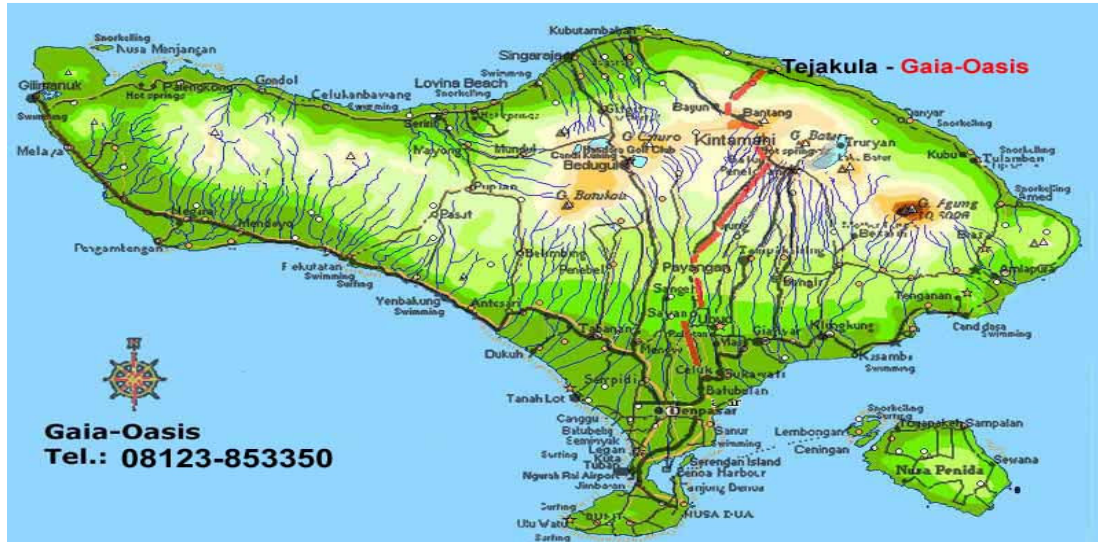


## Information Sheet

**Gaia Oasis Yoga and Massage Retreat Centre** is nestled in the lush mountains, far away from the hustle and bustle of the south and is located on the north coast of Bali. This retreat has it all with a full sized salt-water swimming pool, a spa, and mango, papaya and coconut trees on site and rice terraces all around. Whilst staying at Gaia oasis retreat you will encounter local village life and sacred Hindu rituals unique to the island of Bali.



### Dates

**Arrival 10 April 2011. The retreat ends 20th April 2011.**

We can help you arrange for extra nights if you wish to stay longer or visit another part of the island.

**Accommodation** is twin shared in either a secluded bungalow or in the guesthouse. The guesthouses are nice but simple and the bungalows are spacious and stylish so we have reflected this in the price. A few single supplements are available and there are a few double rooms for couples.

### Prices per person are:

Secluded Bungalow twin sharing £590

Guest house twin sharing or double £500

Guest house single occupancy £620

These prices include:

- 10 nights bed, breakfast and supper\*
- Twice daily yoga classes
- One holistic massage
- Airport transfers
- Balinese feast
- Balinese cultural dance
- Balinese recipes

\*Supper not included on the organised day trips

**Yoga** - please let us know if you are pregnant or have any injuries or illness.

The day will begin with a yoga class 7am - 8.30am followed by breakfast at 8.45am

After that you will have free time to swim, snorkel, walk, read, meditate, draw or visit surrounding villages. We will also be able to arrange day trips: snorkelling around the beautiful reefs, dolphin spotting or waterfall trek.

At the retreat you can order lunch from the Juice Bar or café or visit one of the many *warungs* (local café's) in the villages.

Yoga from 5 – 6.15 (Sun sets at 6pm)

Dinner at 7.15pm

On the last night of our retreat we are honoured with a visit from local performers who will provide us with a spiritual dance of Bali accompanied by a live gamelan orchestra. On this night we will have a Balinese feast for supper.

