

# A Wellness TRIP IN Bali







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# TRIP ITINERARY

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

■ Sunday

## Arrival Day

14:00 - 20:00 Welcoming Orientation & Wellness Consultation

■ Monday

## Finding Inner Peace

8:00 - 9:00 Breakfast

9:00 - 12:30 Breathwork and Ice Bath Workshop

13:00 - 14:00 Lunch

15:00 - 16:00 Workshop

16:00 - 17:00 Village Tour

17:30 - 19:30 Spa & Massage

■ Tuesday

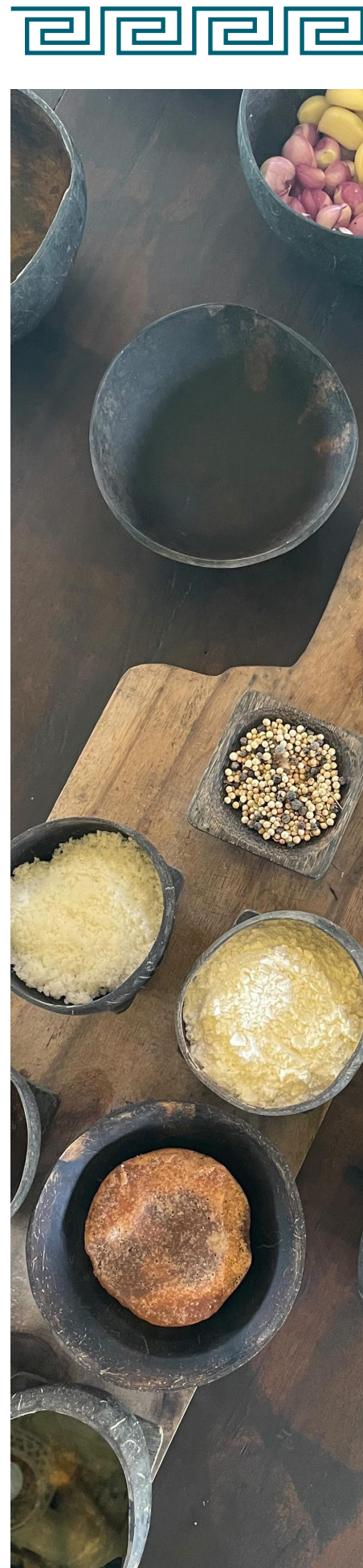
## Release Stress

8:00 - 9:00 Yoga

9:30 - 10:00 Breakfast

10:30 - 12:30 Bali swing & coffee plantation

13:00 - 16:00 Lunch + Free Time





Wednesday

## Self Reflection

7:00 - 8:30 Qi Gong & Closing Ceremony

9:00 - 10:00 Breakfast

10:30 - 12:00 Workshop

12:30 - 13:30 Lunch

14:00 - 19:00 Seminyak Beach

Thursday

## Escape to the Wilderness

8:00 - 9:00 Breakfast

9:30 - 12:30 Rafting

13:00 - 14:00 Lunch

16:30 - 17:00 Yiga

17:30 - 18:30 Sound Healing

Friday

## Farewell Day

5:00 - 7:30 Rice Field Trekking

8:00 - 9:00 Breakfast

9:00 - 12:00 Free Time or Quad Bike /Add-on/

13:00 - 14:00 Lunch

14:00 - 16:30 Free Time

17:00 - 21:00 Reflection Session & Farewell Dinner

Saturday

## Departure

5:00 - 16:00 Nusa Penida Island /Add-on/



NOMUHUB



# ACCOMMODATION OPTIONS

You will be staying at Gdas Bali Resort. The property is among Bali's best wellness retreats, the resort is the best gateway to achieve the wellness state you desire!

- **Gdas Bali Resort**

Standard Accommodation Option

- **Upgrade to Single Room**

Please refer to the price listed on the website





# GDAS BALI RESORT







# 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 begin with intentional meditation followed by guided alllevel yoga sessions, 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 Four Pillars:

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



# 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.

- **Break Work & Ice Bath**

Ice baths 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.

- **Healing Energy Session**

Form of energy healing designed to help release negative energy trapped within the body. Negative energy could be caused by a past event, repetitive pattern, or even daily routine. During the session, you will be guided through tapping on various meditation points around the body while focusing on the issue you would like to solve.

- **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.



