


# Bali Wellbeing Journey

August 30  
to  
September 8, 2023

*"When I follow my heart,  
I wake up in Bali."*

~ Unknown



Find calm and balance in  
the serene landscapes,  
delve deep into local  
culture, and experience  
ancient healing traditions.

Bookings Open

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# Debi Robinson

I'm Debi Robinson, a Yoga Therapist, and a Functional Health Coach. I specialize in healthy aging, with a focus on maintaining strong bones for life.

My body was broken at age 50 and I was completely incapacitated, which gave me an insight into how important our bones, joints, and muscles are to having an active lifestyle.

I had a total hip replacement at age 51 and slowly but surely got my life back. I know what it takes to build strength and functionality in a safe manner, and how important they both are for healthy aging and a full and active life.



I have practised yoga since 1996 and I appreciate all the wisdom that this practice shares including movement, breath work and learning how to manage your thoughts for stress management.

Yoga is a science of self care and the practice teaches us how to live in harmony and find balance in the mind, body, and spirit with the daily cycles of the sun and moon. When you are in a balanced state you will be the healthiest version of yourself.

Good health is not achieved through a piecemeal approach, but through a lifestyle approach. My passion is to empower people to take control of how they are aging because this is the only life we have and I want to help you live an active lifestyle forever.

Traveling can place an extra toll on the body. The time changes along with extra physical demands such as walking to see the sights can have quite an impact. On my retreats I incorporate daily movement practices to help keep your strength, flexibility and range of motion in your joints optimized, so that you can enjoy travelling to the full and prevent aches, pains and falls.



## World Traveler

I have been very fortunate to travel around the world a few times with family, and friends, in groups, and by myself. I love to travel and explore new places.

I have experienced many group trips, and I have learned what are the best aspects of group travel and have incorporated them into this unique experience. Bali is one of my favorite places and I look forward to sharing my love of adventure, well-being and yoga with you there.

# Kate Horsburgh

I'm Kate Horsburgh, I help my clients create their optimal holistic health and learn how to maintain their wellbeing.

I am a qualified Yoga Teacher, Yoga Therapist, Integrative Nutritionist Health Coach, Reflexologist, Massage Therapist, Reiki Master and Holistic Chef.

Having worked in the corporate world and experienced extreme stress, burnout, total body and lifestyle imbalance, I am perfectly placed to guide and support my clients so they achieve their wellbeing and health goals.

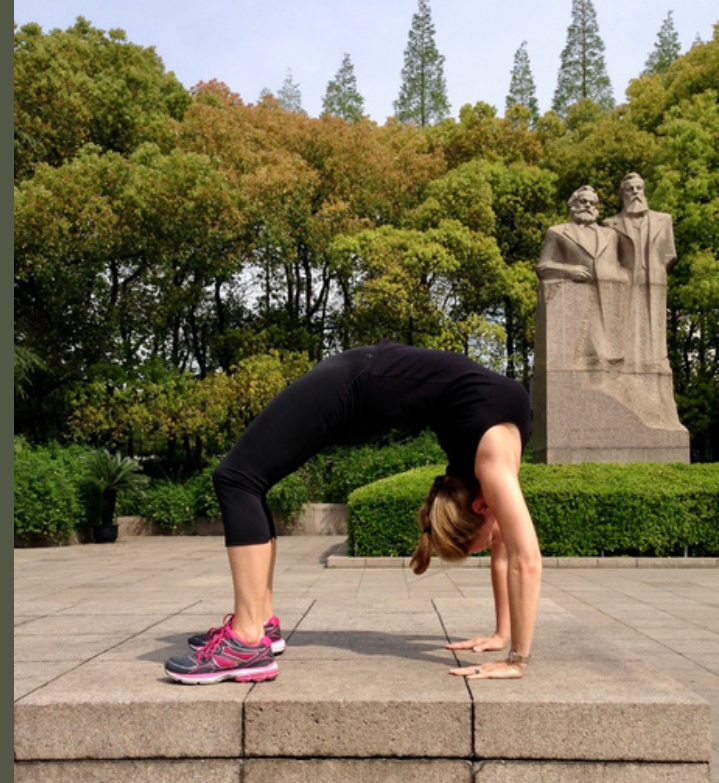


My philosophy in life is to do everything possible to make the most of it. I love to help people improve their health, mental, physical and emotional wellbeing so that they too can maximise their time on earth. Healthily, and for as long as possible.

