



JOURNEY OF THE LOVE WARRIOR
A WELLNESS AND SPIRITUAL RETREAT IN BALI

YOUR ITINERARY
29TH MARCH TO 5TH APRIL 2024



My name is Dr. Meghan Davidson and I am a psychologist, yoga teacher, seeker, and guide. I am the owner of Love Warrior Healing where I offer holistic healing through psychotherapy, counseling, and coaching. I also offer individual and small group yoga classes, numerous workshops, and retreats. I first came to Bali in 2016, on my own journey of transformation and reclamation. I was in a stage of great change and upheaval, and my voyage to Bali and experiences there were a profound part of my healing and growth. It is where my call to both love myself and embrace love as my compass was solidified. This Journey of the Love Warrior Retreat is a gathering where you can show up and be seen, truly seen, in connection to yourself and in communing with other women. I am passionate about creating a space of non-judgement and fierce compassion. Traveling to Bali, a sacred place away from the routines and responsibilities of your daily life, will allow you to drop in deeply to a place of reflection, intention, and transformation. Come on this journey to your authentic self.



DAY 1

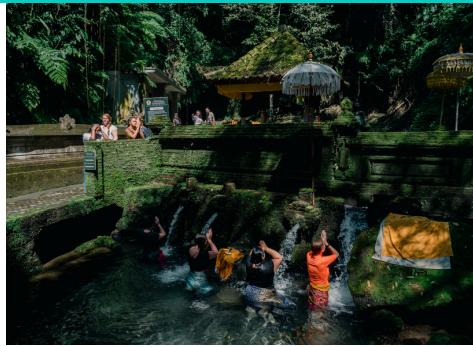
You will arrive at your beautiful accommodation in Ubud. Check in is from 2pm onwards.

If you arrive early, feel free to drop your bags and head into Ubud town for some exploring. The amazing resort team will be at your service to help.

You will have time to meet the other souls that you will share this journey with. We will take part in a beautiful Balinese welcome ceremony, followed by a delicious Balinese buffet dinner. After dinner take time to settle in take time for rest to get ready for the next amazing day in Bali.



DAY 2



8am to 9am - Begin your first full day with our first Women's Circle to connect and set intentions.

9am - 10am - Buffet Breakfast (Included)

10am - 3pm - Balinese Water Ceremony. 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 your fellow sisters. Then lunch is at the amazing Tegallang Rice Terraces as we overlook the breathtaking scenery (Lunch included). Lunch is followed by a swing to freedom out over the rice fields. Please note, women who are menstruating can not enter temples due to Balinese culture, they will meet the rest of the group at the swing and lunch. We then head back to the resort for free time.

Evening and dinner at your leisure - head to Ubud or relax at the resort.

DAY 3



8am to 9am - Yoga with Meghan

9am to 10am - Breakfast Buffet (Included)

10am - 12pm - Join Meghan for a workshop on authenticity and stepping into your truest self. We will explore the masks we wear and what beauty truly lies beneath.

12-1pm - Lunch at the resort (Included).

1.30pm - We will then head to the amazing Pyramids of Chi for a Sound Healing Session. This is a once in a lifetime experience! Let the sounds of the ancient instruments bring you to a place of joy and bliss.

3.30pm - Afternoon & evening at your leisure.

DAY 4

8.30am to 9.30am - Start your day with a delicious buffet breakfast. (Included)

9.45 am - We will jump into a car and take an hour and half drive towards East Bali to a white sand beach called Virgin Beach.

Enjoy a swim in the ocean and chill on the beach chairs and let the sounds of the ocean calm you while you read a book, take a dip and just relax.

Enjoy a traditional Balinese lunch at the beach (Included).

At approximately 3.30pm we will head back to the resort.

Evening at your leisure -- dine at resort or in Ubud





DAY 5

8am to 9am - Yoga with Meghan

9am to 10am - Breakfast Buffet (Included)

10am - 12pm - Join Meghan for a workshop of journaling and exploration of deep desires and soul longings. Let's explore those buried dreams, those hidden yearnings.

12pm - 1pm - Lunch at the resort (Included)

After lunch at approximately 3pm we will head to the amazing Uluwatu Temple overlooking the ocean to enjoy the stunning views and watch a traditional Balinese dance show called Kecak.

Dinner at Uluwatu or back in Ubud - evening at your leisure.



DAY 6

9am to 10am - Breakfast Buffet (Included)

10am - 2.30pm - We will head off for some well deserved pampering -- a 60 minute Balinese massage and amazing body scrub of your choice. We then will enjoy a delicious raw lunch, curated by the renowned chef, Arif Springs, set in one of the most magnificent garden cafes in Ubud. (Lunch included)

3pm to 4.30pm - Free time

5pm to 7.00pm - We'll meet back at the resort to partake in a Sacred Cacao Ceremony.

Evening at your leisure -- dine at resort or in Ubud



DAY 7



8.00am to 9.00am - We start our last full day together with a yoga flow with Meghan

9.00am to 10am - Breakfast Buffet (Included)

10am to 12pm - We will gather for a Women's Circle to check in with each other and talk about our journey.

