

# *A Wellness* TRIP IN *Bali*







# CONTENTS

- Trip Itinerary
- Accommodation
- Wellness Program
- Meditation & Mindfulness
- Nourishment
- Nature & Outdoor Activities
- Packing Essentials
- Prices & Fees
- Flight Bookings
- Flight Add-ons



# WELLNESS

# PROGRAM

## **Wellness trip is set for women who seek inner bliss.**

For six days, your mind and body will be rejuvenated in an island where the most famous wellness experts exist. Your trip will be full of peace and serenity. Women's Wellness Trip is a journey towards self-fulfillment and greater vitality. Our mission is to empower you to build and sustain your own foundation of wellbeing through connection to your body, its messages, and intuition.

Our day begins with intentional meditation followed by guided all-level yoga sessions and interactive education sessions for a mindful lifestyle. Each day, we explore a theme and a pillar of wellness that gives you tools and practices to bring into your daily life.

The program is divided into three pillars:

- **Meditation & Mindfulness**
- **Body Nourishment**
- **Nature & Outdoor Exploration**



# TRIP ITINERARY

Below is a list of the trip itinerary, which includes details of timings and activities:

## ■ Sunday

### Arrival Day

- 14:00 - 15:00** Welcoming Orientation and Opening Ceremony
- 15:00 - 19:00** Wellness Consultation

## ■ Monday

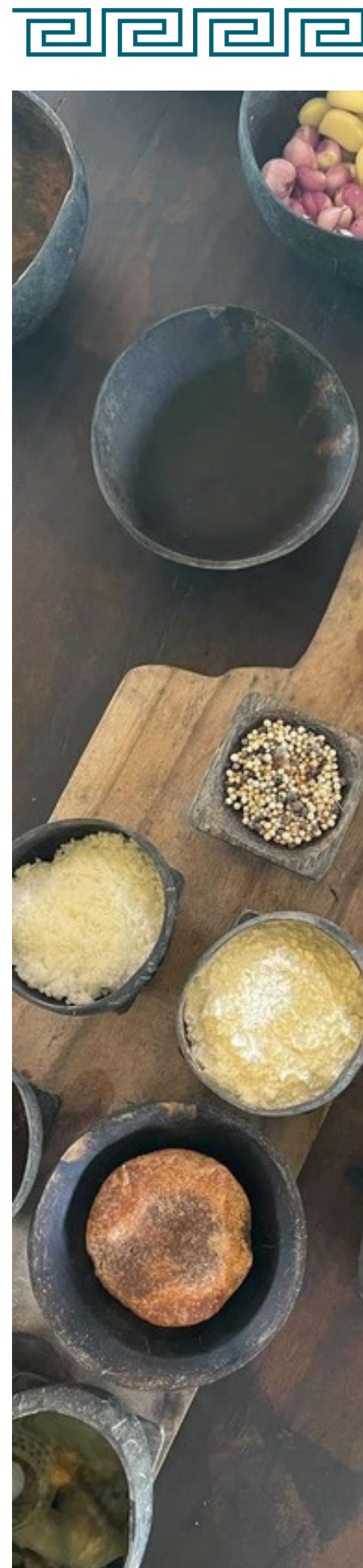
### Finding Inner Peace

- 8:00 - 9:00** Breakfast
- 9:00 - 12:30** Breathwork and Ice Bath Workshop
- 15:00 - 16:00** Workshop
- 17:30 - 19:30** Massage Treatment

## ■ Tuesday

### Self Reflection

- 8:00 - 9:00** Hatha or Gentle Yoga
- 9:00 - 10:00** Breakfast
- 10:30 - 14:00** Bali Swing + Coffee Plantation
- 14:00** Free Time



Wednesday

## Release Stress

8:00 - 9:00	Breakfast
9:30 - 11:00	Qi Gong & Closing Ceremony
11:30 - 20:00	Seminyak Beach
20:00	Back to Hotel

Thursday

## Escape to the Wilderness

8:00 - 9:00	Breakfast
9:30 - 12:30	Rafting
12:30 - 13:30	Back to the Hotel
16:30 - 17:30	YIN Yoga
17:30 - 18:30	Sound Healing

Friday

## Farewell Day

5:00 - 7:00	Sunrise Trekking & Grounding
8:00 - 9:00	Breakfast
9:00 - 13:00	Free Time or Quad Bike Add-on (optional)
14:00 - 17:00	Free Time
17:00 - 20:30	Reflection Session & Farewell Dinner
20:30 - 21:30	Back to Hotel

Saturday

## Departure



# ACCOMMODATION OPTIONS

You will be staying in a 5-Star Wellness resorts located in the Ubud province. The properties are among Bali's best wellness retreats, the resorts are the best gateway to achieve the wellness taste you desire!