We don't get a manual on how we work and can slide into a mindless routine of old habits - many of which no longer serve us well, if they ever did.

We are all too often the last thing we will invest our time, effort and resources in - until things go wrong. With support, conscious mindful practices and a better understanding of our bodies, minds and needs, we can identify the things we are lacking and create meaningful and joyful change to bring ourselves gently back into balance.

Eastern philosophies, ancient wisdom and the best of modern science and research provide us with valuable information, but sifting through to find what will actually work (and stick) for you can feel overwhelming and even impossible. I help my clients find their unique solutions to get the results they desire, but struggle to achieve alone.



## World Traveler

India, Hong Kong, Japan, France, Singapore, Spain and Oman were home for me for almost 30 years, I currently live in the UK with my husband, three children and two dogs.

Travel, lifelong learning and wellbeing are some of my passions. I'm curious about the choices we make, and how our environments influence our health.

I first visited Bali in 1995, after studying Balinese temple architecture at SOAS, and have returned many times over the years. I can't wait to share this beautiful restorative journey with you.

## Our Story

Debi and Kate first met, virtually, in 2020 and found an instant connection of shared interests, many life coincidences, purpose and passions.

Many conversations later, they finally met in real life - on a holistic health retreat Kate was running on the Isle of Wight.

When Debi invited Kate to partner with her on this Bali Wellbeing Journey, she didn't hesitate for a second. You're in safe hands, between them, they share many decades of experience and training.



## Our Retreat

This unique Wellbeing Journey has been thoughtfully created to help you step away from routine, habits, everyday life and responsibilities. Come and immerse yourself in ten days of joyful self-care, rest, relaxation and mindfulness.

We will share our experience, training and love of Yoga, Meditation, Pranayama and Yoga Nidra with you in our daily classes. We will explore Bali together and learn about the culture as well as some ancient Balinese healing practices.

We will also hold space and be there for you - we want you to have the tools, the time and the environment to become the healthiest and happiest version of yourself.

For the full itinerary please see below.



## Our Team

In Bali we have engaged a trusted local social enterprise to manage our logistics and help us explore beyond the surface of life in Bali. The enterprise focuses on sustainable tourism initiatives that support the economic development of local rural communities, while protecting and preserving natural resources.

They will help us provide an inspiring and responsible travel experience for our guests that showcases the beauty, history, culture and magic of Bali.

# Day 1 Ubud

Wednesday,  
30th August

Hotel Anumana Ubud  
Ubud Centre  
(Five Nights)

- Airport pick up from Denpasar
- Transfer to hotel
- Check in at 12:00
- Debi and Kate will greet you
- Orientation and introduction
- Welcome royal dinner\*. (All meals marked\* are included.)

Welcome to Bali.

This is where our wellbeing journey begins. Your journey to peace, calm, rest and relaxation – with amazing scenery, fascinating culture and incredible experiences all around you.

We'll spend the afternoon visiting the Peliatan Palace – celebrating the start of our journey with a royal dinner and traditional dance performance.



# Day 2 Ubud

Thursday,  
31st August

## Hotel Anumana Ubud Ubud Centre

- Breakfast at the hotel
- Trip to Penarungan village
- Balinese village life experience
- Traditional Balinese lunch\*
- Samuan Tiga Temple visit
- Restful evening at your leisure

Our first full day together and a rich program of cultural experiences. We will spend time in a local village learning about the production of Balinese staples - coffee, coconut oil, spices, rice and offerings. If everyone has enough energy we will visit a temple on the way back to the hotel.



