

Bali Retreat with Jenna

**Oct. 21- Nov.3
2024**



14 day pilgrimage of self-discovery on the island of Bali, Indonesia in the Southeastern Pacific

ITINERARY :

Day 1-2 Arrival at beach resort,
immersion into yoga, food, art and culture

Day 3-7 Move into the forest,
experience the locals and start to unwind

Day 8-13 Travel into the mountains
and live in a sustainable village

Day 14 Return to the beach and the coast

PRICING :

\$850 Deposit required

Pricing per person:

Early bird until July 20, 2024	\$4950
Standard fees after July 20, 2024	\$5750
Best Option Pay in full by April 30, 2024	\$4250

Visit Thehouseofyoga.com to see what's included. To reserve your spot, call 321.652.9642

Greetings!

It is my belief that all of us are ultimately looking for the same thing - a life of purpose filled with a deep sense of love, connection and belonging. The question is how do we cultivate such a state of being? My intention for this adventure is to help you answer that question and rediscover yourself. I have been profoundly moved by the majestic mountains of the island of Bali, along with the ancient culture. Being in these sacred places provide the perfect opportunity to journey into the very heart of who you are and why you are here. It would be my privilege to guide you on this epic adventure.

YOGA & MEDITATION

My intent for this experience is to guide you on a journey of deep inner contemplation. Daily classes and lectures offered are designed to bring the knowledge and wisdom of the ancient traditions into the modern age with techniques that are practical and accessible for everyBODY.

I will teach you the what, why and how of a well rounded yoga practice and provide you with the necessary tools to help you make meditation a daily habit. You will learn how to effectively look after your body, navigate the habitual patterns of the mind; better understand the relationship between the inner and outer world; and experience profound changes through the expansion of Self-Awareness. I'll lead daily talks about your experiences offering ample opportunity to ask questions, receive feedback and give advice on any topic that may come up for you. Life is meant to be fun and as much as I look forward to cracking you wide open, I can't wait to have an absolute blast every step of the way!

* Prior yoga and meditation experience is advisable but not necessary.

ACCOMMODATION

Day 1-2, and 14: Seminyak, a beautiful beach resort on the coast, with breathtaking views and luxurious surroundings

Day 3-5 : Ubud, a boutique style cottage with traditional Balinese-style, and decor

Day 6-7: Ubud, boutique in the rice fields, with tranquility and walking distance to Central Ubud

Day 8-10: Tabanan, bungalows in the jungle, with sustainable garden and waterfalls

Day 11-13: Tabanan, boutique jungle resort in the rainforest and slopes

Day 14: Seminyak, a beautiful luxurious beach resort on the coast

MEALS

Day 1-2 and 14 Welcome and farewell dinner- authentic Balinese, breakfast

Day 3-5 Breakfast, dinner at hip and known restaurant

Day 6-7 Breakfast, lunch at well known organic, nutritious restaurant

It is important to set the right expectation and understand meals and ingredients are traditional Balinese and mostly vegetarian. Chicken can be added for an extra cost.

Day 8-10 : personal chef, preparing breakfast-lunch-dinner for our group from the garden, home cooked with love and respect for nature

Water, tea, coffee and afternoon snacks anytime

Day 11-13 : personal chef, preparing breakfast - lunch -dinner with options of vegan, gluten free and mostly vegetarian, will respect to local permaculture

Day 14 : farewell dinner



What's Included:

- All accommodations (5 destinations)
- All transportation
- All meals (there are 1-3 days you may want to be adventurous for lunch or dinner)
- All non alcoholic drinks during meals (teas and water)
- Welcome dinner
- Daily yoga, guided meditations, and introspective talks
- Entrance fees and monument visits
- Experienced English-speaking and government licensed guides
- Porters to carry bags
- 2 Balinese Massages
- 2 yoga classes at prestigious studio
- One full day workshop with Jenna's teacher with singing bowls
- One activity in the jungle
- Staff costs including wages, insurance, equipment, food and accomodation
- All government and local taxes.

NOT Included:

- Airfare
- Bali arrival VISA, \$35 USD
- Travel insurance
- Personal expenses such as snacks, some lunches, alcoholic beverages, souvenirs, etc
- Tipping and gratuity for staff and guides

Please note, I have researched the best airlines, and come up with the most clean, cost and time effective flight- we could travel as a group. The cost is \$ 1650 (with a protection plan) round trip from JFK to Bali. We would all need to get to JFK, from MCO.

To register, please fill out the application form

Once your application has been reviewed and accepted, a non-refundable deposit is required to hold you spot. We will email you an invoice with instructions on how to complete the payment via Vagaro (\$ 1313.75) or direct bank transfer (\$ 1275.50).

IMPORTANT NOTE:

Everyone's safety is my top priority. Every effort will be made to follow the above itinerary, but I reserve full authority to amend any part of the itinerary due to weather conditions or safety concerns