

# Spirit Tours

JOURNEYS OF THE SOUL



## Celebrate Nyepi Balinese New Year !

With Yoga teacher William Able  
and Bali expert Jim Omi Cramer

March 17<sup>th</sup> to 27<sup>th</sup> 2012

11 days and 9 nights Hotel

\$1898.00 Land Only

*At the end of the ninth month of the Hindu-Balinese calendar ceremonies are carried out dedicated to the gods, charu (offering) are also given to mother earth and to all powers of the netherworld (spirit). These day are holy days calculated according to the Hindu - Balinese solar calendar and Nyepi is meant as the Hindu - Balinese New Year's day. These days are guided by the rotation of earth around the sun and have a mystical and cosmological meaning.*



## **DAY 1 17 March 2012**

Depart SFO with China airlines and cross the international dateline.

## **DAY 2 18 March 2012**

Arrive in Taipei and change planes for our flight to Bali. Upon arrival in Bali we will be greeted with flowers leis and then travel to Eastern Bali. We will wind along the coast passing beautiful rice fields to Candi Dasa, a romantic and peaceful seaside resort area. There we will stay at a small beach front hotel, the Rama Ocean View. All rooms are decorated with Balinese harmony in mind. That evening we will have dinner on our own and get some rest.



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

## **DAY 3 March 19<sup>th</sup> 2012**

We will start the day with yoga and meditation followed by breakfast and then have the day to receive welcome massages and relax by the pool. At 3pm we will visit Goa Lawa, one on Bali's ( Sad Kahyangan) 6 major temples honored by all the Balinese. Believed to have a subterranean connection to sacred Mt. Agung, the roof of this temple, set at the entrance to a sacred cave, is blanketed by thousands of bats. Three meru stand at the entrance to the cave. Their roofs made of black palm fiber are covered with droppings from the thousands of bats that dangle from the overhang. At night the bats come out to feed on the pollen and nectar. Regarded as holy these bats are protected by the Balinese. That evening we will have our welcome dinner at the hotel restaurant.

## DAY 4 March 20<sup>th</sup> 2012

We will start the day with yoga and meditation. We will have the remainder of the morning to finish up welcome massages, relax by the pool. After lunch we will travel to the water palace in Tirtagangga. The water of Tirtagangga has always been regarded as holy and is often used for religious ceremonies.

Afterward we will visit the walled village of Tenganan, whose inhabitants are descendants of the earliest Balinese people. Tenganan is famous for its "double ikat" woven material called gringseng, which is supposed to protect the wearer from magical powers. That evening we will dine at the hotel or a nearby restaurant.



## DAY 5 March 21<sup>st</sup> 2012

We will start the day with yoga and meditation. 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 and see beautiful vistas on one of Jim's favorite back roads in Bali. In Ubud we will stay at the Komaneka Rasa Sayang Resort hotel, which is located just off of Monkey Forest road, in the midst of Ubud's bustling activity. There art museums have both traditional and modern paintings and sculpture on display. The Ubud market is a favorite with a vast array of local produced handicrafts. The nearby monkey forest has a temple in the midst of a jungle with many mischievous monkeys.



That evening we will dine together at Cafe Wayan.

## **DAY 6 March 22<sup>nd</sup> 2012**

We will start the day with yoga and meditation. Following breakfast. We will offer optional Cooking Class and optional spa experience at the Nur Salon, The mandi lulur "flower bath" massage treatment is one of the most popular experiences on our tours. You could visit the market and many shops or relax by the hotel pool or visit the village of Ubud and watch the pre Nyepi (New Year) preparations. In the late afternoon we will join the Balinese as they bring the ogoh - ogoh (symbol of spirit) around to the village, to lead the bad spirits away from the village.



## **DAY 7 March 23<sup>rd</sup> 2012**

Very early in the morning of Nyepi, before sunrise, the Balinese will take a bath, which is then followed a small breakfast. Soon after sunrise, people commence fasting ceremonies and stay indoors. People are not allowed to steam rice or light fires. In the evening they may not use lamps. All people young and old, carry out fasting and may not take meals for twenty four hours. Traffic is completely stopped except for capital ambulances and policeman who are on duty, airport in Bali are closed too except in emergency flight. We will remain in the hotel today and have our daily yoga and meditation and meals will be served to hotel guests. We recommend rising early for breakfast and fasting throughout the day to honor the Balinese tradition and then we will break our day fast with an evening meal together. The hotel will offer activities for guests such as offering making, cooking class dance and music lessons. Or you may choose to spend the holiday in quiet reflection.

