

BALI

WELLNESS





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Trip Itinerary

Sunday: Induction, Wellness Consultation & Welcome Dinner

- 14:00 Lunch at Hotel
- 15:30 – 16:00 Welcoming Induction
- 16:00 – 17:30 Wellness Consultation
- 18:30 – 20:30 Welcoming Dinner

Monday: Finding the inner & Outer peace

- 8:00 - 9:00 Gentle Yoga & Hatha Practice
- 9:00 - 10:00 Breakfast
- 10:00 - 13:30 Rafting
- 14:30 - 15:30 Lunch at Hotel
- 16:00 - 18:00 Rice Field / Swing

Tuesday: Self Reflection & Awareness , Giving Back to the community

- 8:00 - 9:00 Healing Energy Yoga
- 9:00 - 10:00 Breakfast
- 10:00 - 10:30 Rest, Read & Get Ready
- 10:30 – 12:30 Visit Organic Farm & Learn how to cook Balinese food & Gardening
- 13:30 – 14:30 Lunch at the Farm
- 14.30 Free time or Add-on (Quad bike)

Wednesday: Escape from monotony to a healthier lifestyle

- 3:30 - 6:30 Caldera Hike
- 6:30 - 7:30 Connect with Nature through Meditation
- 7:30 - 8:30 Breakfast in nature
- 10:00 - 12:30 Boat Trip & Rural escap
- 13.00 - 14:00 Lunch at Hotel
- 15:30 - 17:30 Massage & Spa Retreat

Thursday: Release emotional tension & Beach day

- 8:00 - 9:00 Healing Energy Session
- 9:00 - 10:00 Breakfast
- 10:00 - 12:00 Rest and Relax
- 12:00 - 13:00 Lunch at Hotel
- 13:30 - 15:00 Heading to Seminyak Beach
- 15:00 - 18:30 Relaxing at the beach
- 18:30 - 20:00 Back to Hotel

Friday: Retreat Reflection

- 8:00 - 9:00 Sound Healing Yoga Session
- 9:00 - 10:00 Breakfast
- 10:30 - 12:00 Visit PKP Women's Center
- 12:00 - 13:00 Lunch at Hotel
- 15:00 - 20:30 Reflection Session & Farewell Dinner

Saturday: Departure Day



You will be staying at **Sthala, a Tribute Portfolio Hotel by Marriott** a 5-Star resort located in the Ubud province. The property is among Bali's best wellness retreats, this resort is the best gateway to achieve the wellness state you desire ! The package includes a twin sharing room for a 6 nights stay, and if you wish to upgrade to a single room, please note below for upgrade prices.

- **Upgrade to a Single Room** for additional **490 USD** or **165 USD** per night during the non-trip period.



Sthala, a Tribute Portfolio Hotel by Marriott





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 all-level 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.
- **Prana Yoga:** Prana will allow you to train the lungs and improves the capacity of respiratory system. Daily Pranayama positively affects autonomic nervous system which controls and governs essential functions of the body like the heart rate, respiration and blood pressure.



Meditation & Mindfulness

- **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

Organic Cooking Session:

Since your wellbeing starts from the food you eat, we have designed a full body nourishing experience. You will attend a cooking class that takes you back to nature; the class offers an entire experience that connects food to mother Earth. You will start the day with a tour in an organic farm where you get to harvest your own cooking ingredients. Then you will get your hands fully ready for the cooking experience. This class will teach you the secrets of healthy and organic lifestyle.

Herbal Tea & Medicine Session:

Bali is a well-known culture for healing and traditional medicine. Even at 21 century the Balinese people still prefer to use the recipes which have been passed by generations. You will be invited to visit the organic herbal tea garden and medicine garden to discover the ancient healing medicine traditions and learn the old recipes of Bali with us!



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:

- **Batur Caldera Hike:** is considered one of the most beautiful hikes in the world. Once you get to the top you'll be blown away by the incredible panoramic views that the rising sun reveals. After you soak up the sunrise view, you will continue your journey along the Caldera Crater past many authentic Balinese mountain villages. Finally you will descend and take a traditional boat back to your stay.
- **Campuhan Ridge Walk:** With its amazing beauty of the greenery and the cool breeze Campuhan Ridge Walk is another great place to revive your tiredness. This simple nature trek will allow you to explore the beauty of Bali from a different perspective !
- **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 & teamwork skills.



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 !