### **Tours**

There will be 2 optional day trips, which we will choose together and the other days you are free to explore the local area and culture.

It is possible to rent a motorbike or car for around £5 (motorbike) and £20 (car) per day. Bali has more motorbikes than cars on the island and at times the main roads can be something of a challenge, especially as the rules of the road are not often adhered to. Please speak to Stephanie first about tips for driving in Bali.

A more relaxing way to see the island is to hire a driver for about £35 per day and he will take you to all the best spots around the island whilst you can just sit back and enjoy the scenery.

We highly recommend a trip to Ubud, the cultural heart of Bali, which has an amazing array of art shops, galleries and cafes.

Snorkelling and diving is world class and the marine life is a short journey away by car. We can help you arrange more trips if you wish and advise you on where to go.

### **Food and dietary requirements**

Our menus will be mainly vegetarian and consist of lots of gluten and dairy free foods with the option for fish and occasionally some meat. Please let us know if you have any other special dietary requirements.

There is a health juice bar at the retreat.

As in all foreign countries the bacteria is different and can affect the stomach.

Only bottled water is safe for drinking.

## **What to Bring**

Swimmers

Sunglasses

Sunblock

Sun hat

Mosquito repellent

A sweater as it can get cool in the evening

Yoga wear

Musical instruments

Trekking gear

Walking shoes/sandals/flip flops

Toiletries

Imodium and rehydration salts

Camera!

We can supply yoga mats and props but bring your own if you like

## **Culture**

Bali, with its glorious beaches, rice-terraced mountains and vivid Hindu culture, has attracted writers and artists since the beginning of last century but they have done little to change the islanders' traditional way of life. It can be experienced as simply a beach destination but its spiritual side is never far below the surface.

The culture of Bali is unique. People say that the Balinese have reached self-content. It is not an exaggeration that when a Balinese is asked what heaven is like, he would say, just like Bali, without the worries of mundane life. They want to live in Bali, to be cremated in Bali when they die, and to reincarnate in Bali.

Temples and shrines are always busy with fresh offerings to the gods and each village has its own holy festivals displaying lavish and dramatic expressions of deeply-held beliefs.

In every village in Bali, there are several temples and at least one small one in each home. One can therefore safely say that there are more temples than homes in Bali. Although many temples are quiet and uninhabited, they are transformed into colorful, active and ornately decorated places of worship when there is a festival. Offerings would be made, while performances of traditional dances and gamelan, cockfighting and gambling liven up the atmosphere.

All temples derive their orientation from the mountains and the sea. Kaja, which is the direction toward the mountains, is the most significant direction. The direction toward the sea is kelod. Sunrise, or kangin, also plays a major part and most secondary shrines are found in this direction.

When visiting a temple it is important to respect the local culture and have your shoulders and knees covered, also a scarf should be worn around the waist.

Art is everywhere in Bali. From the intricate flower decorations in a Barong dancer's headdress, to elaborately carved temple facades and beautiful oil paintings. Bali's performing arts are also an integral part of Balinese culture.

Music and dance play a huge part in significant rituals and religious ceremonies. Known as "the Island of the Gods" hardly a day goes by without a ceremony or festival taking place. Traditional dances with full gamelan orchestras are definitely worth seeing.

## **Shopping and Bargaining**

To give you an idea of the cost of things in Bali you can use the following list as a guide:

50pence = 7,000Rp

1 Kg mangos - 7,000 (can be up to 14,000 when not in season)

Nasi Campur (a plate of mixed rice and veggies in a local *warung*) – 7,0000

1 large bottle beer – 28.000 (£1.40)

glass of local *hatten* wine 55.000 (£3.95)

Watermelon juice 10.000 (70pence)

In cafes, shops and supermarkets the prices are fixed but on local markets you will have to bargain to get a reasonable price for things. It is part of the fun of Bali and should be seen as more of a game rather than annoyance. The main thing to remember is as long as *you* think you have paid the right price for something then that is fine. Always bargain in good humor - you will know when they wont back down, also keep in mind that the extra 50pence might not be worth all that much to you but it means an awful lot to them and sometimes it is just nice to give them a break.

