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welcome to Soulfit adventures

Thank you for your interest in Souffit Adventures. Soulfit adventures retreats and trips incorporate health and wellness activities including but not limited to yoga, cycling and hiking with a touch of pampering into adventures on the road less travelled and sometimes frequently travelled, while at the same time travelling responsibly and supporting local communities. Soulfit adventures aims to positively benefit the local community by staying at locally owned accommodation, generating income for local businesses, employing only local guides, drivers and assistants throughout the trip to ensure that the local community benefits not only in the short term but in the long term. Our retreats and trips are designed for people of all ages and abilities who want to take time out from their busy lives, have a holiday and do something that's good for them and the local community at the same time. Our group sizes are small, never exceeding a maximum number of fifteen.

this trip - Soulfit adventures Bali Yoga Holiday:- 8 days/8 nights

Soulfit adventures Bali Yoga Holiday is an organized yoga-infused retreat and a great way to relax and unwind and focus on your yoga practice in idyllic surrounds, which is often hard to do on a full work schedule at home. Pondok Pisang our retreat venue is located in the beautiful Mendira Village of Karangasem in East Bali. A perfect Bali holiday retreat nestled amongst the coconut trees with our own private beach. Excellent for swimming and snorkelling. Comfortable bungalow accommodation which is surrounded by a large tropical garden, and all rooms have an ocean view. The stunning yoga pavilion is right by the ocean!

Pondok Pisang has its own restaurant that serves us breakfast, lunch and dinner. The ingredient's for the food come directly from the surrounding area, including fresh fruit, vegetables and fish. One of the house specialties is the "Ikan Pepes," fish that is spiced then wrapped in banana leaves and grilled. You will enjoy a range of wonderful activities as the retreat is an inspiring blend of quality yoga practice, snorkelling and hiking, with optional surfing and scuba diving excursions, gourmet healthy meals, rustic boutique eco accommodation, massages, responsible tourism, and support of local communities.

the week at a glance

Day 1 fly into Denpasar, transfer to resort, relax and settle in, welcome dinner - D

Day 2 Morning yoga, free day, massages, restorative yoga – B,L,D

Day 3 Morning yoga, snorkelling adventure, massages restorative yoga – B,L,D

Day 4 Morning yoga, session with **surprise special guest**, massages, restorative yoga – B,L,D

Day 5 Morning yoga, free day with optional excursions available, participate in a cooking class, massages restorative yoga – B,L,D

Day 6 Morning yoga, breakfast, trekking adventure, massages, restorative yoga– B,L,D

Day 7 Morning yoga, free day with optional excursions available, participate in a cooking class, massages, restorative yoga, farewell dinner out to local restaurant – B,L,D

Day 8 Morning yoga, free day with optional excursions available, participate in a cooking class, massages, restorative yoga, final dinner– B,L,D

Day 9 Morning yoga, breakfast, end of retreat, transfer to Denpasar airport for onward journey





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about your leader & yoga instructor, Virginia Slevin



Virginia has always had a passion for travel which was first ignited over 20 years ago when she was fortunate to spend 7 years living and working in Europe. In early 2009 Virginia decided she needed to make a major change in her life. Virginia decided to find a way to combine her passion for travel, health and wellness with her skills as an event manager and so, SoulFit Adventures was born! Virginia coordinates all the bits and pieces that happen when you're 'on retreat or tour' and worries about all the details - great and small - to guarantee you get the most out of your time away. After all, your time is precious. Virginia is very grateful to have been part of the amazing Power Living Yoga community in Sydney, Australia and she has completed her 200 hour Power Yoga teacher training with modern Australian master yogi, Duncan Peak. Some of the many teachers Virginia has been privileged to train and study under include: Keenan Crisp, Sol Ulbrich, Tiffany Cruikshank, Kristi Abraham, Simon Park, Bryan Kest and Les Leventhal. Virginia continues to study and is currently working towards completing her 500 hour teaching training with Power Living Australia. Virginia currently teaches predominately at Yoga Loft Newcastle along with other studios around the Newcastle area. You can usually find Virginia either on her mat, in the water or on her bike.

