Discover the essence of Bali – and the Balinese – that make this 8 day adventure so much more than just another vacation. You’ll be immersed in the rich and diverse culture of Bali evokes images of a paradise begging to be explored. Walk along Bali’s beaches, beautiful lodging and temples. From the exquisite flower-petal offerings placed everywhere, to the processions of joyfully garbed locals, shutting down major roads as they march to one of the myriad temple ceremonies, to the otherworldly traditional music and dance performed island-wide, almost everything has spiritual meaning. You’ll leave knowing Bali is more than a place; it’s a mood, an aspiration, a tropical state of mind.

TRIP SUMMARY

Life is Good Vacations and Michael Franti’s Soulshine Bali invites you to experience an adventure that makes living in the moment the place to be. Bali’s a paradise for retreat-seekers and thrill-hunters alike, which you’ll discover firsthand as you unplug, refresh, and meditate on sunshine among the island’s famous landscapes. It’s where you’ll greet each morning with sunrise yoga and continue your days exploring local villages, biking through greener-than-green rice paddies, and making lifelong friends over conversation and cocktails. Through it all, you’ll go with the flow, dance, and play, and balance fun-in-the-sun with long-lasting gratitude.
DATES

April 13th - April 20th, 2019
8 days / 7 nights

TRIP PRICE:

From $4,498 / person
($680 single supplement)

TO LEARN MORE + TO BOOK:

Phone: 1-800-575-1540
E-mail: reservations@austinadventures.com

Itinerary

Day 1: Arrival Denpasar – Ubud

Selamat Datang – Welcome to Indonesia!

Upon arrival in Denpasar-Bali, clear immigration and customs. Exit into the arrival area where you will be met and privately transferred to your accommodation in Ubud.

Until late in the last century, Ubud was a minor principality subservient to the palaces of Peliatan and Gianyar. Through a series of well-chosen alliances, and the colonial meddling of the Dutch, Ubud
prospered and began attracting refugee painters, sculptors, dancers and architects who had fallen out of favor with the other kingdoms. Under the influence of Prince Agung Gede Sukawati, Ubud also attracted Western artists and scholars, such as Miguel and Rose Covarrubias, Margaret Mead and Walter Spies who helped secure Ubud as the cultural and spiritual nucleus of the island.

03:00 PM         Guest check-in
06:30 PM         Welcome Sunset Cocktails
07:00 PM         Welcome Dinner
07:00 PM         Welcome Circle

Day 2: Ubud
Enjoy your morning with Yoga Class and breakfast.

Bali; the name alone suggests images of rice paddies and mighty volcanoes. Besides the exotic image the island has built over the years, and its natural attractions Bali's soul and character are defined by its people. Ubud in the 1930s became a heaven for artists with the likes of Walter Spies, Miguel Covarrubias and later Antonio Blanco and Arie Smit. The island has been a magnet for the arts with Ubud as its epicenter.
You’ll be met at the hotel lobby this morning for today’s special experience: a day in the life of a Balinese artist. One of the most remarkable ways of discovering Bali is through its people and the unique art forms the island is known for the world over. We invite you to join us in a memorable trip to the soul of the island. Meeting local artists at their homes and workshops we open the door to a world that is normally hidden form the sight of travelers. You can buy an art piece in a showroom but how about meeting the masters themselves. We always dream about a chance to meet interesting local people, we will give you the opportunity of meeting some local maestros and then having a meal (lunch) with a host family in a real Balinese home.

07:00 AM     Yoga with SoulShine
08:30 AM     Breakfast at SoulShine
10:00 AM     A day with Balinese Artist Program followed by lunch
07:00 PM     Dinner at Moksa Restaurant

Day 3: Singaraja / Bullian Village / Ubud

Enjoy your morning with Yoga Class and breakfast.

Meaning literally "The Lion King", Singaraja was Bali’s capital from the first days of the Majapahit Empire up to Indonesia’s independence in
1949. The kings that ruled Singaraja were the foremost kings of Bali, and even during the Dutch rule, when most of today's Singaraja was built, the city retained its position as Bali's cultural and administrative center.