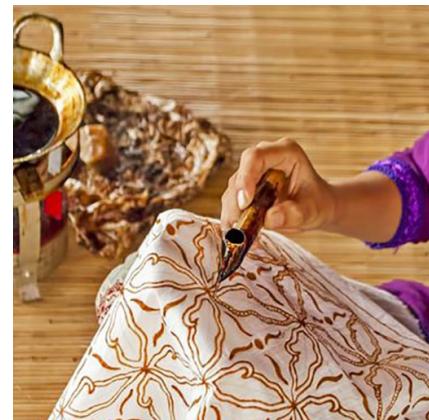




# NOURISHMENT

## ■ Herbology class & Making Loloh

Revive senses through a delightful afternoon in the heart of Ubud! Join our Loloh Meditation to reduce your anxiety and stress levels, bringing awareness to both of your body and mind health! Guided to do intention and affirmation through meditation by our specialist, Desak, will introduce Loloh tradition to express gratefulness to yourself for showing gratitude for your health and be grateful for this moment of peacefulness.





# 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.

- **Mount Batur**

Trek to the peak of Bali's renowned volcano, Mount Batur. Mount Batur is a majestic and active volcano located in the central highlands of Bali. Renowned for its breathtaking sunrise views, it offers a challenging yet rewarding hiking experience.







# COMMUNITY EMPOWERMENT

Since NomuHub focuses in empowering local communities, you will be part of our movement to encourage women by facilitating job skills, training and support programs specially helping them start their own business.

Part of the package price will go toward empowering females who feel stressed due to financial difficulties to start something for themselves. Along your journey, you will get a chance to visit PKP women center and see the change that you have made into the life of these women!

**“Change starts with you”**





# PRICES & FEES

Our projects are priced and booked based on number of weeks

**5%**

Student Discount

**\$2200**USD

Per Person

**5%**

Group (3+) Discount

- 
- Student discount only applies if you upload in your application or email us on [info@nomuhub.com](mailto:info@nomuhub.com) a non-expired student ID for verification. Use discount code STUDENT5 on checkout.
  - 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.

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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

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- A Deposit of \$300 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  
other transportation**



**General tourist  
attractions**



**Two meals per day  
(Breakfast and Lunch)**



**Special Welcome  
and Farewell dinners**



**24/7 in-country local  
NomuHub staff support**

## EXCLUSIONS



**Flight  
Tickets**



**Personal  
spendings**



**Daily  
dinners**



**Accommodation  
upgrade to Single Room**



**Travel visa  
and insurance**





# FLIGHT BOOKINGS



## Arrival to DPS

SUNDAY



## Departure from DPS

SATURDAY

- We recommend to arrive a day before the start date of the program.
- 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
- ☐ Underwear
- ☐ 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





# FULL DAY TRIP: NUSA PENIDA



▶ **\$140** USD  
Per Person ◀

## About Nusa Penida

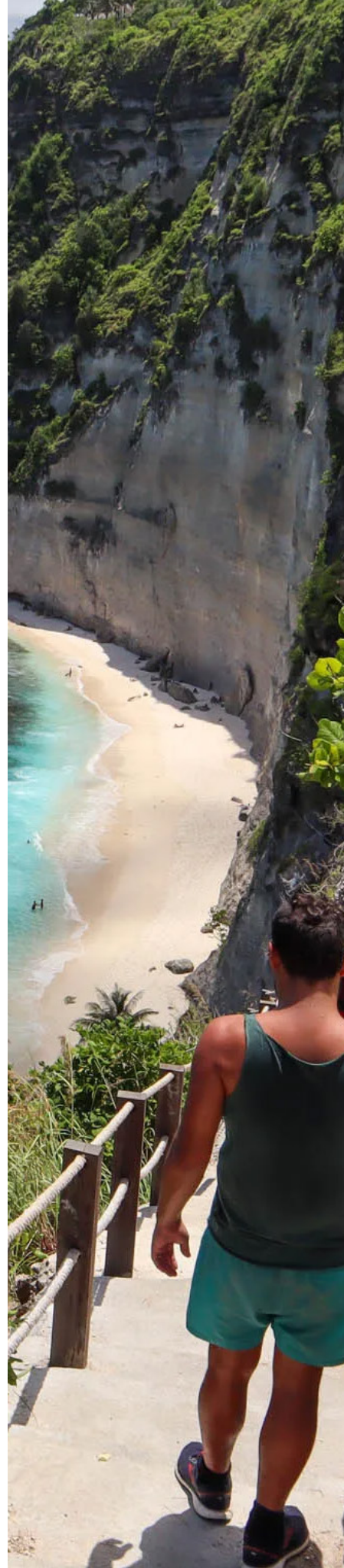
East Bali, One-Day Trip (Saturday)

### 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





Travel with a purpose