- **Gdas Bali Resort**  
Standard Accommodation Option



# GDAS BALI RESORT





# MEDITATION & MINDFULNESS

Be yourself in a relaxed, calm and inspiring environment and let your body rejuvenate. The week is tailored for you to relax and recharge your mind. Our yoga practices and meditation sessions led by expert instructors ready that are ready to you teach all levels of abilities. Wellness program includes:

- **Wellness Consultant**

You will have a one-to-one session with the wellness instructor to understand your mental and physical status and provide you with the most suitable retreat.

- **Gentle Yoga & Hatha Practice**

This yoga practice helps relieve stress, increases flexibility, calms the mind, and strengthens the body.

- **Breath Work & Ice Bath**

Icebaths are linked to several health benefits. People take ice baths to increase their health and overall wellbeing. You can easily experience the power of the cold yourself by incorporating the Wimhoeff method into your daily life. Many people from all over the world are already using this method to become stronger, happier, and healthier individuals.

- **Sound Healing Yoga Session**

This yoga session will help you become more open and aware of each sound that comes in. In this practice, sound helps create the pathway to this place of stillness the same as a mantra helps you to arrive at the still point of meditation.





# NATURE & OUTDOOR EXPLORATION

This trip will allow you to connect with your physical side through fun, adventurous activities in picturesque natural settings. Activities range from nature hikes to rafting to cycling trips across the countryside. Your movement activities will include:

## ■ White River Rafting

What is a better way to be outdoors other than a raft! You will learn about your strengths and weaknesses, and will develop your discipline and teamwork skills.

## ■ Seminyak Beach

Walk bare foot on the sands of Bali's most fashionable beach, Seminyak beach. Seminyak Beach is a beautiful white sandy beach situated in north of Legian Beach. It is favored by the great wave that is ideally for surfing adventures hence many surfers visit this beach to conquer the waves and enjoy the surf adventures.





# PRICES & FEES

Our projects are priced and booked based on number of weeks

◀ **\$2200USD**  
Per Person

**5%**  
Group (3+) Discount

- Group discount only applies for a group of 3 or more applicants, all of whom must pay the deposit. Use discount code GROUP5 on checkout.

Should any applicant not follow these terms, discount will be deactivated by NomuHub and amount added to applicant's final invoice.

Contact [info@nomuhub](mailto:info@nomuhub) for two weeks package

- A Deposit of \$770 is required to secure booking and per NomuHub terms and conditions deposit is non-refundable.
- Payment shall be received at least a month prior to trip start date.



# PRICES & FEES

The travel package includes and excludes the following:

## INCLUSIONS



**Twin Sharing at a  
\*5 Star Wellness Resort**



**Airport Pick-up (DPS) and  
program transportation**



**Program tourist  
attractions**



**Breakfast  
meals only**



**Special Welcome  
and Farewell dinners**



**In-country local  
NomuHub staff support**

## EXCLUSIONS



**Flight  
Tickets**



**Personal  
spendings**



**Daily lunch  
and dinners**



**Accommodation  
upgrade to Single Room**



**Travel visa  
and insurance**





# FLIGHT BOOKINGS



## Arrival to DPS

SUNDAY



## Departure from DPS

SATURDAY

- Please note that accommodation isn't included beyond the program dates. Contact our support team for extra days of accommodation arrangements.



# PACKING ESSENTIALS

## RECOMMENDED CLOTHES

---

- ☐ Hiking Shoes
- ☐ Socks
- ☐ Tops
- ☐ Jeans
- ☐ Dresses
- ☐ Swimsuits
- ☐ Light Jacket (for chilly nights)
- ☐ Sandals
- ☐ Flip Flops
- ☐ Sunglasses
- ☐ Under wear
- ☐ Headwear (hat, cap, head scarf)

## APPLIANCES

---

- ☐ Chargers
- ☐ Plugs for Chargers
- ☐ Travel-size Torch

## IMPORTANT DOCUMENTS


---

- ☐ Passport /Visa
- ☐ Identification
- ☐ Trip Itinerary
- ☐ Boarding Passes
- ☐ Travel Insurance