Today Singaraja is a charming tropical city of 400,000 people with wide tree-lined avenues bustling with trade and activity. Its many shops and craftsmen serve mainly local customers with hardly a tourist in sight. Besides offering a unique opportunity to experience authentic Balinese city life, the main attraction for visitors is the unassuming old royal palace with its impressive library of lontar - palm leaf - manuscripts as well as the area around the old harbour with its many historic storehouses.

After you've had your fill of Singaraja, early this afternoon you'll be met by your guide and driven to the village of Bulian in Singaraja, which will allow you a very unique cultural experience.

The drive to the village is beautiful, taking you past rice terraces and active volcanoes. Once you arrive at the village, you might observe the young boys and girls of the village learning the traditional Balinese dances and the traditional art of Balinese music. You'll spend
the afternoon as honored guests and joining and learning of age-old traditions and customs.

This evening you will be the honored guests of your guide, Komang Wardipa, at his home for dinner and a unique dance performance. Komang and his family will have dinner prepared and special guests attending. After dinner enjoys the special village celebrations put on for you as honored guests.

07:00 AM  Yoga with SoulShine
08:30 AM  Breakfast at SoulShine
10:00 AM  Bullian Village Program with Lunch and Dinner

Day 4: Ubud

Enjoy your morning with Yoga Class and breakfast.

Today you can opt for a very unique walk around the countryside of Ubud. Your host is a Master of Biology who also happens to be a farmer. He will take you through the beautiful outskirts of Ubud. The trip provides excellent insight into the daily rural life of Bali. After the walk you can do a workshop on how to make some natural products using local ingredients that you encountered on your hike.
The 90-minutes walk (easy) will also cover a rice-field trekking where you can see how Balinese farmers cultivate the land, or planting rice. Your guide will explain the rice growing process from cultivation, maintenance, through to harvesting, and preserving the irrigation system and the concept of harmony relationship in the rice field. Moreover, you will also get the explanation of the various types of plants that can be used for daily living.

After finishing the walk there will be 90-minutes hands on workshop where you can make your own beauty products with natural ingredients, like sun protection cream, a facemask or a Balinese healthy scrub. The best part is: you can take them home with you!

We will take you to a wonderful tented camp in a secluded location for the workshop and a unique lunch among the greenery. Afterwards, there is time to relax at this amazing site, enjoy the sound of the river before heading back to your hotel for some time at leisure.

07:00 AM Yoga with SoulShine
08:30 AM Breakfast at SoulShine
10:00 AM Botanical Walk Ubud
07:00 PM Dinner and entertainment provided by SoulShine
Day 5: Jatiluwih / Ubud

Enjoy your morning with Yoga Class and breakfast.

Eco-cycling on eclectic mountain bikes! Set off from starting point in the rice fields of Jatiluwih and walk through the rice fields and past rivers where you will see local farmers at work, beautiful natural surroundings and the most stunning rice terraces in Bali. Halfway through the tracking you literally go off the beaten path down to the river and through even more amazing natural terrain where no tourists ever come.

You'll visit the artfully decorated local village temple and our guide will explain to you more about their traditional Hindu belief. By the end you walk through the village where you bring a visit to a traditional Balinese compound where the local guide and farmer will explain you more about their traditional life. Upon arrival back in Green Caf an authentic traditional Balinese lunch is served.

The difficulty level is medium and it is important people bring good trekking shoes.

07:00 AM         Yoga with SoulShine
08:30 AM         Breakfast at SoulShine
Day 6: Muntigunung / Ubud

Enjoy your morning with Yoga Class and breakfast.

This morning meet your private guide and driver for a spectacular trekking up in the hills of North Bali that combines culture and people with beautiful outdoors. The hike has some uphill and downhill so make sure you are in good shape.

High up in the mountain villages of Muntigunung in North East Bali the people have much less privileged lives than most Balinese. By taking people on a beautiful trek we have found a way to generate a way to help support these local families.