# Day 3 Ubud

Friday, 1st  
September

## Hotel Anumana Ubud Ubud Centre

- Breakfast at the hotel
- Payangan Village visit
- Time at the KIM community centre
- Storytelling
- Lunch\* with the community
- Free afternoon for rest or exploring
- Arrange your own dinner
- Ramayanan Dance Performance

A busy morning at a different village - this time our focus is on storytelling, women's activities and pausing for reflection.

A peaceful afternoon to have some time to rest, maybe book a treatment, go for a walk or curl up with a book before we meet up in the evening to go and watch a traditional dance performance.



# Day 4 Ubud

Saturday, 2nd  
September

## Hotel Anumana Ubud Ubud Centre

- Breakfast at the hotel
- Balinese Cooking class
- Lunch\* together - enjoying the vegetarian dishes we made
- Free afternoon and evening for self care and exploring under your own steam

The primary staple of Balinese food is rice, which is served with almost every meal. This is usually accompanied by vegetables, meat, or seafood, all seasoned with a variety of spices and sauces such as turmeric, ginger, garlic, black pepper, lemongrass, candlenut and chilies. Today we learn all about Balinese food. We will have a fun cooking lesson and then eat what we made.





# Day 5 Ubud

Sunday, 3rd  
September

Hotel Anumana Ubud  
Ubud Centre

- Early Breakfast at the hotel
- Tirta Empul water temple visit
- Balinese herbal healer visit
- Lunch\* at the organic farm
- Visit to the tea farm
- Afternoon/evening at your leisure

Today we will visit a special water temple and experience a purification ceremony with holy spring water.

Following on from our spiritual and cultural temple visit we will meet a local traditional herbal expert.

We will lunch\* together before relocating to a tea farm for a taste of local tea and Jamu.



# Day 6 Northwest Bali

Monday, 4th  
September

Amertha Bali Villas  
Pemuteran Beach

Three Nights

- Breakfast at the hotel
- Visit the Beratan Temple and lake
- Lunch\* at the Green House
- Check in to our hotel
- Relax and enjoy exploring your new environment.

Today we say *sumpai jumpa* to Ubud and travel through the mountains to Northwest Bali.

On our way we will visit the iconic and ancient Beratan temple, dedicated to Vishnu, Brahma and Shiva. Lunch\* will be at the beautiful Green House before carrying on to our next stay - Pemuteran. The evening is yours to relax and enjoy as you wish.



# Day 7 Northwest Bali

Tuesday, 5th  
September

Amertha Bali Villas  
Pemuteran Beach

- Breakfast at the hotel
- Visit to Melanting Temple
- Meditation
- Vegetarian Balinese lunch\*
- To hotel for siesta
- Sunset hike to Batu Kursi hill
- Evening at your leisure

This Melanting Temple is the most important in a network of Melanting (trader) temples across Bali. We will have a chance to practise meditation today - both here and then later in the evening when we have hiked up Batu Kursi to watch the sunset, and enjoy the beautiful view.

The evening is yours to relax and enjoy as you wish.



# Day 8 Northwest Bali

Wednesday, 6th  
September

Amertha Bali Villas  
Pemuteran Beach

- Breakfast at the hotel
- Artist visit
- Music with the artist and family
- Relaxing afternoon - free time
- Farewell dinner\* with music

Bali is known for its arts and crafts - today we will meet an artist and his family to learn about Balinese textile work. Followed by a chance to try your skills at playing the Balinese flute.

It's our last day up on the Northwest coast so we will have an afternoon of free time before meeting for a final "farewell" dinner together.



# Day 9 Sanur

Thursday, 7th  
September

Prama Beach Hotel  
Sanur  
One Night

- Breakfast at the hotel
- Check out
- Trip to Jati Luwih rice terraces – a UNESCO World Heritage site
- Picnic lunch\*
- Check into our hotel in Sanur
- Free to enjoy your last evening

On our last full day together on this Wellbeing Journey – we will head down through the centre of Bali to spend the night in Sanur.

On the way we will make a stop at the centuries-old paddy terraces of Jati Luwih – recognised by UNESCO as a world heritage site of significance. We will have lunch boxes with us for an al-fresco picnic lunch.