How much does it all cost?

Total retreat excluding airfares, travel insurance and visas:

AUD\$1750.00 per person based on twin share

AUD\$2150.00 per person single share (single accommodation is limited and is available on request and subject to room availability).

Price **INCLUDES** all of the following:

- 8 nights' accommodation in boutique rustic eco accommodation with daily housekeeping
- Pick up and drop off transfers to/from Pondok Pisang from anywhere in Bali
- All meals at Pondok Pisang including breakfast, lunch and dinner daily, and refreshments
- 1 x dinner out at local 'favourite' restaurant
- 2 x daily yoga classes with fully qualified yoga instructor
- Soulfit adventures representative
- Complimentary arrival drink & refreshments
- Free WIFI Access
- 1 x Balinese massage and 1 x reflexology treatment (1 hour each) over the course of the week
- Guided Trek - There are wonderful treks through the magnificent region surrounding our accommodation. Cross the river, walk in the jungle, pass through salak (a fruit) and coffee plantations, admire hidden temples, enjoy the lush green rice fields and visit a traditional Balinese village - exact trek to be confirmed closer to the retreat date
- Snorkelling adventure to white sandy beach or lagoon
- Use of Yoga Studio for the duration of the retreat





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There are some things you'll need to pay separately, these are listed below:

- International airfares
- Visa fee on arrival US\$35.00 per person
- Departure airport tax 150,000 Indonesian Rupiah per person
- Travel Insurance – appropriate for all of the activities listed
- Optional excursions
- Alcohol and soft drinks
- Single room surcharge
- Hotel incidentals: mini bar, laundry, telephone
- Tips and gratuities
- Any additional expenses caused by reasons beyond our control such as natural calamities (typhoon, floods), flight delays, rescheduling or cancellations, any accidents, medical evacuations, riots, strikes etc.

Following are just a few of the optional excursions available throughout the week at the guests own expense:

- Surfing with experienced local guide – there are 2 surf breaks within driving distance to Candidasa
- Scuba diving with experienced local guide (recommended for experienced divers) – there are some great dives around Candidasa
- Shopping excursion to Ubud
- Pampering and spa treatments at local spa

Let Soulfit adventures take care of both your body and your spirit in your own private Bali paradise! Complete yoga beginners to experienced practitioners are welcome. Book early to secure your place as numbers are limited to 12! Non yogi friends and partners are also welcome.

Soulfit adventures will endeavour to arrange for single travellers to share accommodation with another participant of the same gender, however if we cannot match you up a single supplement will be applicable. Please note that if you choose not to participate in any of the activities listed above and which are included in the above package, it's completely up to you. Any excursions not listed above will be at the individual's own expense.





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practical information including what to bring on your Balinese Soulfit adventure

SoulFit adventures would like you to have a happy and memorable holiday and so that you are prepared for your time with us in Bali, following is some practical information for you to be ready for your retreat. Please take the time to read through and please email as soon as possible if there is anything unclear or incomplete.

SoulFit adventures Representative Contact Number

Virginia's mobile: +61 407 788 600

Pondok Pisang

Address: Desa Sengkidu, Mendira - Candidasa , 80361 Candidasa

The Venue

The venue is called Pondok Pisang and is located just south of Candi Dasa, on the east Coast of Bali. It is about 60-90mins drive from the Bali International Airport. The town of Candi Dasa has numerous shops, restaurants, ATM machines, supermarkets, and all the basic amenities you would need.

Pondok Pisang is a secluded venue (10 mins drive from Candi Dasa) with a very peaceful energy about it. There are 6 different bungalows all varying in sizes, a yoga studio and a restaurant. It is right on the water and the water in front is great for snorkelling or swimming in. It has a very small sandy beach, and a deck that goes up the waters edge. The bungalows are all different in their layout. They are not air conditioned, but have stand fans or ceiling fans and there is generally a cool breeze blowing through to cool the rooms. Each of the bungalows has their own privacy. The venue has Wi-Fi available. There are no televisions, DVD players or CD players in the rooms. Though there are lots of stars and places to chill out.

