

# SoulFit adventures

## welcome to SoulFit adventures

Thank you for your interest in SoulFit 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, 1 to 8 September 2015

Join SoulFit adventures at Jeda Villa, Pemuteran and experience 7 days/nights at an "authentic" and unique "off the beaten track" retreat. Jeda Villa is located in beautiful, North-West Bali, an undiscovered part of Bali which is exclusive and serene. The retreat focuses on personal yoga practice with an emphasis on making the most of the stunning location. Accommodation is in 3 luxury villas, each surrounded by large tropical gardens and each villa with its own pool. The three villas and their lush gardens are spacious enough for all participants to enjoy privacy and "me time". All of the bathroom amenities are natural, organic and handmade in Ubud, Bali.

The new purpose built yoga pavilion enjoys fabulous views of the mountain ranges and peaceful Balinese countryside. Enjoy snorkelling in a world class location, hiking Bali North West National Park, healthy vegetarian meals with an Ayurveda twist, all far away from the main tourist areas. Soak up the serenity of traditional Balinese life, enjoy the beautiful nature, silence and the ocean nearby, and find a little more of yourself along the way.

## the week at a glance

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

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

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

Day 4 Morning yoga, free day with optional excursions available, massages restorative yoga – B,D

Day 5 Morning yoga, snorkelling adventure, massages restorative yoga – B,D

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

Day 7 Morning yoga, free day with optional excursions available, massages, restorative yoga, farewell dinner out to local restaurant – B,D

Day 8 Morning yoga, breakfast, end of retreat, transfer to Denpasar airport for onward journey



# SoulFit

adventures



## 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:

**From AUD\$2250.00** per person based on twin share (single accommodation is limited and subject to room availability and will incur an additional surcharge).

Price **INCLUDES** all of the following:

- 7 nights' luxury accommodation at Jeda Villa, all linen and daily housekeeping
- SoulFit adventures representative
- 2 x daily yoga sessions (vinyasa flow & yin yoga) with fully Qualified Yoga Instructor
- Daily breakfast and dinners (except one dinner) at Jeda Villa
- Tea, coffee, fresh fruit, drinking water and coconut water
- 1 x dinner out at local favourite restaurant
- One Traditional Balinese Opening Ceremony with local priest
- Towels supplied for each yoga class, yoga mat and props
- 1 x Balinese massage (1hour) over the course of the week
- 3 hour guided trek through the magnificent Bali North West National Park surrounding our accommodation
- Snorkeling adventure to Nusa Menjangan Island
- Local Transport in Pemuteran - to and from the beach, spas and village.
- Pick up and drop off transfers to/from Jeda Villa from anywhere in Bali.



**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
- Meals not listed in the retreat package
- 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:**

- Scuba diving with experienced local guide (recommended for experienced divers) – there are some world class dives around the area
- Pampering and spa treatments at local spa
- BioRock coral reef restoration project (coral garden, statues garden) and turtle hatchery
- Open ocean swimming ( no surfing in Pemuteran)

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 14. 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.





## 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

### **Jeda Villa**

**Address:** Pemuteran, Gerokgak, Buleleng, Bali

**Contact number:** +62 8968779724

### **The Venue and Location**

Jeda Villa is located in the beautiful and authentic village of Pemuteran in the province of Buleleng, North West Bali, and is approximately a 3 hour drive from the Bali International Airport. Pemuteran is famous for its snorkelling and diving sites away from the hustle and bustle of the tourists centres. The village borders a national park, Taman Nasional Bali Barat (West Bali National Park), which stretches along the coast east and westward. The coastline offers some of the best diving in Bali and with only a few up-scale resorts located around a small bay. Local fishermen still go about their business at night and the beachfront is devoid of sellers of souvenirs etc, leaving you to enjoy the tranquility of the location. It has numerous shops, restaurants, ATM machines, supermarkets, and all the basic amenities you would need. With the South of Bali and Ubud becoming busier all the time, Pemuteran takes you back to what Bali was like 20 years ago before mass tourism arrived.

Jeda Villa itself has 3 luxury villas, each with a private swimming pool which sit on 2 hectares of private land. The villas are 90 meters above sea level at the foot of the mountains with views to the ocean, which is only 900 meters away. Free transport is provided to and from the beach and cafes. All the villas are air conditioned and their lush gardens are spacious enough for all guests to enjoy privacy and "me time". The villas have Wi-Fi available however it can be patchy. 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 with an Ayurveda twist (Indonesian). 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 Pemuteran 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 Jeda Villa 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. As the Jeda Villa is located a three hour drive north of Denpasar, it is SoulFit adventures recommendation that you plan to arrive in Bali a day or 2 before the retreat commences to enable a morning transfer to the villa and avoid arriving late in the evening.

## **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.

## **Telecommunications**

You can get mobile phone access at Jeda Villa. 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 but it can be patchy at times. 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**
- 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...☺
- 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 Pemuteran 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](mailto:virginia@soulfitadventures.com).

Best Wishes  
Virginia

## private groups

Private group bookings are available. Please contact [virginia@soulfitadventures.com](mailto:virginia@soulfitadventures.com) or call 61 407 788 600.

SoulFit adventures works in collaboration with the best local accommodation providers and 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 may be 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.