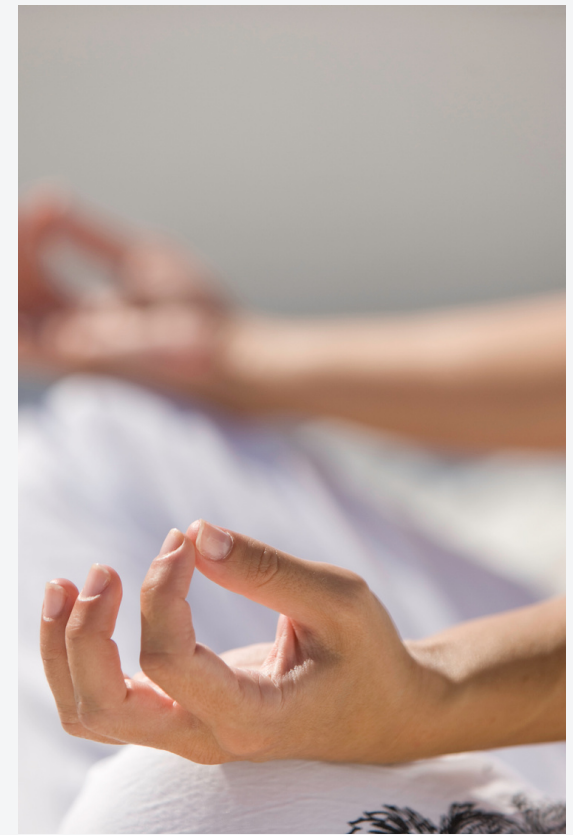
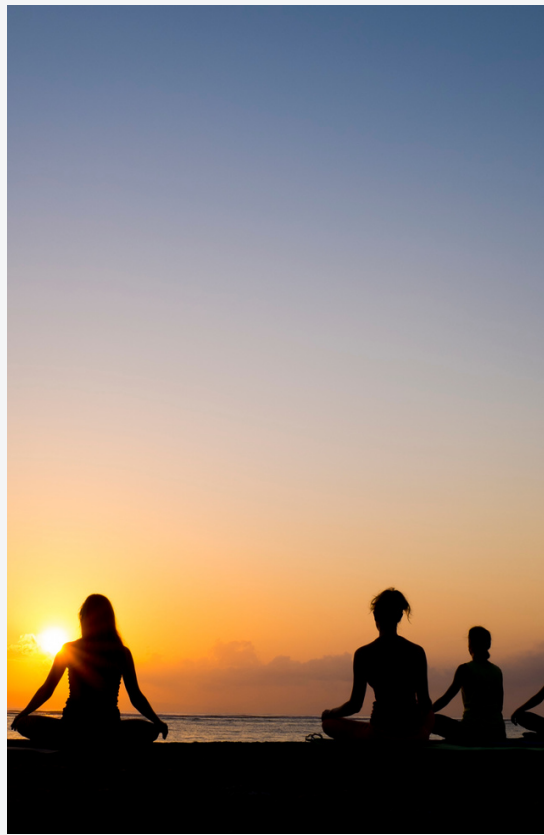
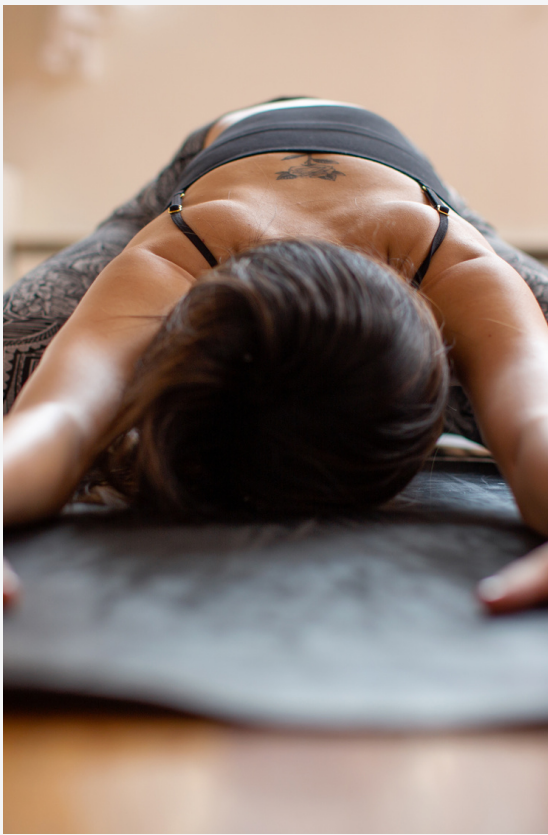
# Day 10 Sanur