The rest of the day we have left for free time for to explore and anything else you want to do before you go -- shop, relax, whatever your heart desires.

At 7.00pm, we will gather back at the resort to have a special final dinner together. (Dinner Included)

DAY 8



8.30am to 9.30am - Greet this final day with Meghan for a Women's Circle, reflecting on the time we've spent together.

9.30am to 10.30 am - Breakfast Buffet (Included)

12pm - Check out - We now part ways to each continue on our own individual journey of healing, growth, yoga, and transformation with the love and support of your fellow Love Warriors and Meghan.

An experience never to be forgotten.

PRICE & INCLUSIONS



Included in price:

Private \$2697 USD per person
Sharing \$2547 USD per person

\$500 non-refundable deposit to secure your spot
\$1000 USD due by Sept 1 2023
Remaining balance (\$1197/\$1047) due by Jan 1st 2024

7 nights accommodation
7 breakfasts
Welcome dinner and 6 other meals
All activities as shown on the itinerary
All scheduled transfers to/from activities and airport pick up/drop off

Costs NOT included:

Flights to and from Bali
Meals not mentioned above
Visa on arrival \$35 USD - Pay at Bali airport.
Transfers to/from town during free time, other than the resort's 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

The cost of food and other expenses in Bali is very affordable,
so minimal spending money will be required.

**PLEASE NOTE COVID VACCINE IS MANDATORY
TO ENTER BALI AS OF 01/05/2023**

WAIVER



PARTICIPATION RELEASE OF LIABILITY FOR YOUR GUESTS

I am aware that during my participation on the Bali retreat that certain risks and dangers may arise, including but not limited to, the hazards of traveling to the retreat location, forces of nature, an accident or the onset of illness. Also I am aware and clearly understand that **Soul Bliss Journeys** and **Meghan Davidson** do not have liability regarding provision of medical care, the speed of evacuation or the adequacy of any care that may be rendered. I understand that **Soul Bliss Journeys** and **Meghan Davidson** will use their best efforts to ensure that all adequate measures are taken to avoid such occurrences. Certain risks and dangers may arise on your retreat, including but not limited to, the hazards of traveling to the retreat location, forces of nature, an accident or the onset of illness. **Soul Bliss Journeys** and **Meghan Davidson** will not be held liable for events arising out of or relating to any injury, loss or damage to person and property that may be sustained as a result of participation in the Bali Retreat. **Soul Bliss Journeys** and **Meghan Davidson** is released of all claims, actions, lawsuits, damages arising out of your participation on the Retreat. Each retreat participant needs to have their own travel insurance to cover any unforeseen issues. **Soul Bliss Journeys** and **Meghan Davidson** recommend to include a "cancel for any reason" clause to your insurance. The participant takes full responsibility in attending this Bali Retreat.

By signing the Retreat Contract I am voluntarily participating in these activities with the knowledge of the dangers involved and hereby agree to accept any risks. As lawful consideration for the agreement with **Soul Bliss Journeys** and **Meghan Davidson** to participate in this retreat, I hereby agree that I will not make any claim against **Soul Bliss Journeys** and **Meghan Davidson**. Signing this Retreat Contract will serve as my release of Liability and Assumption of Risk agreement.

Name:

Signature:

Date:

OUR RESORT



This retreat is nestled in the lush rice fields of north Ubud and is the perfect place to relax, recharge and step into your positive energy.

Set beautifully in the ancient Junjungan Village, surrounded by lush tropical garden, unending green emerald rice fields, and towers of coconut and banana trees in the distance.

The resort is a 5-minute drive from the Ubud center, offering a perfect blend of high-end comfort and the very best of Balinese warmth reflected in each of the rooms, the stunning infinity pool, and two story dining area/lounge.

The resort also offers impressive multi-function yoga halls, (one large + one small) both fully equipped with full range of audiovisual, yoga mats & swing, cushions, and presentation equipment.



ACCOMMODATION INCLUDES:

- Welcome drink upon arrival
- Daily healthy breakfast
- Privilege of 15% discount for treatment at spa
- Daily shuttle service to Ubud center on scheduled time - please check times
- Afternoon herbal tea
- Basic afternoon yoga at garden area
- Sacred space for meditation capacity max 4 people
- Outdoor Olympic size swimming pool

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Fax: +62 361 479 2658

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Retreat Host - Meghan - +1402-570-8430

Retreat Company - Maree - Soul Bliss Journeys +6281323901754

SO YOU ARE COMING TO BALI

**BEFORE YOU ARRIVE AT THIS TROPICAL PARADISE,
THERE ARE A FEW THINGS YOU NEED TO CONSIDER...**

CURRENCY:

The rupiah is the official currency of Indonesia. The currency code for the Indonesian rupiah is IDR and the symbol is Rp. We encourage you to only exchange a minimal amount (approx \$100 USD) at the airport in Bali, as the exchange rate will generally be much better outside of the airport. Once you're here, we can assist you in getting cash out with your standard ATM card or exchange your local currency into IDR, there are plenty of currency exchange shops on the main streets of Ubud, the bigger the better, smaller shops charge commission where the large shops don't. Alternatively, many restaurants also accept Visa and Mastercard, but it's also important to have some cash for the places that don't. And don't forget to let your bank know that you are traveling overseas!

