

'Presence In Rhythm: 5-10 July 2015 (6 nights), Ubud Bali

The 'Presence In Rhythm' experience is designed to be 'a recognition that peace is at our core', awoken to your true inner nature in Bali.

What to Expect

Drumming and Mindfulness Program with InRhythm's Tim Orgias : a journey of transformative mindfulness practices integrated with enlivening and meditative drumming.

The 'Namaste Yoga Circle' with Nicole: extend and open body and mind before Breakfast.

Blessing and Yoga experience with Guru I Made Sumantra: a deepening yoga and cultural experience.

Transfers (Airport to Ubud Artvilla and return) are included.

Villa accommodation and Breakfasts at the Ubud Artvilla are included.

Also included in your package is: Welcome Lunch, Balinese Buffet Dinner and Balinese Massage.

Afternoons and evenings include some free time: join optional tours/group dinners.

Wednesday: join the Optional Day Tour after the early morning program.

Free time suggestions include: Massage, Facials or other pampering, Monkey Forest, Goa Gajah, Museum or Gallery visits, Rice Paddy walk, long lunch, relax around the pool, reading, chatting to a local, shopping, visit local villages, wander the markets, attend Cultural/Dance performances, visit various Yoga Centres for more yoga/meditation.

I can assist you with organising any of these options, although relaxing by the pool may be at your own instigation!

Other Dinners and Lunches: I will suggest a favorite each day for the group or explore the many choices on your own.

Program (this may vary due to the nature of Bali!)

Sunday 5th July

- 4.00pm** Arrival at Ubud Artvilla; settle into rooms, free time.
- 5.30pm** **Welcome Circle and Balinese Offering**
- 6.15pm** **Welcome Dinner: Ubud Artvilla Balinese Feast**

Monday 6th July

- 7.30am** **The Namaste Yoga Circle: it's nurturing, joyful and connects you with self.**
- 8.30am** Breakfast, free time
- 10.30am** **Drumming, Mindfulness & The Zone**
- 1.00pm** **Welcome Lunch**
- 3.00pm** **Welcome Massages**
- 6.00pm** **Drumming, Mindfulness & Peace**
- 6.30pm** Dinner
- 8.00pm** **Evening Blessing/Cleanse with Guru Made in his family temple.**

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Tuesday 7th July

- 7.30am** **Guru I Made Sumantra: Balinese Yoga session**
8.30am Breakfast, free time
10.00am **Drumming, Mindfulness & Unity**
12.30pm **Optional Tour and Lunch:** our Balinese family hosts and guides us through the Purification Ceremony at Pura Tirta Empul (Temple of Holy Water) Tampak Siring.
5.00pm **Drumming and Mindfulness Session**
6.30pm Dinner

Wednesday 8th July

- 7.30am** **Drumming, Mindfulness & The Rhythms of Life**
8.30am Breakfast
10.00am **Wayan's Special Tour:** A scenic trip through the Balinese country side visiting a beautiful lakeside temple and participating in ceremony followed by lunch with Mount Batur as the backdrop and an outdoor Yoga Session . Wayan always includes something unexpected or extra on each tour!
Tour returns around 4.00 – 5.00pm (Tour is optional)
A Balinese Gamelan workshop experience is in the planning as part of this tour.
6.30pm Dinner

Thursday 9th July

- 7.30am** **The Yoga Circle: it's nurturing, joyful and connects you with self.**
8.30am Breakfast, free time
10.00am **Drumming and Mindfulness Meditation**
12.30pm Divine lunch at an organic restaurant in the middle of the rice paddies
6.30pm **Cultural performance**
8.30pm Supper

Friday 10th July

- 7.30am** **The Yoga Circle: it's nurturing, joyful and connects you with self.**
8.30am Breakfast, free time
10.00am **Drumming Mindfulness Finale**
12.00noon Closing Circle
6.30pm Farewell Dinner

Saturday 11th July

- From 8.00am** A relaxed Breakfast then free time until transfers to the Airport or another hotel in Ubud/Kuta

