

Creative Journeys

Heart of **BALI**

Imagine yourself waking to the early morning birdsong in a beautiful, unique sanctuary nestled in the peaceful Mountains of Bali. **You have escaped!** Enjoy the luxury of plenty of time and freedom to replenish body, mind & soul. Amongst your many daily pleasures will be:-

- **Quality Spa treatments**
- The peace and beauty of a **Rice Paddy bird walk**
- **Botanical Garden and Lunch Tour**
- **Cooking class** – with a well renowned cooking school
- **Art experience** – have fun learning from a local artist
- **Yoga** - if you've never tried it here is your chance
- **Shopping expeditions** – we've selected the best for your indulgence

Fully escorted - Kathryn is a Registered Nurse, Life Coach, Bsc, Masters in NLP. Joy is an experienced Travel Co-ordinator, Artist, Diploma in Fashion Design

Spend a week with like-minded people in a feast of the senses in the Bali you haven't seen – the real heart of Bali in Ubud, and take this opportunity to become revitalized, re-energized and relaxed. Created for small groups.

Contact Kathryn or Joy by email at journeys@highway1.com.au

Sponsored by Merizzi Travel, Northbridge, Western Australia.



...when will **NOW** be the right time?

Depart **Saturday**,

Arrive Saturday afternoon, where you will be met and transported to our Hotel in Ubud, about one hour's drive. Saturday evening - Welcome dinner at our hotel, prepared by their French trained chef.

Sunday - am. Yoga class for all! Mid morning a short orientation of Ubud and quality shopping, followed by morning coffee with breathtaking views of the Ayung river. Back to the Botanica Spa for 2 hour Mandi Lulu treatment. Lunch can be taken at nearby Tropical Bale, with some of our group having their treatment before lunch and some after. Evening at leisure – you may choose to dine at the hotel, or we can recommend good restaurants.

Monday – A creative art experience with a local artist. If you have always wanted to put paint to canvas, here is your opportunity! Followed by lunch at the hotel. Afternoon at leisure – why not book in for another spa treatment? Evening – dinner at a romantic

Restaurant with live latino music – bring your dancing shoes!

Tuesday – This morning we have a visit to the Botanical Garden which includes delightful lunch in the garden. Evening at leisure.

Wednesday – stimulate your creativity visually with an enchanting birdwalk through the beautiful rice terraces with our entertaining, informative host (quite a character!), who joins us for a delicious lunch at a local warung afterwards. Afternoon at leisure, plenty of time for optional Spa treatments. Evening – dinner at a famous Warung (funky with superb food) in the heart of Ubud- good people watching.

Thursday – Cooking class at a popular cooking school, which includes lunch. Afternoon at leisure – maybe a chance to do some shopping as you are already down town. Early evening some local culture as we attend the Kecak (dance).

Contact Kathryn or Joy.

Friday – By now we know you will be inspired to take a drawing class, with your inspiration coming from the gardens of the Hotel. Lunch will be at a lovely cafe on the outskirts of a small village, with superb views. Evening – our farewell dinner to be held at our hotel to enjoy its cosy, intimate ambience.

Saturday – Depart in the am enriched, relaxed and energized. Transport is provided to the airport, or you may wish to continue your holiday in Bali (own arrangements.)

Notes: tour cost is based on a minimum of 10 people.

Included are 7 nights superior accommodation. 7 breakfasts, 2 airport transfers, tax 0 and service charges and meals as quoted in itinerary.... 4 dinners, 6 lunches, 1 morning tea, 1 spa package incl. lunch, 1 yoga class, 1 shopping trip, 1 art class, 1 Botanical Garden with lunch tour, 1 Cultural show. Kecak dance, 1 ricefields birdwalk, 1 drawing class, 1 cooking class.

Not included: - travel insurance, drinks, tips, meals not listed above, laundry, own transportation during free time if outside central Ubud area. Also Visa on arrival (\$US10 for 7-10 days or \$US25 for longer period – payable on arrival), departure tax Rp. 150,000.