

# Spirit Tours

## JOURNEYS OF THE SOUL



# Bali

Island of the Gods

09-19 September 2014



Embark upon the  
adventure of a lifetime  
Reverends Janet Moore

and Carla Schiratis and Spirit Tours. Within the embrace of Bali's bliss and tranquility, you will be immersed in the most exquisite and transformative journey imaginable. Find yourself in an atmosphere of exotic beauty, spiritual devotion, and splendid nature. Bring respite and rejuvenation to your body, mind, and spirit on this most exquisite pilgrimage into the heart and soul of Bali. Your guide will be Jim Cramer, founder of Spirit Tours, who lived in Bali for 10 years and has been accompanying visitors to the islands for 34 years. With daily meditation and light yoga you will be immersed in an atmosphere of exotic beauty, spiritual devotion and splendid nature.

**\$2989 Land Only**

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

DAY 1 – September 9th

Arrive in Bali and transfer to Mecure Hotel in Sanur Beach

DAY 2 - September 10th

Each day we will start the day with chanting meditation and light yoga followed by breakfast and our daily morning meeting. We then have the day to receive welcome massages and relax by the pool. In the evening we will have our welcome dinner.

**Included:**

- 7:30 am Meditation and Yoga
- 9 am Breakfast
- 10 am – 10:30am Daily Group meeting
- Complimentary Welcome Massages 1 hour
- 7 pm Welcome Dinner

DAY 3 – September 11th

We will start the day with chanting, meditation and light yoga followed by breakfast and our daily morning meeting .Travel to Eastern Bali, winding along the coast and through beautiful rice fields to Candi Dasa a secluded, peaceful seaside area and along the way we will visit Goa Lawah Temple, the Bat Cave.

This site has been worshipped since around 1000 A.D. It is said that the bats provide sustenance for the legendary giant snake, Naga Basuki, which is also believed to live in the cave. This is one of Bali's six holiest temples. Our home will be 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 at the ocean front restaurant. This will be our home base for the next three days while we will explore the Eastern part of the island.

**Included:**

- ❖ 7:30 am Chanting, Meditation and Light Yoga
- ❖ 9 am Breakfast
- ❖ 10 am – 10:30am Daily Group meeting
- ❖ 11:30 am Depart for East Bali, visit Goa Lawah (Bat Cave temple en route
- ❖ Check into hotel Rama Candi Dasa

DAY 5 – September 12<sup>th</sup>

We will start the day with meditation and yoga followed by breakfast and our daily morning meeting. After lunch we will travel to the water palace in Tirtagangga (sacred water of the Ganges) The sacred waters has always been regarded as holy and is often used for religious ceremonies. On the way back to the hotel we will stop at Tenganan, an ancient Bali Aga village, famous for their double ikat weavings and lontar, palm leaf carvings.

**Included:**

- 7:30 am Chanting, Meditation and Light Yoga
- 9 am Breakfast
- 10 am – 10:30am Daily Group meeting
- Afternoon Tour to Tirtaganga and Tenganan



## DAY 6 September 13<sup>th</sup>

After meditation and yoga followed by breakfast and our meeting, we are free to enjoy the hotel pool and optional spa activities. We will offer an optional snorkel trip or rice field walk, otherwise your day is free for peace, relaxation, or spa.

### **Included:**

- 7:30 am Chanting, Meditation and Light Yoga
- 9 am Breakfast
- 10 am – 10:30am Daily Group meeting
- Day Free for optional activities

## DAY 6 – September 14<sup>th</sup>

After our morning program we will head to the village of Ubud, the artistic and cultural center of Bali. We will spend 6



days and 5 nights here .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. Ubud is the home to Bali's famous art museums and is a shopping

paradise. The Ubud market is an exotic and vast array local produced handicrafts. The nearby monkey forest has a temple in the midst of a jungle with many mischievous monkeys.

In the evening we will dine together at Cafe Wayan.

### **Included:**

- 7:30 am Chanting, Meditation and Light Yoga
- 9 am Breakfast
- 10 am – 10:30am Daily Group meeting
- Transfer to Ubud
- Dinner in Ubud

## DAY 7 September 15<sup>th</sup>

After our morning program, the rest of the morning is free to explore nearby salons such as Ubud's old style family run Nur Salon with its Mandi Lulur or flower bath massage treatment, one of the most popular optional 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. Later we will enjoy a performance of Balinese dance by Semara Ratih "Sun and Moon", one of Bali's premier dance and music groups.

### **Included:**

7:30 am Chanting, Meditation and Light Yoga

9 am Breakfast

10 am – 10:30am Daily Group

meeting

- Tour to Goa Gaja (Elephant Cave)
- Dance Performance



## DAY 8 – September 16<sup>th</sup>

After our morning program we will take a trip to Pura (temple) Gunung Kawi Sebatu, one of Bali's prettiest temples - it is a quiet temple to which surroundings were enclosed by the forest.

The *Gunung Kawi Sebatu* temple was built in homage to the God of preserver (Wisnu), who rules over water, and here one finds a number of natural spring and waterspouts. The Balinese believe that water is one of the forces of life. Here we will have the opportunity to get blessed and fill our bottles



with this blessed spring water, which is considered holy) A statue of Saraswati, in the middle of the pond, graces the temple.



**Included:**

- 7:30 am Chanting, Meditation and Light Yoga
- 9 am Breakfast
- 10 am – 10:30am Daily Group meeting

Tour to Gunung Kawi Batu

DAY 9 – September 17<sup>th</sup> We will start the day yoga and Afterwards we will be free for optional tours. Including: bike tour, rafting, cooking class, museum tour.

**Included:**

- 7:30 am Chanting Meditation and Light Yoga
- 9 am Breakfast
- Day free for optional Tours



## DAY10 – September 18<sup>th</sup>

This morning we will leave early for an pilgrimage to Tanah Lot, Bali's famous seaside temple of Tanah Lot, which means "Land and Sea". The temple sits on a large offshore rock which



has been shaped continuously over the years by the ocean tide. Tanah Lot is claimed to be the work of the 15th century priest Nirartha. During his travels along the south coast he saw the rock-island's beautiful setting and rested

there. Some fishermen saw him, and bought him gifts. Later he spoke to the fishermen and told them to build a shrine on the rock for he felt it to be a holy place to worship the Balinese sea gods.

We will take offerings to the temple and granted special access inside the temple.

In the evening we will have a farewell dinner

### **Included:**

- Pilgrimage to Tanah Lot
- Farewell dinner

## DAY 11 – September 18<sup>th</sup>

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

### **Included:**

- 7:30 Chanting, Meditation and Light Yoga
- 9 am Breakfast
- 10 am – 11 am Daily Group meeting
- Transfer to airport



Tour Includes:

10 Nights Luxury Hotels

Daily Breakfast

Daily Light Yoga and Meditation

Welcome Massage

Temple Fees

Airport Transfers

Balinese Sarong and Sash

Daily tours

Welcome Massage 1 hour

3 Dinners and 1 lunches

Cooking Class

Dance Performance by

Semara Ratih

Guide Services provided by Spirit Tours and Restu Dewata

Scheduled Tours

Price \$ 2989.00 LAND ONLY

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## Testimonial

*"Thanks for creating such a fabulous trip! Your passion, consciousness, love and organizational skills created the space for spirit show up magnificently." Sandy Mcadler*