## **DAY 8 March 24<sup>th</sup> 2012**

We will start the day with yoga and meditation. After breakfast we will take a trip to one of Jim's favorite temple (Gunung Kawi Sebatu) in the hills just outside of Ubud. The temple is dedicated to Dewi Danu, goddess of the waters. Tirtha (holy water) has always been used in Hindu religious ceremonies. The word tirtha comes from Sanskrit and means 'holy' or 'to cleanse'. We will take offerings to the temple and have permission to enter and pray.

The aim of Agama Hindu Bali (the religion of most Balinese) is to reach peace of spirit and harmony in this material life. In practicing their faith, Hindu communities try to achieve a spiritual balance of worship between Tattwa (philosophy), Susila (etiquette/morals), and Upacara (rituals). On the way home we will lunch at a restaurant with beautiful vistas of rice fields. We will have the remainder of the afternoon in Ubud to do your own thing.



## **DAY 9 March 25<sup>th</sup> 2012**

We will start the day with a sunrise walk thru the hills of Bali with Jim. The Balinese believe that the individual soul is reincarnated into many lifetimes. Through numerous struggles and stages it achieves union with the Divine. It is this time in Bali when we feel our own union with the Divine . We then return for our final yoga and meditation in Ubud. Then we will venture to Bali's south shore and check into the



beautiful Hyatt Sanur Beach. We will stay the first two nights in Bali Hyatt .The rooms are decorated in Balinese designs have Balinese harmony in mind. They all feature a private balcony looking over the beautiful grounds of the hotel. We will have the afternoon free to enjoy the beautiful hotel.

### **DAY 10 March 26<sup>th</sup> 2012**

We will start the day with yoga and meditation on the bluff overlooking the ocean. We will visit Bali\*s famous seaside temple of Tanah Lot. The Temple rests upon a huge sentinel rock away from the shore, which has been carved by tides, wind, and rain. In the 15<sup>th</sup> century a priest from Java named Nirarth meditated upon the island rock and rested there. Local fisherman came and offered him gifts. The priest then told the fisherman he felt this place to be holy and asked them to build a temple there. We will have special access into the temple as Jim is a friend of the priest. After sunset we will have a Farewell dinner at the Hyatt hotel.



### **Day 11 March 27<sup>th</sup> 2012**

Bali is a gathering place for prayers from the Balinese and from all Spiritual traditions of visitors from around the world. Our souls will be renewed and the memories will remain in our hearts and souls forever. We will have the rest of morning to prepare for our journey home. We depart for the airport at 1:00pm

Jim Omi Cramer has lived in Bali for 10 years and has been visiting South East Asia for 30 years. He has a BA in Anthropology specializing in Balinese dance, and wrote a guide book, Bali, Impressions of Paradise. Every time I go to Bali I am reminded of my connection with the Source and how a culture can truly live in communion with Spirit. I come home inspired and look forward to my next trip back to Bali, the isle of the gods.

*On Bali there are two ways to pray: 'mbakti' and 'muspa'. The first is worship through devotion, the second shows respect with flowers.*



## Tour Includes:

- ❖ \*9 Nights Luxuxry Hotels w/Breakfast
    - ❖ \*Round Trip Air SFO BALI
    - ❖ Visit 3 of Bali's Holiest Temples
      - ❖ \*Guide Services provided by
        - ❖ Bali Expert Jim Cramer
        - ❖ \*Daily Yoga (optional)
        - ❖ \*Daily Tours
      - ❖ \*Balinese Sarong and Sash
      - ❖ \*Nyepi Holiday celebration
        - ❖ \*Welcome Massage
        - ❖ \*3 Dinners \*
      - ❖ Dance Performance by
    - ❖ Semara Ratih Bali's premier dance company
      - ❖ Scheduled Tours and Use of Mini-van for Group or Individual (based on availability)
- For more information or to make a reservation, contact

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