## TOILETRIES

---

- ☐ Sunscreen & Lip Balm
- ☐ Hair Brush
- ☐ Nail Clippers & Scissors
- ☐ Toothpaste
- ☐ Toothbrush
- ☐ Razor
- ☐ Deodorant
- ☐ Feminine Products
- ☐ Shampoo & Conditioner
- ☐ Body Wash & Moisturizer



EXPLORE

# Bali

## TOURISM ADD-ONS

=====

33

NOMUHUB



# FULL DAY TRIP: NUSA PENIDA



▶ **\$140** USD  
Per Person ◀

## ■ About Nusa Penida

East Bali, One-Day Trip (Saturday)

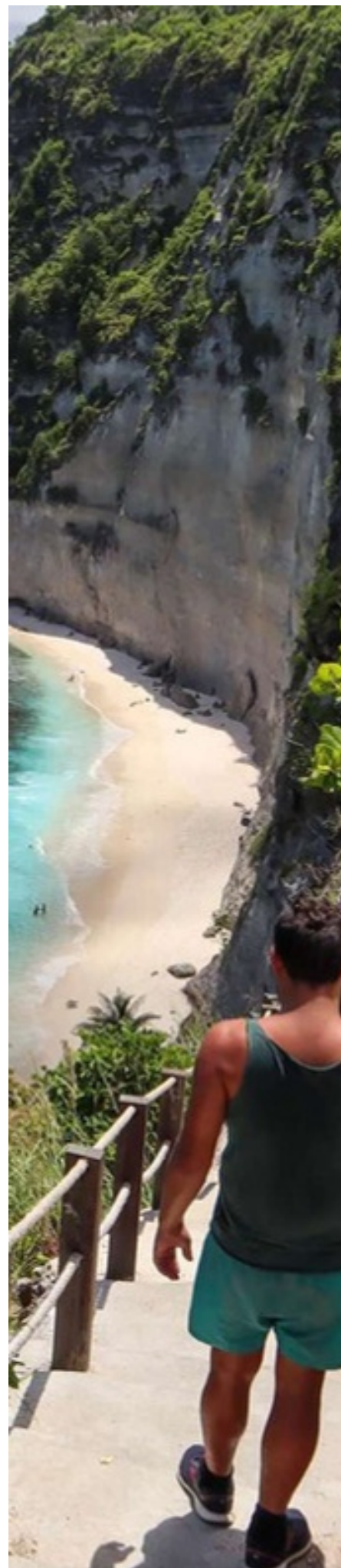
### OVERVIEW

Explore the stunning natural scenery of East Bali.

Enjoy the craggy cliffs and clear waters of the island, stroll up to Thousand Island Viewpoint and relax on the white sands of th Beach.

## ■ Trip Includes

- Hotel Transfer (Pickup & Drop-off)
- Fast Boat Return Transfer
- Snorkeling
- Scenery
  - Kelingking Beach
  - Angel Billabong
  - Broken Beach
- Tickets to all Destinations
- English Speaking Tour





# HALF-DAY TRIP: QUAD BIKE

► **\$80**USD  
Per Person ◀

## ■ Quad Bike Adventure

Duration: 1.5 hours

### OVERVIEW

Quad Bike Adventure will make your day more impressive. On this quad bike tour, drive your own ATV and venture off-road to see a different side of Bali, passing through Rice Paddies, River, Tunnel, Muddy and Waterfall.

## ■ Trip Highlights

- Professional guide
- Safety Equipment (Helmet, Boots)
- Shower room and towel



# SILVER WORKSHOP



## ■ Pick your Design

### OVERVIEW

Start by choosing a ring, bracelet, or pendant from our samples. Draw your design on paper to get ready for class. This step is all about getting set for the fun part of creating your jewelry!

## ■ Silver Melting

### OVERVIEW

Get set to transform the silver into the raw material for your stunning jewelry pieces!

## ■ Hammering

### OVERVIEW

Use a hammer to shape the silver into a square. Get ready to show your skills for the next exciting steps in making your jewelry!

## ■ Blending

### OVERVIEW

In this key step, use a blending hand machine to shape your silver. Skillfully maneuver the machine to make it flat or round, depending on your design.

## ■ Engraving

### OVERVIEW

Let your imagination guide you for a one-of-a-kind touch. Get ready to make your piece uniquely yours!

## ■ Polishing

### OVERVIEW

Grab some sandpaper to polish your jewelry, making it shiny and smooth. This step adds those perfect touches, making your creation visually appealing and ready to wear with pride.



▶ **\$48 USD** ◀  
Per Person



Travel with a purpose

