

BLUET SUP INTERNATIONAL WITH JULIET IN BALI 1-13 MARCH, 2024



YOUR ITINERARY

DAY 1 - UBUD

We will arrive at our beautiful accommodation in Ubud, check in is from 2pm onwards. The amazing resort team will be at your service to help.

We will all come together at 5pm to partake in a traditional Balinese Welcome Ceremony, followed by dinner at the hotel at 7pm, where we will have time to meet the other beautiful souls that we will share this journey with.



DAY 2 - UBUD

We begin our first full day with morning Yoga at 7am to get grounded and centered before breakfast at 8.30am and then we are off to the Balinese Water Ceremony at 9.15am

We will travel to a sacred water temple surrounded by ancient shrines and crystal-clear water fed by natural springs. Here we will take part in a traditional ancient water healing ceremony where we will be cleansed and blessed in natural holy water. The Balinese believe that bathing in these waters is a very healing and spiritual experience, and many important rituals are held here. This will be the perfect opportunity to set your intention for the rest of the journey, to release and let go of what is no longer serving you, and of course, time to bond with our fellow sisters/brothers. Lunch is at the amazing Tegallalang Rice Terraces as we overlook the breath-taking scenery, and take a swing to freedom out over the rice fields. We will return to the hotel around 4pm when you will have the rest of the day free to do what you please.



DAY 3 - UBUD

We will start the day with a 7am Yoga session followed by a healthy breakfast at 8.30am.

At 9.45am we head off for a traditional 4 hour home style cooking class with the lovely Putu and her family at their charming home in Ubud. Here we get to channel our inner chef as we learn how to cook an assortment of delicious Balinese dishes. Then we get to enjoy our culinary delights for lunch!

Free time for Dinner



DAY 4 -UBUD



Yoga at 7am followed by breakfast at 8.30am.

This is a free day where you get to explore all that Ubud has to offer. Opt in on a day trip, or just head into town and see what treasures await you.

Dinner will be back at the hotel at 7pm

DAY 5 - UBUD

Start your day with a wonderful morning yoga session at 7am, followed by the usual delicious breakfast at 8.30am.

At 9.45am we will head North to a beautiful rustic beach called Virgin Beach, with white sands, clear waters and lunch will be served at one of the local Warungs on the beach.

Head back to the hotel around 4.30pm, with dinner at 7pm



DAY 6 - UBUD



7am Yoga followed by your healthy breakfast at 8.30am

Another free day to explore, shop or chill at the hotel

Dinner at 7pm



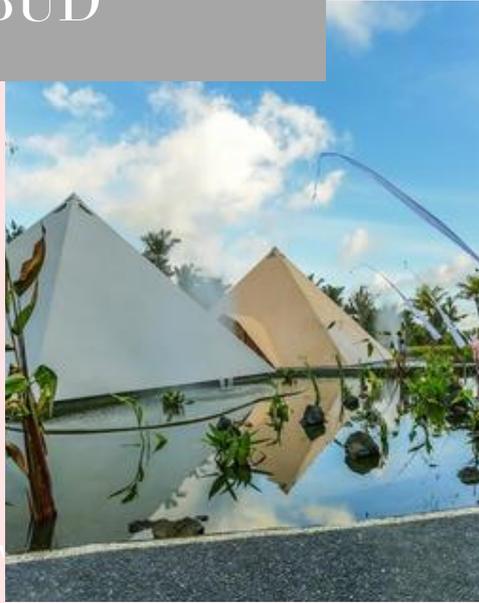
DAY 7 - UBUD

Our usual 7am Yoga session followed by breakfast at 8.30am

At 10.30am we will be picked up for a White Water rafting adventure down the Agung River, followed by lunch at the hotel. Free time for the rest of the day.



DAY 8 - UBUD



Our usual 7am Yoga session followed by breakfast at 8.30am

At 11am we will learn the art of Balinese dance with a local teacher, share a lunch together in town at one of the popular restaurants and free time in town until 4pm when we will get ready to depart for an incredible experience of Sound Healing at the Pyramids of Chi which starts at 5pm.

DAY 9 - UBUD

Yoga at 7am followed by breakfast at 8.30am

Lunch at the resort at 1pm followed by a Mala Bead Workshop at 2.30pm where you will get to create your own beautiful unique Mala Necklace to support your yoga practice, and have a tangible connection to the divine to take home with you.



DAY 10 - SANUR



A late morning followed by breakfast at 8.30 after which we will have a couple of hours to chill by the pool before we head of to Sanur Beach for the last 3 days of the trip.

After checking into our new hotel at 2pm, and depending on the tide, we will have our first SUP session. If the tide is not in our favour, we get to enjoy the beach path and all the fabulous restaurants and shops in the area.

Dinner at the hotel at 7pm

DAY 11 - SANUR

Take a morning swim in the sea before breakfast at 8.30am

This is our 3rd and final free day to explore the Island. Take a trip to Uluwatu, Canggu, or Seminyak if you want to see some other coast lines

Meet back at the hotel for dinner or stay out for sunset and have your own night of fun wherever you are.



DAY 12 - SANUR



A late morning followed by breakfast at 8.30 after which we will our 2nd Sup session (again weather depending).

Lunch at a beach restuarant and the rest of the day is free.

DAY 13 - SANUR

Our last leisurely breakfast together at 8.30am and the laast few beach hours to chill swim, or shop if you prefer before checking out of the hotel at 12pm and heading to the airport (or your next venue if you have further Bali Plans).

Its never goodbye.... its always "See you later" or "Until we meet again"....





Price:

Private Room: USD\$3999

Sharing Room: USD\$3499

Non-Refundable deposit of USD\$500 to secure your space

Included:

12 nights accommodation in Ubud and Sanur with nourishing breakfast and 1 other meal daily , Welcome Ceremony - Yoga – Water Purification Ceremony, Swing and Lunch at the Tegalalang Rice Terraces - Sound Healing at Pyramids of Chi, Balinese Dance Class, Mala Bead Workshop - Balinese Cooking Class, 2 x SUP sessions - White Water Rafting - Visit to Virgin Beach - Optional Extra day trips

Costs **NOT** included:

- Flights to and from Bali
- Meals not mentioned above
- Transfers to and from town in free time, other than the resorts free shuttle times.
 - Medical expenses
- Any unforeseen accident, injury and/or damage to property
 - Hire of personal scooter or motor vehicle
 - Travel insurance
 - Toiletries
- Special meal requirements not already discussed

Contact:

Julie For More Info: juliet@bluetsup.com

Tel:+1 (214) 564 5613