Friday, 8th  
September

## Your Onward Travel

- Breakfast at the hotel
- Farewells
- Check out by 11am
- Make your way to your next destination

So many memories to look back on and remember from this retreat – pack them up and take them with you to remind you of slowing your pace, feeling deeply restored and the magical ancient healing energy of Bali.



## Daily Classes

We have arranged a variety of wonderful activities, visits and experiences for you to enjoy on this journey. There are also quiet times each day, to rest and recharge, explore on your own or exercise. All the activities are optional, so if you need to take some extra time for yourself you can choose to do that instead.

There will be a class for you each day – either Yoga, Meditation, Pranayama or Yoga Nidra. The daily class timings will vary to fit in with the rest of the schedule.



## Balinese Culture

Balinese people have a strong connection to their beliefs and traditions – these are vital to their overall happiness and wellbeing. Locals trust that their ancient rituals bring harmony to the island and deliver peace and good fortune to everyone around them, including Mother Nature.

Bali is a culturally-diverse island, rich in language, cuisine, traditions and ceremonies, many of which are aimed at preserving individual and community health and equilibrium. We look forward to sharing our love of Bali and its ancient culture with you, and to helping you absorb the peace and balance of the island while you enjoy Bali's unique culture.





## Balinese Etiquette and Social Customs

Every country has social norms and conventions around what might be considered rude, offensive or disrespectful. To avoid inadvertently offending anyone while we are guests in Bali, it is helpful to understand and follow the local social norms. Our guides will be helping us with a short mini-course, but here are some examples.

Don't step on the offerings

Dress conservatively - especially in temples or sacred places

Never use your left hand to handle food, or to receive or give items or money

Do not cross your legs while seated

Do not cross your arms or put your hands on your hips

Showing the soles of your feet is considered rude

Pointing at people is also considered offensive

Do not touch anyone on the head, either adult or child

Remove your shoes before entering a home or temple

Smile, and speak gently

Getting angry means you "lose face"



## Engage Your Senses

Bali is full of bright and vivid beauty, but there is a subtlety amid the drama of colour, taste and experiences. Your senses will be in overdrive from the moment you arrive. As you settle in, find your equilibrium and slow your pace, you'll begin to see and feel the subtle nuances and savour the quiet moments.

