

Planeta First

Solidarity ecotourism

Spiritual tour in Bali

Seven days in Ubud to slow down: a holy water blessing at Tirta Empul, sunrise yoga, the temples of Lempuyang, Besakih and Goa Lawah, meditation and Balinese healing practices.

Indonesia 1 week **From €895 per person**

The tour

This week is an invitation to slow down and reconnect through Bali's spiritual traditions. Based in the heart of **Ubud**, it combines hands-on workshops, guided visits to sacred temples and wellness sessions designed for body and mind.

You make flower offerings, receive a **holy water blessing** at **Tirta Empul** temple, set off at dawn for the great temples of **Lempuyang**, **Besakih** and **Goa Lawah**, and discover traditional healing practices: crystal chakra healing, a cleansing ritual and palm reading. Yoga, meditation, a Kecak dance performance and free afternoons set the pace of the week.

It is designed for adults who want to understand Balinese Hinduism from the inside while taking time for themselves, away from the bustle of the usual tours.

What makes it different

- A holy water blessing at Tirta Empul temple
- Surya Namaskara yoga and meditation
- A Kecak dance performance
- Lempuyang, Besakih and Goa Lawah in a single day
- Crystal healing and a cleansing ritual







Day by day

Day 1 (Sunday): Arrival in Bali

Airport pick-up and transfer to the accommodation. Welcome dinner and free time.

Day 2 (Monday): A spiritual introduction

A flower offering workshop in the morning, a holy water blessing at Tirta Empul temple in the afternoon and a Kecak dance performance in the evening.

Day 3 (Tuesday): Surya Namaskara

A three-hour Surya Namaskara (sun salutation) yoga retreat in the morning. Free afternoon for reflection and a free evening.

Day 4 (Wednesday): The sacred temples

A 5am start for a full day at Lempuyang, Besakih and Goa Lawah temples. Free evening.

Day 5 (Thursday): Chakras and meditation

Crystal chakra healing in the morning (one hour). Yoga and meditation in the afternoon (75 minutes). Free evening.

Day 6 (Friday): Healing practices

A spiritual cleansing ritual in the morning. Palm reading and a traditional healing session in the afternoon. Free evening.

Day 7 (Saturday): Departure

Breakfast and transfer to the airport.

The programme may change depending on the weather and local conditions.

On site

Accommodation

Accommodation in Ubud, in a private room according to the brochure, for the six nights of the stay.

Meals

Full board from Monday to Friday. Dinner is included on arrival day and breakfast on departure day.

Arrival

You arrive at Bali airport on a Sunday and are transferred to the accommodation in Ubud. The stay ends on the following Saturday.

Departures

Several departures a year, to be arranged with the team

Included

- ✓ Airport welcome and transfer
- ✓ Accommodation in a shared house
- ✓ Meals
- ✓ All activities in the programme
- ✓ 24/7 support and supervision
- ✓ A donation to the local project

Not included

- × Flights
- × Travel and repatriation insurance
- × Return transfer

Ready to go?

The Freepackers team arranges your trip and answers your questions, with no commitment.

freepackers.com/en/planeta-first/spiritual-tour-bali/, **info@freepackers.com**

Prices and dates are indicative as of 31 October 2026 and confirmed by the team when you enquire.