the Komaneka Rasa Sayang hotel, which is a veritable oasis in the midst of Ubud's bustling activity on the well, known Monkey Forest Road. In the evening we will dine together at Cafe Wayan.

Included:

- ❖ 7:30 am Chanting, 8 am Yoga
- ❖ 9 am Breakfast
- ❖ 10 am – 11 am Daily Spiritual Program
- ❖ 11:30 am Depart for Ubud
- ❖ Dinner in Ubud

DAY 6

The day begins with yoga and stretching followed by breakfast and prayer and meditation with Dr. Chris Michaels. The



rest of the morning is dedicated to enjoying Ubud and visiting the Nur Salon if you so desire. The Mandi Lulur or flower bath massage treatment is one of the most popular experiences on our tours.

After lunch we will visit Goa Gaja (the Elephant Cave) believed to have been a monastery in the 11th century. The entrance features the mouth of a mystical creature with many detailed carvings in the surrounding stone. Or you may wish to take time to enjoy Ubud and its inexpensive spa treatments, shopping museums and art galleries

Included:

- ❖ 7:30 am Chanting, 8 am Yoga
- ❖ 9 am Breakfast
- ❖ 10 am – 11 am Daily Spiritual Program
- ❖ 3 pm Tour to Goa Gaja

DAY 7

The day begins with yoga and stretching followed by breakfast and prayer and meditation with Dr. Chris Michaels. After our morning program we will take a trip to Gunung Kawi Sebatu, a beautiful, peaceful water temple dedicated to Vishnu with a statue of Saraswati in the middle of a pond at the entrance. On the way home we will have lunch at Murni's restaurant with beautiful views of the river gorge below. Murni's shop has beautiful handicrafts from all over Indonesia.



Included:

- ❖ 7:30 am to 8:30am, Breakfast
- ❖ 8:30 to 9:00am: Meditation and Prayer
- ❖ 7:30 am Chanting, 8 am Yoga



- ❖ 10 am – 11 am Daily Spiritual Program
- ❖ 11:00am Tour to Gunung Kawai Sebatu Temple
- ❖ Lunch at Murni's Restaurant

DAY 8

Today is your free day to enjoy an optional tour. Your options will include: River rafting, bicycles tours, shopping or spa treatments. A cooking class (included) for those interested can be arranged depending on interest. In the evening we will join together again for a Balinese Dance performance by the famous group Semara Ratih.

Included:

- ❖ 7:30am to 8:30am: Breakfast
- ❖ 7:00 pm Dance Performance
- ❖ Optional Cooking Class

DAY 9

We will start the day with an optional sunrise walk through the hills of Ubud followed by breakfast and prayer and meditation with Dr. Chris Michaels. Then we will venture to Bali's south shore and check into the beautiful Intercontinental hotel in Jimbaran Bay. We will have the afternoon free to enjoy the hotel, beach and pool. This is will be our first stay at this beautiful property and it is a welcome first time addition to our tour.

Included:

- ❖ 7:30am to 8:30am: Breakfast
- ❖ 8:30 to 9:00am: Meditation and Prayer
- ❖ Transfer to Jimbaran Bay

DAY 10

The day begins with yoga and stretching followed by



breakfast and prayer and meditation with Dr. Chris Michaels. We will visit Bali's famous seaside temple of Tanah Lot. The Temple rests on a huge sentinel rock away from the shore, carved by tides, wind, and rain. After sunset a Farewell dinner will be served at

the beach in Jimbaran Bay.

Included:

- ❖ 6:30:am to 7:30am: Breakfast
- ❖ 8:00am tour to Tanah Lot Temple
- ❖ 7 pm Farewell Dinner

Day 11

We will start the day with yoga and stretching followed by breakfast and prayer and meditation with Dr. Chris Michaels. We have the morning to relax by the pool before we will say our goodbyes and transfer to the airport for our flight back home.

Tour Includes:

- *10 Nights Luxury Hotels
- *Daily Breakfast, Three Dinners, One Lunch
- *Morning Meditation and Discussion with Dr. Chris Michaels
- *Daily Stretching and Yoga
 - *Temple Fees
 - *Airport Transfers
- *Balinese Sarong and Sash
- *Visit 3 of Bali's most holy temples
 - *Welcome Massage
- *Dance Performance by Semara Ratih
- *Scheduled Tours and Use of Mini-Vans

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