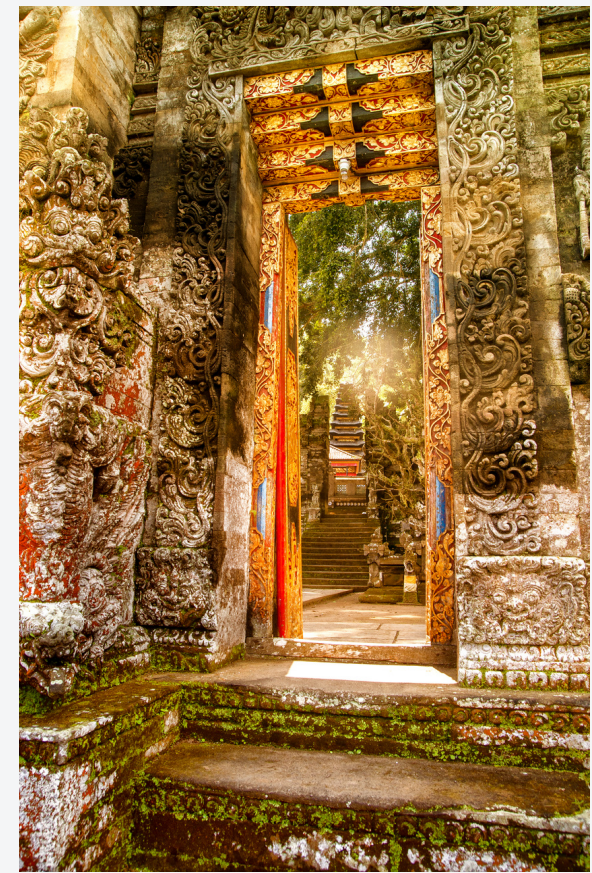
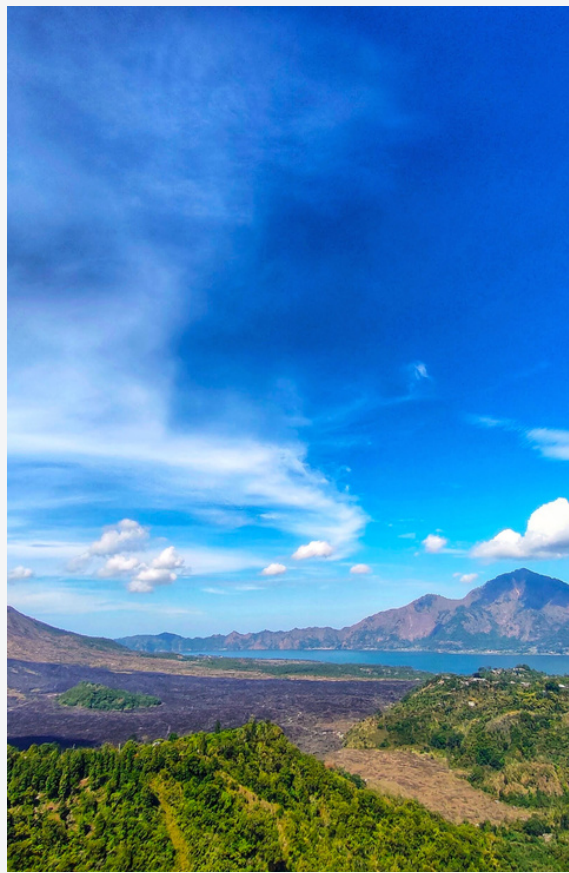
The ancient ways and healing energies of Bali are there for you to observe, feel and tap into as you step away from your routines and begin to notice what is around you to taste, hear, see, touch and smell. Slow down, practise being in the moment, breathe deeply and move gently - your nervous system will ease into the rest and digest mode it needs to help you feel relaxed, refreshed and rejuvenated. The benefits will last long after you leave this island, we hope you will take new habits with you and enjoy better health far into the future.



## Balinese Food

In Bali, food binds community and family together. Food is used in offerings and ceremonies and has long held an important place in healing and traditional medicine. You'll have lots of opportunity to try a range of foods and there are some fantastic restaurants to explore too. Ubud in particular has some amazing places to eat healthy, fresh and innovative dishes that are bursting with goodness and flavour.

