

**HOUSE OF WELLBEING
TRANSFORMATION & AWAKENING
Bali – Ubud & Kuta**

**Wednesday 16th October – Saturday 26th October 2019
8 nights/9 days**

Flight Details

16 Oct, QR421 BEY-DOH 2040-0040*, QR962 DOH-DPS 0250-1730

26 Oct, QR961 DPS-DOH 0035-0535, QR416 DOH-BEY 0730-1150

*Following day

Day 1

16th Oct Wednesday Departure from Beirut at 2040

Thursday 17th October. Check in resort



Meet our representative upon arrival at airport. Ubud is Bali’s spiritual and meditation capital. Known for traditional crafts, dance, multi-leveled rice fields, waterfalls, ancient temples and majestic active volcano. It became further popular after the movie “Eat, Pray, Love” where Julia Roberts falls in love with Bali.

Overnight in Ubud

Day 2

Friday 18th October

Ubud Monkey Forest (4-5 hours) Relax at resort. Depart at 11am. Breakfast at resort



You will start your day relaxing at the resort. Then visit Ubud Monkey Forest a nature reserve temple complex and a place of monkey forest sanctuary. You will spend the rest of the afternoon at your hotel resort or take the shuttle bus from resort to town for shopping.

Overnight in Ubud

Day 03

Saturday 19th October

Tegenungan Waterfalls (4-5 hours). Depart at 8am. Relax at resort. Breakfast at resort.



Start your day with a visit to the scenic waterfall in a lush jungle setting above a shallow bathing area with cafes nearby. In the afternoon you can take the optional hike on Campuhan Ridge Walk – scenic mountain valley hiking trail.

Overnight in Ubud

Day 4

Sunday 20th October

Relax & Rejuvenate at resort. Breakfast at resort.



Take advantage of complimentary services offered by resort; Balinese dance lessons & costume demo, towel folding, yoga classes, morning village walk, bike rides & 5x daily shuttle bus service to & from town.

Overnight in Ubud

Day 5

Monday 21st October. Check out resort at 8am

Jatiluwih Rice Terraces, Ulun Danu Bratan & Tanah Lot Temple (12 hours) . Breakfast at resort.



Start the day by enjoying the beautiful panoramic views of the rice terraces of Jatiluwih. Followed by one of the most important temples in Bali situated at an altitude of 900m above sea level – the Ulun Danu Bratan. Lastly visit the Hindu temple, the Tanah Lot Temple, built on a rock in the middle of the sea.

Overnight in Kuta

Day 6

Tuesday 22nd October

Relax & Rejuvenate. Breakfast at resort.



Start your day relaxing by the pool or on the beach or enjoy a full day of pampering by choosing your favourite massages or treatments either indoors or outdoors by the beachside. End your day shopping and trying local food in Kuta.

Overnight in Kuta

Day 7

Wednesday 23rd October

Panglipuran Village, Uluwatu Temple & Kecak Dance (10 hours). Depart 9am. Breakfast at resort



Experience the local life of Bali's traditional village being untouched by modernization. A serene and clean village. Followed by a visit to Uluwatu Temple – a 70 meter high cliff protruding above the Indonesian Ocean. End the day watching the Kecak and Fire Dance – a spectacular traditional dance near the temple.

Overnight in Kuta

Day 8

Thursday 24th October

Relax & Rejuvenate. Breakfast at resort.



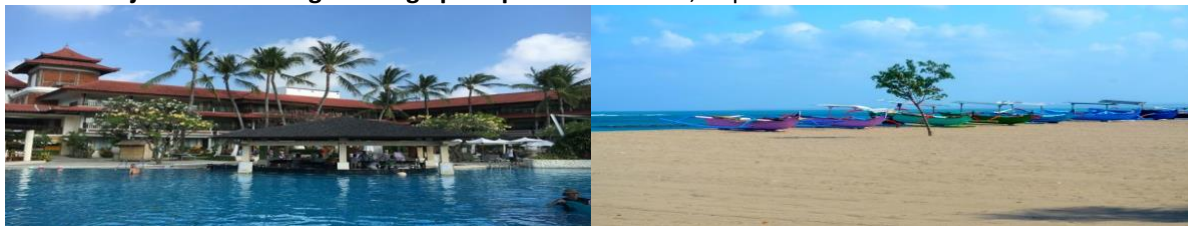
Wake up to the mesmerizing views of the beach. Enjoy your day at resort or take a stroll on the beach side walk to town. In the evening, you can enjoy the vibrant life of Kuta.

Overnight in Kuta

Day 9

Friday 25th October. Breakfast at resort. Check out at 6pm

Relax & Rejuvenate. Final gathering 6pm-8pm. Bali – Beirut, depart 26th Oct DPS-BEY 0035-1150



Enjoy your last day at the resort. Final gathering at 6pm before departing to airport at 8pm.

Arrive Beirut on Saturday 26th October at 11.50am

Hotel Information

4 nights in Ubud & 4.5 nights in Kuta

Ubud

The Lokha Ubud Resort, Villas & Spa 4*, 1 hour 45 minutes' drive from Denpasar. Beautifully located in a traditional Balinese village surrounded by natural landscape. Offers shuttle buses regularly to town and a range of complimentary activities. <http://www.thelokhaubud.com>



Kuta

Holiday Inn Resort Baruna 5* a beachfront resort situated in the secluded area of Tuban. Located only 10 minutes from airport and Kuta shopping arcade. <https://barunabali.holidayinnresorts.com>



Optional Activities

- Water sports
- Coffee Plantation
- Temple tours – Besakih Temple
- Cultural dance shows

Cost Inclusions:

- Airline & Airport taxes
- Resort accommodation for 8.5 nights including daily breakfast
- Airport transfers
- Sightseeing tours with English speaking guides and entrance fees as per programme
- House of Healing practices

Cost Exclusions:

- Meals not mentioned in the programme
- Tips for guide & driver
- Optional tours not part of the programme
- Room upgrade options are subject to price and availability
- Travel visa on arrival for Lebanese passport holders at US\$35
- Travel insurance recommended. Starting from US\$12 per person

Terms & Conditions

- 50% downpayment upon confirmation
- Balance to be paid by 1st September 2019

Cancellation Terms

- Upto 50 days prior to departure date 30% of the total cost
- Upto 49-15 days prior to departure date 60% of the total cost
- 14 days or less 100% of the total cost

FOR MORE INFORMATION, PLEASE CONTACT MOHAMMAD CHAHINE ON +961 81 759923