



Yoga and Meditation in Ubud Bali

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Project overview



What's included:

- 24/7 support in case of emergencies

Visit: <https://www.trueexperientctravel.co.uk> - Call us on: +44 (0) 1494 526163 or +44 (0) 7951 536023

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- Accommodation
- Airport Pick up
- English speaking coordinator
- Meals
- Orientation

What's not included:

- Airport drop off
- Flights
- Travel insurance
- Vaccination
- Visa

Project itinerary

Week 1: Introduction to Bali

Mandatory Orientation Day

On the Monday of your first week at this location, you will join our orientation day, to familiarise yourself with the surroundings as well as local culture. Thereafter, your programme will continue as usual from Tuesday onward throughout the rest of the week.

Orientation Schedule - Monday

- Welcome, introduction to Indonesia, House rules, Code of
- Conduct and handling of documents
- Culture Lesson
- Lunch
- Project meeting and Preparation

Daily Schedule

Tuesday

- 8.00 Breakfast



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- 9:30 Balinese Language Class
- 12:00 Lunch
- 14:00 Village Walking tour (Visit rice terrace, art village and beauty hills by walking)
- 17:30 Dinner

Wednesday

- 8:00 Breakfast
- 9:30 Balinese Language Class
- 12:00 Lunch
- 13.00 Batik painting class
- 17:30 Dinner

Thursday

- 8:00 Breakfast
- 09:30 Cooking class
- 12:00 Lunch
- 14:00 Balinese flower offering Class
- 18:30 Welcome and Goodbye dinner

Friday

- 8:00 Breakfast
- 9:00 Spiritual Tour: visit the famous temple PuraTirtaEmpul, the holy water temple. Enjoy a shower in the Holy Water
- Late Lunch at the house/snacks or drinks in the temple)
- 13.00 Lunch
- 15.00 Project meeting
- 17:30 Dinner

Week 2 Yoga and Meditation

Monday to Friday

Each day, you will follow the same routine through which you can get more training in yoga and meditation. You will start the morning with a yoga and meditation session. After the morning session, you will get a break to enjoy eating fresh fruits and drink tea. Following breakfast, you will



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have some free time where you can relax further and make your body and mind ready for the afternoon yoga and meditation session. After lunch, you will then commence the afternoon yoga and meditation session. The session will end followed by the serving of some fresh fruits and tea. Your free time is yours to do as you please, with a relaxed mind and body obtained from yoga and meditation.

Your days may look like this:

Monday

- 06:00 Introduction to Yoga and Meditation
- 08:30 Breakfast and free time
- 12:00 Lunch and free time
- 16:00 Afternoon Yoga and meditation
- 18:00 Break with fresh fruits and tea
- 18:30 Dinner

Tuesday

- 06:00 Morning Yoga and meditation
- 08:30 Breakfast and free time
- 12:00 Lunch and free time
- 16:00 Afternoon Yoga and meditation
- 18:00 Break with fresh fruits and tea
- 18:30 Dinner

Wednesday

- 06:00 Morning Yoga and meditation
- 08:30 Breakfast and free time
- 12:00 Lunch and free time
- 16:00 Afternoon Yoga and meditation
- 18:00 Break with fresh fruits and tea
- 18:30 Dinner

Thursday

- 06:00 Morning Yoga and meditation



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- 08:30 Breakfast and free time
- 12:00 Lunch and free time
- 16:00 Afternoon Yoga and meditation
- 18:00 Break with fresh fruits and tea
- 18:30 Dinner

Friday

- 06:00 Morning Yoga and meditation
- 08:30 Breakfast and free time
- 12:00 Lunch and free time
- 13:00 Relaxing with massage at the spa and free time
- 18:00 Dinner

Evenings and Weekends

At the end of your day as a volunteer, you can choose to explore the area or simply relax with new friends back at your accommodation. Many of our volunteers enjoy mixing with their new volunteer friends during the week and plan their weekend adventures together!

Please Note: Bali is a tropical country with occasional storms and heavy rains. During such times, the above schedule may be subject to change.



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APPLICATION FORM

		Booking ref:	
Fullname			
Nationality		Passport number	
Age	Male Female	Date of birth	
e-mail address		Phone number	
Flight Details		Home address	
Contact person at home (In case of an emergency)		Contact number (In case of an emergency)	

Do you have any health problems or allergies we should know about?

To complete your placement we will require the following:

- Copy of your passport
- CV
- Full flight itinerary
- Proof of travel insurance
- Consent to travel for young people over 17 but under 18 years old (see attached consent form attached)