PHONE:

To use your phone here in Bali, we advise you to get roaming on your phone. We will set a group chat on Whatsapp " so make sure it's downloaded on your device. Having roaming will allow you to use google maps to meet up at certain restaurants or any other met up locations. If you would like to get a local sim card you can do that in many places in town or even at the airport on arrival, this will cost you approx. \$8 USD for around 10GB.

ARRIVAL AT THE AIRPORT AND VISA:

Passengers from most countries can get a 'VISA ON ARRIVAL' at the Bali International airport. Please check whether your country is eligible for 'VISA ON ARRIVAL', if not please contact the retreat leader for actionable steps.

'VISA ON ARRIVAL' costs \$35 USD at the Bali Airport, you can pay by cash or you can pay by credit card. After you collect the VISA, you will go through the Immigration counter. After Immigration you will head to the baggage collection to grab your luggage.

We will share a website link for Self-Declaration customs form, which you can fill online only couple of days before your flight. After collecting the baggage, you will go through Customs, you need to show a QR Code you received after filling the Self-Declaration form at the Customs as a final step.

After passing through the customs, you will walk couple of minutes to reach the reception area where our team of drivers will meet you with your name on the sign.

Bali International Airport has free WIFI, you can connect to the driver right after you land.

SO YOU ARE COMING TO BALI

DON'T FORGET TO PACK:

- Light clothing - it is hot in Bali!
- Sunscreen
- Jacket for cooler evenings
- Swimsuit
- Toiletries
- Tampons/pads etc
- Tee shirt covering shoulders for temples
- A backpack or day bag

Goodie bags are provided and have some essentials like mosquito spray, international adaptor, and sarong (traditional dress) to wear for our temple visits.

Other things to remember:

- **Travel Insurance**
- **Travel Vaccinations (consult your Doctor) and Covid-19 Vaccine is required currently to enter Bali, Indonesia.**

WHEN SHOULD I ARRIVE AND LEAVE BALI?

Check in is at 2pm and there will be a welcome ceremony and dinner. We suggest you have a flight that has you arriving in Bali in the morning or before 1pm, this gives you time to get through customs and make your way to Ubud ready for the dinner. For departure, we suggest an afternoon flight as you will check out at 12pm and need to get to the airport, so booking a departure flight anytime after 3pm is recommended. The airport is in Denpasar, Bali and the name is Ngurah Rai International Airport.

HOW FAR AWAY IS UBUD FROM THE AIRPORT?

Ubud is approximately 1 - 1.5hrs (depending on traffic) away from the international airport. You will be picked up by one of our drivers and taken to the retreat center, resort or villa.

CAN I ARRIVE AND LEAVE EARLIER?

Yes of course, please let your leader know and we can arrange that for you.

SO YOU ARE COMING TO BALI

IS THE WATER SAFE TO DRINK?

No, we recommend that you brush your teeth with bottled water, this is always provided. Ice however is safe and has been for many years now all the restaurant make ice from bottled water, so smoothies and juices are fine with ice, yummy.

DO I NEED TO TIP IN BALI?

Tipping in Bali is appreciated but not necessary. Most of the time the more up market restaurants would have already added between 15% and 20% to the bill to cover the 10% government tax and the service charge for staff. You will see it on the bill, if you don't then by all means you can tip something small. 20,000 IDR is around \$1.20 USD. This is a green note, 50,000 IDR is around \$3 USD and is a blue note :)

CAN I HAGGLE (BARGIN) IN BALI?

Besides boutiques, restaurants and convenience stores, the first price you're quoted is usually at least double what the seller will let the item go for, so don't be afraid to haggle. Some stall owners will even encourage you to do so by telling you the price they think you should come back with. Haha, it can actually be quite fun! Rule of thumb if you walk out and they don't chase you, the price you offered is too low. I like to look at it like, how much would I be happy to pay and feel it was a bargain, instead of trying to get them down to the lowest price possible.

WHAT IS THE LANGUAGE SPOKEN IN BALI?

Balinese, but most people speak Bahasa Indonesian. Whilst the vast majority of people in the main tourist areas in Bali will speak enough English to communicate with you, knowing a few phrases in Balinese or Indonesian will go a long way. The locals really appreciate the effort. Start with some easy phrases like selamat pagi – good morning, apa kabar? – how are you? suksma – thanks (Balinese) and terima kasih – thank you (Bahasa). And remember, Balinese is not the same as Bahasa Indonesia, the official language of Indonesia.

**PLEASE DON'T HESITATE TO CONTACT US IF YOU HAVE ANY QUESTIONS.
WE ARE HERE TO MAKE THIS JOURNEY AS STRESS FREE AS POSSIBLE.**