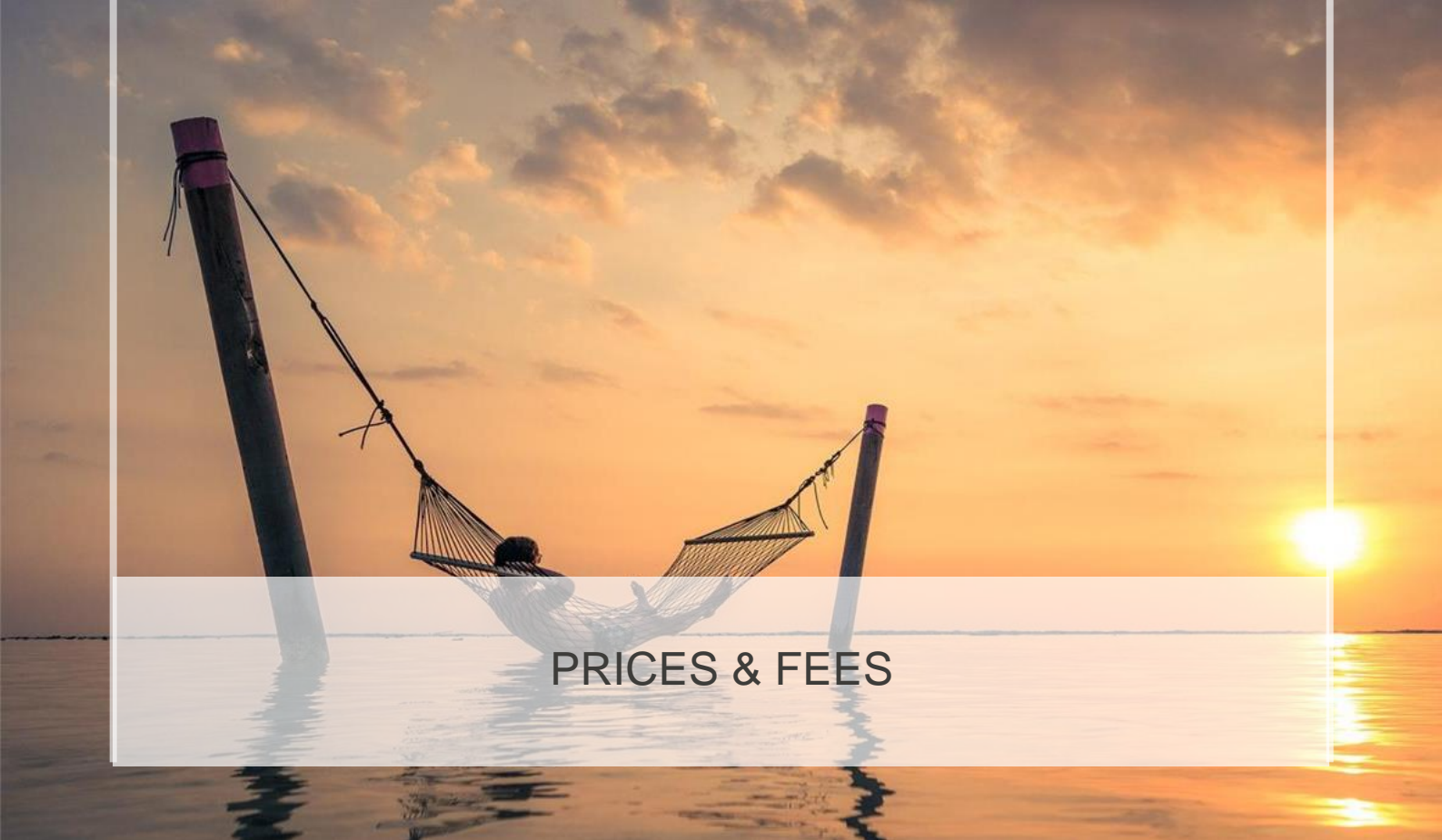
“Change Starts with You”



PRICES & FEES

\$1690 Per Person

- 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 volunteering package includes and excludes the following:

INCLUSIONS

-  **SHARED** (same-gender) at a ***5 Star 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

-  Travel visa and insurance
-  Flight tickets
-  Vaccinations
-  Personal spending
-  Daily dinners
-  Accommodation upgrade to Single Room



FLIGHT BOOKINGS

It is **your responsibility** to arrange for your flights, visa and travel insurance and upload all the necessary documents for us before the deadline. Further instructions regarding this are provided in the Welcoming Email you will receive.

We recommend using www.skyscanner.net search engine to only find optimum flight details. Then, we strongly advise to book through airline direct once you found right route for your trip and not through skyscanner as cant be reliable in terms of changes and flights confirmation.

You are required to book your flights and upload your flight details into our Google Form link (mentioned in your Welcoming Email) no later than 2 weeks prior to the trip start date, so that your airport transfers can be arranged efficiently.

It is **advisable you reach one day before** to be ready for the **program as it starts on Sunday 12:00 afternoon**. Make sure to book your tickets for the week you have selected according to the following dates and times:

Arrival to DPS	Departure from DPS
Sunday of the trip week	Saturday of the trip week



PACKING ESSENTIALS

RECOMMENDED CLOTHES

- ☐ Hiking Shoe
- ☐ Socks
- ☐ Tops
- ☐ Jeans
- ☐ Dresses
- ☐ Swimsuits
- ☐ Light jacket (for chilly nights)
- ☐ Sandals
- ☐ Flip Flops
- ☐ Sunglasses
- ☐ Underwear
- ☐ Headwear (hat, cap, head scarf)

APPLIANCES

- ☐ Chargers
- ☐ Plugs Chargers
- ☐ Travel-size torch

IMPORTANT DOCUMENT

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

TOILETRIES

- ☐ Sunscreen & Lip Balm
- ☐ Hair Brush
- ☐ Nail Clippers & Scissors
- ☐ Toothpaste
- ☐ Toothbrush
- ☐ Razor
- ☐ Deodorant
- ☐ Feminine Products

DAY TRIP TO WEST NUSA PENIDA

About This Tour!

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 the Beach.

\$140

Trip Includes

1. Hotel Transfer (Pickup & Drop-off)
2. Fast Boat Return Transfer
3. Snorkeling
4. Scenery :
 - **Kelingking Beach**
 - **Angel Billabong**
 - **Broken Beach**
4. Ticket to all destinations
5. English Speaking Tour



QUAD BIKE ADVENTURE

About This Tour!

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

\$80

Trip Highlights

- Duration: 1.5 hours
- Professional guide
- Safety equipment: helmet, boots.
- Shower room and towel



"To give real service, you must add something which cannot be bought or measured with money, and that is sincerity and integrity."



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