



Spiritual week in Bali

This one-week journey invites you to slow down and reconnect through ancient rituals, temple visits, yoga, meditation and holistic healing practices.

Program description

The program is designed to introduce you to Bali's spiritual heart. Each day combines hands-on workshops, guided visits to sacred temples, and wellness sessions designed to nurture body and mind. Highlights include joining a flower offering class, receiving holy water purification at Tirta Empul, exploring iconic temples like Lempuyang and Besakih, and experiencing traditional Balinese healing practices. Along the way, you will also participate in yoga, meditation and dance performances that bring Balinese culture to life.

Based in the heart of Ubud, you'll explore Bali's spiritual essence while also experiencing traditional performances, ceremonies and the island's serene natural beauty.

Program Highlights:

- Holy water blessing at Tirta Empul Temple
- Flower offering class
- Surya Namaskara yoga retreat
- Visits to Lempuyang, Besakih and Goa Lawah Temples
- Chakra crystal healing and meditation
- Spiritual cleansing and palm reading session
- Balinese Kecak dance performance

Aims and objectives:

- Provide participants with meaningful exposure to Balinese spiritual practices
- Encourage personal growth through mindfulness, yoga and meditation
- Foster understanding of Balinese Hindu culture and its traditions
- Support inner reflection, relaxation and healing in a nurturing environment

Additional Equipment

Personal belongings such as:

- Light breathable clothing for warm weather
- Modest attire for temple visits (shoulders and knees covered)
- Yoga and meditation wear
- Light jacket or shawl for cooler evenings
- Comfortable walking shoes
- Flip-flops or sandals
- Daypack for daily excursions
- Reusable water bottle
- Sunglasses hat and sunscreen
- Insect repellent
- Flashlight or headlamp
- Locks for bags and hostel lockers
- Personal toiletries eco-friendly if possible

Dress code:

- Indonesia is a Conservative Country, please wear modest clothing covering knees and shoulders. Loose and long clothing is both respectful and tends to keep you cooler in hot climates. Cover up as much as possible in the spirit of the local culture to avoid embarrassment.



Schedule

Day 1: Sunday

- Arrival in Bali
- Airport pick up and transfer to accommodation. Welcome dinner and leisure time.
- Overnight: TGL Private Room | Meals: Dinner

Day 2: Monday

- Balinese Spiritual Introduction
- Flower offering making workshop in the morning. Holy water blessing at Tirta Empul Temple in the afternoon. Balinese Kecak dance performance in the evening.
- Overnight: TGL Private Room | Meals: Breakfast, Lunch, Dinner

Day 3: Tuesday

- Surya Namaskara Retreat
- Morning Surya Namaskara yoga retreat (3 hours). Afternoon free for reflection. Evening leisure time.
- Overnight: TGL Private Room | Meals: Breakfast, Lunch, Dinner

Day 4: Wednesday

- Sacred Temples Tour
- Full day visit to Lempuyang Temple, Besakih Temple and Goa Lawah Temple. Early departure at 5 am. Evening leisure time.
- Overnight: TGL Private Room | Meals: Breakfast, Lunch, Dinner

Schedule

Day 5: Thursday

- Chakra Healing & Meditation
- Morning chakra crystal healing (1 hour). Afternoon yoga and meditation session (75 minutes). Evening leisure time.
- Overnight: TGL Private Room | Meals: Breakfast, Lunch, Dinner

Day 6: Friday

- Healing Practices
- Morning spiritual cleansing ritual. Afternoon palm reading and trauma healing session. Evening leisure time.
- Overnight: TGL Private Room | Meals: Breakfast, Lunch, Dinner

Day 7: Saturday

- Departure
- Transfer to airport for departure.
- Meals: Breakfast

*This schedule can be changed and/or amended depending on weather conditions, local conditions and unforeseen circumstances.