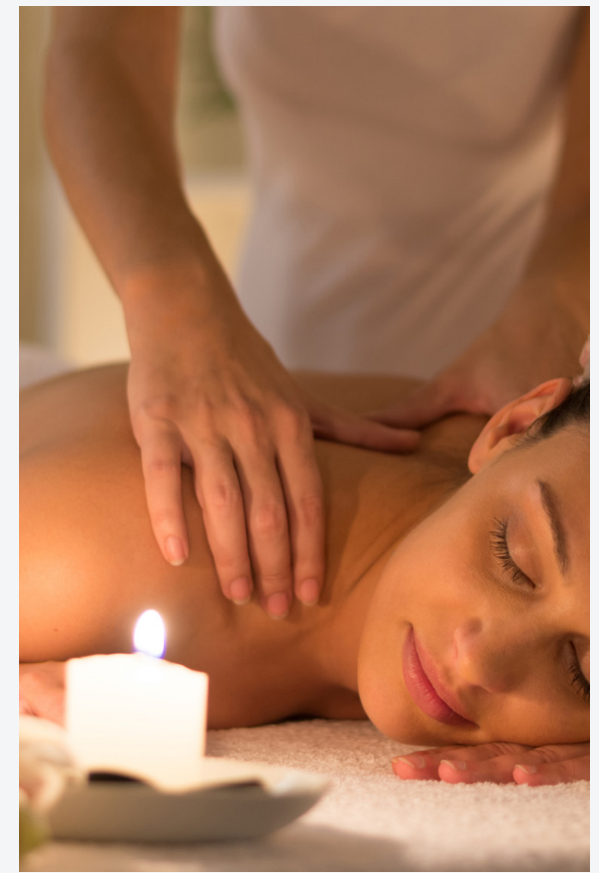
Fresh herbs, spices, fruit, vegetables make Balinese food colourful, full of flavour and bursting with nutrients. A spice paste used in most households called Basa Gede includes turmeric, ginger, garlic, black pepper, lemongrass, candlenut, and chilies and a number of others. Watch out also for the deliciously spicy sambal, a feisty and fiery red condiment that is served alongside many of the traditional dishes - so you can spice up your plate and your life to your taste.



## Sacred Bali

Balinese Hinduism is a religion that places great importance on art and ritual. It is a unique union between Hinduism (specifically Shivaism) and Buddhism, with aspects of pre-existing animism still evident, the island has a priesthood which consists of both Hindus and Buddhists.

The theological basis for Balinese Hinduism originates from Indian philosophy, while indigenous beliefs form the basis of many of the rituals. An important belief is that elements of nature are influenced by spirits. Therefore, daily offerings (sesajen) are offered to appease them and ensure good fortune - you will see offerings everywhere and have the opportunity to make your own. It is believed that the sacred Mount Agung, referred to as the 'mother mountain' (Bali's highest mountain) is the home of the gods and ancestors.



## Treatments in Bali

Relax and unwind with a treatment during your time in Bali. The island boasts some of the finest spas and wellness experiences in the world. Speed up the process of leaving your troubles, stresses, and worries behind with a little pampering. There are times each day that are set aside for self care – chat with us ahead of time for recommendations and to help you figure out when to book.

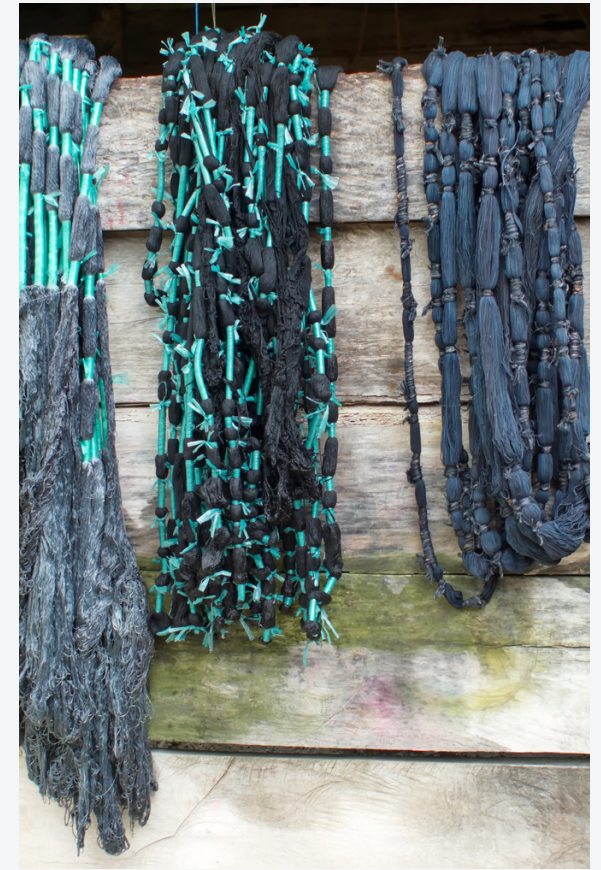
Traditional Balinese massage is without oil and the client wears loose pyjamas – it uses a combination of gentle stretches, acupressure, reflexology, and aromatherapy to stimulate the flow of blood, oxygen and qi around the body, bringing a sense of wellbeing, calm and deep relaxation. Or you can try a heavenly "royal massage" (two therapists working in tandem), reflexology or a facial – the choice is yours.