The Food

The food for our retreat will be predominately vegetarian (Indonesian) with some fish. Fresh drinking water will be provided throughout the day. You can always pick up any snacks that you think you might need from the supermarket in Candi Dasa town. Please advise of any dietary requirements when completing your booking form.

The retreat is an alcohol free week. Having said that you might enjoy a drink at the end of the day and as alcohol is expensive in Bali, it might be wise to pick something up duty free and bring that with you. Otherwise, just enjoy the detox...:-).

Transport

Return transfers are included as part of the retreat. Either from the airport to Candi Dasa or your accommodation if you arrive in Bali early. Please advise Soulfit adventures your flight and/or accommodation details as soon as you have confirmed them.

Money Exchange

The current exchange rate is (approx.): AUD \$1 = 10,000 Indonesian Rupiah. You will need limited money during the retreat, as everything is inclusive. However, it would be good to change \$50-\$100 into Indonesian Rupiah at the airport or, in town if you arrive a few days before the retreat commences. It is usually a better exchange rate when you get to Bali, as there is no exchange fee. There are also ATM's in Candi Dasa if you need more money during your stay.



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Telecommunications

You can get mobile phone access in Candi Dasa. It is cheaper to purchase a local SIM card in Bali if you think you are going to use your phone alot. The venue has Wi-Fi available. As this is a week to relax and reconnect with yourself, perhaps you can consider leaving your virtual world behind for the week...☺

Weather

As is usual in Bali, there's not much change in temperature throughout the year. Temperatures range from a minimum of 21 degrees celsius overnight to a maximum of 32 degrees during the day. October to March is the wet season and if you are in Bali during these months, you may get a tropical downpour during your stay. Most rain falls between the months of December to February.

What to bring:

- Light and comfortable clothing for yoga and meditation
- A hand towel to wipe your mat down during classes
- Yoga mat and block if you prefer to use your own. The venue does have a limited amount of yoga mats and straps however, there are ample bolsters and blocks
- Comfortable walking shoes/runners, sandals and sunglasses, hat, good insect repellent
- Protective shoes to wear into the water if you wish, as (like most East Bali beaches) there are coral pieces on the beach
- Swimming suit!
- **Good sunscreen**
- Surf board if you are a keen surfer and plan to surf
- Light casual clothing. The dress for the retreat is very casual and you will not need shoes around the venue
- A good book or 2 or, your kindle...☺
- a set of goggles to check out the reefs offshore
- Towels are provided with the accommodation, but a sarong is always handy
- There is no 'shop' at the venue, **so bring all your toiletries with you**, however if you forget something you should be able to pick it up in Candi Dasa town.
- Last but not the least an open mind, tolerance, and some patience!

Of course it's up to you what you bring with you; the above list though may make your stay a bit more comfortable and enjoyable.

We hope the above information helps. If we have missed something or if you have any questions at all please let us know – virginia@soulfitadventures.com.

Best Wishes
Virginia



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private groups

Private group bookings are available. Please contact virginia@soulfitadventures.com or call 61 407 788 600.

Soulfit adventures works in collaboration with the best local tour operators making sure that where and whenever possible we positively benefit the local community – by staying at locally owned accommodation, generating income for local businesses, employing only local guides, drivers and assistants throughout the whole trip to ensure that the local community benefits not only in the short term but in the long term.

Disclaimer

Soulfit adventures is committed to costing our trips as accurately as possible. The trip costs and inclusions are current at the time of publication but maybe subject to change. Soulfit adventures will not increase the tour price except under exceptional circumstances for those that have previously booked the tour. Any changes to pricing will be communicated to you clearly before final payment is due.