When buying sarongs you should expect to pay at least 200.000Rp for a quality piece of batik. Whereas you can pay as little as 30.000Rp for a cheap printed cotton sarong. That is quite a big difference!

Arts and crafts – Normally you should start bargaining at about half the asking price and work your way up, they will react in mock horror at your outrageously low offer but they will revel in the bargaining game that follows. Quite often once you have paid for your hard bargained for piece they will fan the money around all the goods on the stall to bring them extra luck for the rest of the day.

## **Temperature**

Bali is in the tropics about 6 degrees south of the equator. This means that the sun rises at 6am and sets at 6pm most of the year. The temperature variation is very small, and Bali does not have four seasons (except the hotel of course) but has only a rainy season, typically from October to February, and a dry season for the rest of the year. At this time of the year it will be hot but not too hot for sightseeing. Expect temperature to be between 25 and 31degrees although the 65% humidity will make it feel hotter. April is the beginning of the dry season but be prepared for an occasional afternoon downpour.

## **Getting There**

Bali's airport is Bali Ngurah Rai International Airport, also known as Denpasar International Airport

There are no direct flights to Bali, Singapore airlines provide the fastest and most efficient service with a transit in Singapore normally for an hour, flights take approximately 17 hours. With the time difference (+ 8 hrs) you will arrive the day after you leave. Try to get a midday flight so that you can arrive midday the next day and acclimatise more easily.

Air fares approx £600-700

Gaia-Oasis is located in North Bali. From the Ngurah Rai Airport in Denpasar (South Bali), it takes around three hours by car to reach. We will arrange the airport transfer for you. During the drive to North Bali you will get a fascinating look at this beautiful island – and, with a bit luck, you may even enjoy breathtaking views of three of Bali’s volcanoes. The car journey is quite epic, climbing 3000 feet and the roads are winding. Travel sickness tablets are advised for those who may need them.

If you drive by yourself (please note: traffic is on the left and an International Driving Licence is necessary) or you have your own driver, please follow the instructions on the Gaia oasis website.

### **Currency** is Indonesian Rupiah

Exchange facilities for the main foreign currencies are available in the major towns of Bali. Singaraja is the nearest town; an hour drive away, with Banks and ATM machines. Travellers cheques can be exchanged in the local village of Tejakula. Rupiahs come in denominations of: 100.000, 50.000, 20.000, 10.000, 5000, and 1000 in bank notes. In Bali you can change money in banks, hotels and local moneychangers. If you have any questions about changing money ask Stephanie.

Approx exchange rate

5 GBPs = 70,272.04 IDRs

1 GBP = 14054.41 IDR

(The Rupiah is so weak sweets are often given as small change)

### **Visa**

You can purchase your Visa on arrival at the airport for the cost of US\$25. This must be in US\$ so have it ready with you for arrival.

### **Passport**

Your passport must be valid for at least six months from the date of arrival in Bali. Indonesia has very strict rules on this and you may be refused entry if your passport does not meet with their requirements.

### **Inoculations**

It is advisable when visiting Asia to have your inoculations up to date. We recommend:

Hep A

Typhoid

Tetanus/diphtheria

### **Contact and Address**

For queries and bookings contact:

Cynthia by email, [info@cynthiayoga.co.uk](mailto:info@cynthiayoga.co.uk) or 01223 474242 / 07954388505 or

Stephanie by email, [stephanie@satriawan.co.uk](mailto:stephanie@satriawan.co.uk) or phone 07950 181738

To find out more about the retreat see [www.gaia-oasis.com](http://www.gaia-oasis.com). We are staying in the Abasan [Hillside](#) Retreat.