Upon arrival, depart with your private guide on three hour hike, which begins at the lakeside village of Songan. Enjoy taking in the scenery and village life along with witnessing part of the island most visitors are not even aware of. Learn about the challenges locals face and more about their day-to-day life. You will surely enjoy the tranquility of this remote area and stunning views of Lake Batur and the Indian Ocean.
Enjoy a delicious meal and some relaxation on a small resort on the beach before heading back to your resort in Ubud late this afternoon.

07:00 AM    Yoga with SoulShine
08:30 AM    Breakfast at SoulShine
10:00 AM    Muntigunung Trekking with Lunch
07:00 PM    Dinner and entertainment provided by SoulShine

**Day 7: Penarungan Village / Ubud**

Enjoy your morning with Yoga Class and breakfast.

Penarungan Village is a village in Badung Regency where the local community collaborates together in a community-based tourism program while they can preserve their culture, teaching local kids dancing, train local youth to play traditional musical instrument. This village also offers experiences in traditional Balinese farming, Balinese dance, offering-making, Balinese cuisine cooking, and more to outside visitors in order to help international visitors better understand and appreciate the beauty and intricacies of Balinese daily life.

You will explore Balinese culture by interacting with local villagers,
observing their daily routines, and participate in making local foods and arts. Activities include village walks, making Balinese cakes and satay, roasting coffee, Coconut oil making, plowing a rice field with the aid of a cow, planting rice, eating a sumptuous Balinese-style lunch, and learning traditional Balinese music and dance.

This evening, visit the Peliatan Royal Palace, one of the oldest palaces in Ubud, constructed in 1769 of elaborate design with traditional Balinese architectural concepts. Enjoy a private tour of the palace, with stories of the Balinese king and the kingdom of Ubud. Meet with the Prince of Peliatan Palace for a Balinese royal dinner with plenty of time to talk with the prince.

07:00 AM        Yoga with SoulShine
08:30 AM        Breakfast at SoulShine
10:00 AM        Village life with Lunch
07:00 PM        Dinner with Prince of Peliatan Royal Palace
Day 8: Ubud / Denpasar Departure

Enjoy your morning with Yoga Class and breakfast.

Today we visit Yayasan Bumi Sehat. This not-for-profit organization was founded in 1995 and is based on the island of Bali. ‘Yayasan’ means not-for-profit, ‘Bumi’ means Earth-Mother, and ‘Sehat’ translates as healthy. Thus, you will be visiting the Healthy Mother Earth Foundation. At each of the three clinics Bumi Sehat runs, they offer a comprehensive range of allopathic and holistic medicine, as well as pre and post-natal care, breastfeeding support, infant, child and family health services, nutritional education, pre-natal yoga and gentle, loving natural birth services.

Each baby’s capacity to love and trust is built at birth and in the first two hours of life. By protecting pregnancy, birth, postpartum and breastfeeding, Bumi Sehat is advocating for optimal humanity, health, intelligence and consciousness.

Bumi Sehat believes that each individual is an essential societal component of peace. By caring for the smallest citizens of the Earth - babies at birth - they are building peace: one mother, one child, one family at a time. Their mission is to improve the quality of life and to encourage peace!
Tonight, enjoy a final, festive farewell dinner followed by an unforgettable fire ceremony to end the trip on a high note!

07:30 AM    Yoga with SoulShine
09:00 AM    Breakfast at SoulShine
10:00 AM    Bumi Sehat Visit
07:00 PM    Group Dinner
08:00 PM    Closing Fire Ceremony

**Day 9: Ubud – Departure Denpasar**

Enjoy your morning with Yoga Class and breakfast.

Today you'll say goodbye to our lovely country. You'll be transferred back to the airport in time to catch your flight back home.

07:30 AM    Yoga with SoulShine
09:00 AM    Breakfast at SoulShine
10:00 AM    Final Photos with guests
12:00 PM    Check-out

Selamat jalan! – See you again!
End of services

Expect a lot of sunshine. Make sure you are in good physical condition and in order to protect yourself from the heat, please bring the following:

- Hiking shoes if you have weak ankles; then hiking boots are perfect
- Comfortable clothing and light rain coat
- Sun protection (hat, lotion, sunglasses)
- Bathing suit for the relaxing on the coast after the hike
- Daypack to carry water.