## Traditional Healing in Bali

Balinese traditional healing practices make use of natural herbs and spices, holistic therapies and ancient wisdom to cure physical and mental ailments. Traditional healing modalities are prominent in Balinese culture today, which include herbal remedies, different kinds of massages and energy work. There is a deep appreciation of nature, work, living well and simple practices, with the belief that these lifestyle choices help maintain good health and promote longevity.

You might like to try some local specialities such as Jamu or herbal teas while you are in this deeply healing and spiritual place. Let the warm air, sunshine and peaceful energy of Bali heal your mind, body and spirit, and restore your equilibrium, as you leave the rest of the world aside for a while.



## Shopping in Bali

Either you are a shopper, or you are not! But there is plenty to feast your eyes on even if you don't plan to buy. Bali is known for its wonderful arts, crafts, holistic health products, spices, textiles, semi-precious stones and silver jewellery - and many other beautiful and unique products.

Some guests may decide to arrive in Bali early or stay on after our time together - in which case you will have plenty of time to explore the markets and different products unique to Bali. We have consciously scheduled in pockets of time each day for you to pursue your own interests - whether that be relaxing, exercising, enjoying treatments you've booked or perhaps a bit of shopping.



## Inclusions

- Airport pick-up and transfer on arrival
- Hotels - nine nights accommodation
- Meals - all breakfasts, plus dinner OR lunch each day. Included meals are marked on the schedule with a star\*
- Snacks and water refill provision
- Entrance fees, local donations. Your participation directly supports the livelihood of local village communities in Bali.
- Temple visit - offerings, sarong and sash
- All activities listed on the schedule (should an activity be cancelled due to adverse weather or unforeseen circumstances an alternative will be arranged).
- Private air-conditioned coach and English-speaking guide
- Yoga, Yoga Nidra and Pranayama (breathwork) classes
- Memories of your journey - photographs of your experience will be sent to you after the event, if desired
- Facilitated intercultural dialogue with local Balinese communities
- Introductory Indonesian language and Balinese customs/etiquette mini-course





## Exclusions

- All meals not mentioned in the daily inclusions
- Alcoholic beverages
- Airport drop-off for departure
- Hotel and travel incidentals, personal purchases
- Tips - for our tour guides and driver, if you choose to participate
- Any entrance fees not mentioned in the daily inclusions
- Personal travel and accident insurance (essential)
- International flights - round-trip airfares to and from Denpasar, Bali
- Treatments and extras not in the itinerary



## Cancellation & Deposit Policy

- 90 days or more before travel - loss of deposit
- 61 - 89 days before travel - 25% or loss of deposit (whichever is greater)
- 31- 60 days - 60% cancellation charge
- Less than 30 days before departure - 100% cancellation charge

## Payment Schedule (Single Occupancy)

- A non-refundable deposit of \$750 to reserve your Bali Wellbeing Journey
- 1st Payment of \$1434 due by 30th April
- Final payment of \$1434 due 30th June

*Please Note:*

*Payment by check or credit card. If paying by credit card there is a 3% fee.*

### Terms of Payment

\$750 non-refundable deposit to reserve your place

50% initial balance payment due on 30th April, 2023

50% remaining balance payment due on 30th June, 2023

### Trip Cost

Per person  
single occupancy - \$3618

Per person  
double occupancy - \$3368

A serene sunset scene over a rocky coastline. The sky is filled with vibrant orange and pink clouds, reflecting in the calm water of a bay. In the background, a dark cliff with some trees stands against the horizon. The foreground shows dark, moss-covered rocks and shallow water with visible seabed. The overall mood is peaceful and inviting.

Your Bali Wellbeing Journey  
is Waiting For You

With love, Debi and Kate